



**RIDE
LONDON**
ESSEX

Event Guide
RideLondon–Essex 100
Sunday 29 May 2022

We hope you're looking forward to taking part in the inaugural RideLondon–Essex 100 on Sunday 29 May – it's going to be an epic ride!

Your top 10 checklist

Here are **10 key things** you need to do to enjoy your day. Please read them carefully and save a copy of this guide so you can access it easily on Ride Day.

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1. Prepare for Ride Day

If you live in the UK, you'll receive your Rider Pack in the post by Monday 23 May. If you haven't received your pack by Monday 23 May, please email replacementpacks@londonmarathonevents.co.uk with your full name and postal address.

International riders

If you live outside the UK, you'll need to collect your pack from our headquarters at Marathon House on Friday 27 May or Saturday 28 May. See below for full details.

Your Rider Pack will contain:

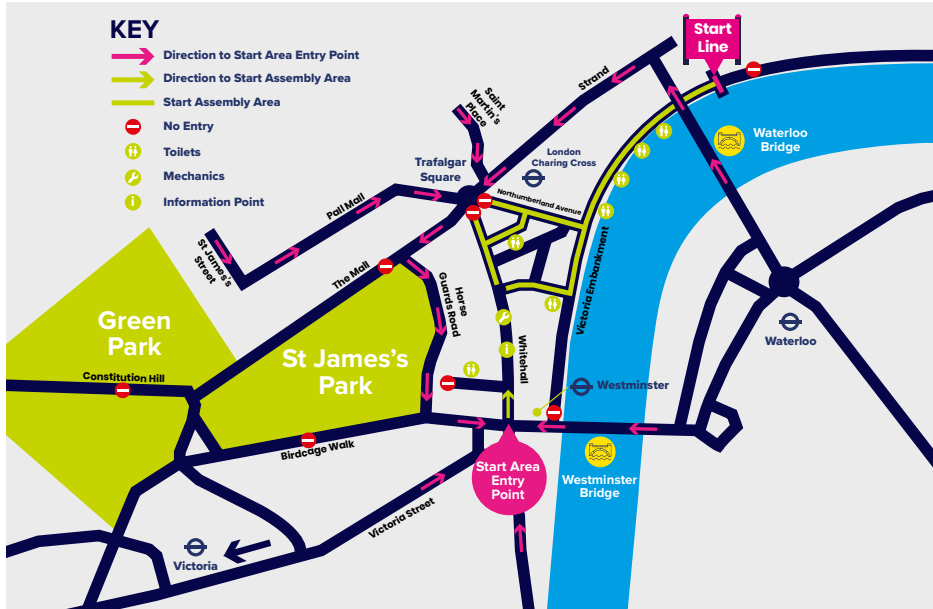
- **Body number to pin to the back of your jersey or top**
- **Safety pins for your body number**
- **Seatpost number, which contains your ID timing tag**
- **Handlebar number**
- **Cable ties to affix your handlebar number to your bike**
- **Rider card, which displays your wave letter and arrival and start timings**

If you haven't received a full Rider Pack by Friday 27 May, or you live outside the UK, you can collect a replacement pack or missing items from 09:00 to 17:00 on Friday 27 or Saturday 28 May from:

Marathon House
190 Great Dover Street
London
SE1 4YB

It is essential that you fill out the reverse of your body number with all the requested details. In the event of an emergency, we will use this information to assist you.

2. Plan your journey to the Start



The Start Area is in Parliament Square in Westminster. You must arrive at the Start Area Entry Point by one of the routes shown on the map above and you'll only be able to access the Start Line from the Start Area Entry Point. No other routes will be open.

We recommend cycling or using public transport where possible. Use tfl.gov.uk/plan-a-journey and nationalrail.co.uk to plan. You can find further information about taking bikes on the London

Underground here: tfl.gov.uk/modes/cycling/cycles-on-public-transport

We don't encourage driving into central London and many roads will be closed for the event, but if you do drive, there are 24-hour car parks available. Please search online for further information.

To help you plan your journey, road closure information, including an interactive map, is available at ridelondon.co.uk/road-closures

3. Know your important times

We have allocated you an arrival time and a start time. These times are displayed in your Event Guide email, on your Rider card and in the timetable below.

It's essential that you stick to your allocated arrival time window to help the event run smoothly and safely. Stewards will check the wave letter on your handlebar and body numbers before allowing you into the Start Area, so please do not try to enter before your allocated arrival time.

It's not possible to change your start time to an earlier wave. However, you can join a later wave on the day and don't need to notify us if you do – but please note you must cross the Start Line by 09:10.

Wave letter	Arrival time window	Start time window
A	05:15 to 05:30	06:00 to 06:10
B		
C	05:30 to 05:45	06:10 to 06:25
D	05:45 to 06:00	06:25 to 06:40
E	06:00 to 06:15	06:40 to 06:55
F	06:15 to 06:30	06:55 to 07:10
G	06:30 to 06:45	07:10 to 07:25
H	06:45 to 07:00	07:25 to 07:40
J	07:00 to 07:15	07:40 to 07:55
K	07:15 to 07:30	07:55 to 08:10
L	07:30 to 07:45	08:10 to 08:25
M	07:45 to 08:00	08:25 to 08:40
N	08:00 to 08:15	08:40 to 08:55

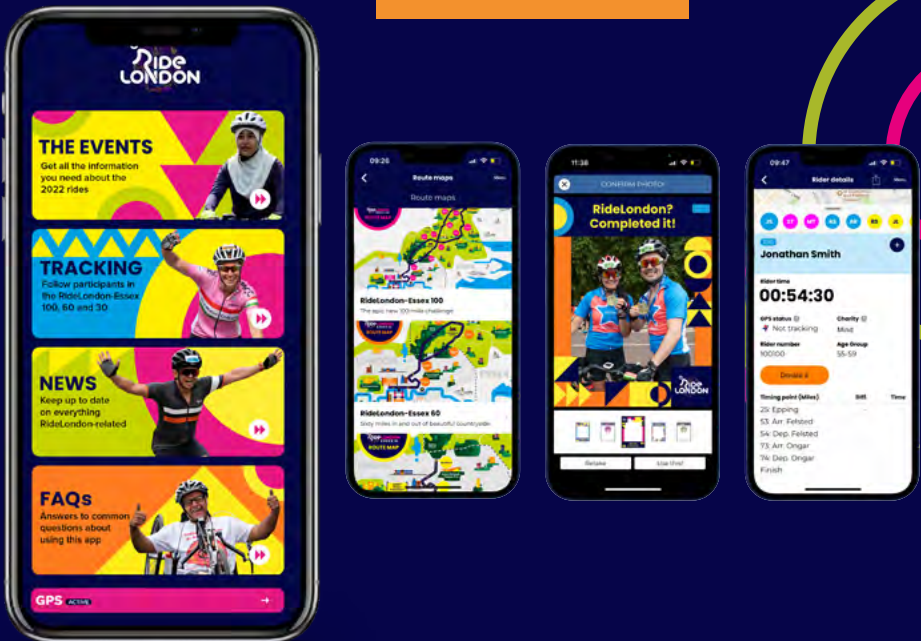
4. Download the app

The RideLondon app will soon be available to download for free from the IOS and Android app stores!

The app has everything you need to have the best-possible RideLondon experience, including route maps, event information and live tracking, so family and friends can follow your progress as you ride.

To increase the accuracy of your position along the route, it's important you set up GPS tracking on the app. This makes it really easy for loved ones who are tracking you to see where you are, check you're OK, cheer you on and find you after you finish to congratulate you!

We'll email your app log-in details before Ride Day.



5. Arrive ride ready

It's important that you arrive ready to begin your 100-mile challenge. Please make sure you have all the items in your Rider Pack with you – see section 1 on page 3.

Display your Rider numbers

To access the Start Area, you must display the following three items:

- **your body number**
- **your seatpost number**
- **your handlebar number**



To do this, please separate your body number, handlebar number, and Rider card (provided in your Rider Pack) along the perforations.

Use the safety pins provided to attach your body number to the back of your cycling jersey or top.

Wrap your seatpost number horizontally around your seatpost and stick the self-adhesive ends

together. Your seatpost number contains your ID timing tag, which will log your unique finish time, so be careful not to damage it.

Use the two cable ties provided to attach the handlebar number to the centre of your handlebar. Make sure the whole number is clearly visible, otherwise we can't guarantee to link your official photographs with you.

No baggage drop facility

There won't be a baggage drop facility in the Start Area, so please only arrive with items that you intend to cycle with.

If you need to store items for the day, there are plenty of options available. Simply search online for 'bag drop London'.

Alternatively, could a supporter look after anything you can't ride with? Or if you are staying at a hotel, you may be able to leave luggage there.

Food and drink

Please bring a reusable bottle full of water. There won't be any water refill stations or refreshments at the Start Area so if you'd like food or drink please bring it with you.

The first of four Welfare Stops on the route will be at the 32-mile mark. Here you will be able to refill

your water bottle, and our official sports nutrition supplier HIGH5 will be providing energy gels, bars and hydration tabs.

There'll also be the opportunity to buy food and drinks at some stops, and at pubs, cafes and shops across the route – so don't forget to bring some cash or a payment card!

Toilets and mechanics

Once in the Start Area, our stewards will guide you to the Start Line on Victoria Embankment. In the Start Area there will be:

- toilets
- mechanics and tyre pump stations
- an Information Point

Respect the route

We're very lucky to have an amazing route, so please respect the local residents – keep noise to a minimum and use the toilets and bins provided. Please keep your rubbish with you until you can dispose of it safely in the correct bin and if you're using energy gels, please try not to rip the tab off the top of the wrapper completely to help keep the streets clean.

6. Be safe and secure

Please read the following **medical advice** from Professor Sanjay Sharma carefully – we want you to enjoy the big day.

It's your responsibility to be fit and well on Ride Day in order to enjoy the experience as safely as possible and not put yourself at risk.

If you're feeling unwell, with Covid-19 symptoms or any other illness or injury, please do not take part in the RideLondon-Essex 100.

There will be plenty of future mass participation events for you to take part in, but there will only ever be one you! Please be careful.

The safety and security of all our participants and spectators is of paramount importance to us. We work closely with the police and other organisations and have a range of measures in place to help keep you safe and secure. Our team of friendly stewards are there to help keep you safe too, so don't be surprised if they pop up to say hello!

In addition, our dedicated Welfare Team will be on hand should you need any help. Members of this team have been specially trained to protect any children or vulnerable adults at the event. The Welfare Team will be located in Potters Fields Park, near the Finish Area.

7. Familiarise yourself with the route

On the next page is a map of the brand new RideLondon–Essex 100 route, which will see you set off from Victoria Embankment in central London and into Essex via the historic Epping Forest.

Once in Essex, you'll glide past some of the county's most picturesque towns and villages, including Fyfield, Ongar, the Rodings and Great Dunmow, before joining a section of the 2014 Stage Three Tour de France route.

That part of the route will guide you through Felsted and around the county town of Chelmsford before you head through Writtle and back towards Ongar and central London.

Once back in the capital, you'll complete your ride to rapturous applause at Tower Bridge – a stunning Finish Line for the 100-mile challenge.

There'll be mile markers at approximately every five miles along the route and toilets will be near them. There are four Welfare Stops on the route where you can refill your water bottle, and our official sports nutrition supplier HIGH5 will be providing energy gels, bars and hydration tabs.

There'll also be the opportunity to buy food and drinks at some stops, and at pubs, cafes and shops across the route – so don't forget to bring some cash or a payment card!

Take a break

The Welfare Stops at Felsted School and Chipping Ongar High Street are great places to take an extended break – especially as your official event time will pause automatically while you're at these stops. So you can enjoy the facilities at your leisure, knowing that your time will restart once you hit the road again.

Welfare Stop location	Mile	Toilets	Food and drinks	Mechanics
Ongar Leisure Centre, Ongar	32	✓	✓	✓
Felsted School, Felsted	53	✓	✓	✓
Chipping Ongar High Street	73	✓	✓	✓
James Hawkey Hall, Woodford Green	87	✓	✓	✓

Cut-off points

We want you to complete the full 100-mile challenge. However, we have to reopen the roads to vehicles by strict deadlines, so you must reach the following cut-off points on the route by the times stated:

Cut-off point	Location	Distance	Time
1	Woodford Green	Mile 18	11:00
2	Four Wantz Roundabout, Chipping Ongar	Mile 32	12:20

If you don't reach cut-off point 1 by 11:00, you'll become part of the RideLondon-Essex 30 event. If you don't reach cut-off point 2 by 12:20, you'll join the RideLondon-Essex 60 route.

Bypass routes

If for any reason you're unable to complete the 100-mile route on the day but feel well enough to complete a shorter ride, you'll be able to use a bypass route to reduce the length of your ride to 60 or 30 miles. The option to ride a shorter distance will be clearly signposted on the route.

Sweep service

If you have to drop out of the event due to fatigue, injury or mechanical failure, you'll be able to board a sweep bus to the nearest Welfare Stop, or back into London, with your bike.

Sweep buses will circulate the event route regularly. If you need to use one, please wait by a mile marker to be collected. These are located every five miles and are easy to spot, but you'll also be able to flag down a bus on the route and it will stop if it is safe to do so.

The sweep bus will drive you to the nearest public transport services back into London. Often, this will be the tube network, so be aware you may have to be onboard the bus for a while, or change buses, to get back towards London. An end-of-ride vehicle will travel the route at 11.5mph to ensure that any riders who cannot complete the event are collected and supported.

Mechanics will circulate the routes on motorcycles, ready with a stock of inner tubes and basic repair kit. They will also be stationed at Welfare Stops.

Relax and refuel at The Rabbits

A warm welcome awaits you at The Rabbits in Stapleford Abbotts, which is directly on the route, near Mile 75. Stop off to enjoy a barbecue in the garden of one of Essex's oldest pubs. Burgers, hot dogs, chips, soft drinks, tea and coffee will be available to fuel your final 25 miles to the Finish Line.

RideLONDON
ESSEX 100

ROUTE MAP



UTTLESFORD

BRAINTREE

KEY

●●● ROUTE

⊕ FIRST AID POINTS

⊕⊕ WELFARE STOPS

↻ 60 MILE TURNING POINT

↻ 30 MILE TURNING POINT

10 MILE MARKER

LONDON

BRENTWOOD

CHELMSFORD

ESSEX

EPPING FOREST

Great Dunmow

Felsted

Leaden Roding

Chelmsford

Writtle

Fyfield

Epping

Epping Forest

Chipping Ongar

Chigwell Row

Woodford Green

Woodford and Woodford Green

Leytonstone

Queen Elizabeth Olympic Park

St Katharine Dock

West Ham

Stratford

Buckingham Palace

START
Victoria Embankment

FINISH
Tower Bridge

The O2

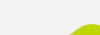
London City Airport

River Thames

Thames Estuary

River Thames

River Chelmer



Plan your nutrition strategy with HIGH5



Getting your nutrition right can make all the difference to helping you get across the Finish Line feeling good and enjoying your ride.

HIGH5 is our official sports nutrition supplier and is here to help you plan your nutrition strategy. At the Welfare Stops along the route, there will be electrolyte tabs, bitesize bars and energy gels to fuel your RideLondon-Essex 100 journey.

Replenishing your depleted carbohydrate, fluid and electrolyte levels are important to help you cross the Finish Line at Tower Bridge!

HIGH5 also works with TerraCycle® to recycle energy gel and bar wrappers, which aren't typically widely recyclable. Please make sure you dispose of your wrappers at the appropriate recycling points at the Welfare Stops and Finish Area.

8. Ride safely – it's not a race!

You must follow event officials' instructions at all times during the RideLondon-Essex 100. Remember: the event is not a race and you should ride safely throughout.

A safety car will travel at the front of the event at 22mph. Those riding at the front of the event must not pass this vehicle for safety reasons.

It is essential that you fill out the reverse of your body number with all the requested details. In the event

of an emergency, we will use this information to assist you.

Around 100 Ride Marshals will cycle the route to help keep you safe and provide mechanical support where possible. You must follow their instructions at all times. They will wear pink high-visibility tabards so should be easy to spot! Flag them down if you need support.



Please follow these simple steps to help ensure the safety of all participants, spectators, stewards, volunteers and members of the public. Remain alert, remain in control of your bicycle and enjoy the ride.

Pedestrian crossings

The RideLondon-Essex 100 passes through many busy towns and villages. Seen from the side of the road this means, in some cases, a continual stream of cyclists for several hours.

At certain times during the event, we will need to allow pedestrians and emergency vehicles to cross the route. Please obey the stewards and marshals at all times. If they tell you to slow down or stop, you must do so.

Along some parts of the route, there is no pavement or footpath. When riding through such sections, expect to encounter pedestrians and spectators who may be moving along the side of the route.

Look, think, communicate

Our simple motto for everyone to remember is – look, think, communicate.

Riding in and around other cyclists requires care and attention. To make sure you don't cause a crash, consider the following when riding:

- don't do anything that the person

riding behind you would not expect, for example stopping suddenly, braking sharply unless absolutely necessary, or swerving to avoid something at short notice

- be constantly aware of what is coming up ahead and adjust your position in the road in advance
- hold your position in the road when cornering and don't cut from one side to the other unexpectedly

Always be aware of other cyclists around you and how close they may be to you. Their safety is often in your hands, and they will trust you to ride sensibly and safely.

Slow and stop

You will have the privilege of riding on closed roads throughout the entire route, but we ask that you respect and follow some important 'rules of the road' during the event:

- **Emergency vehicles take priority in order to attend incidents across the entire event footprint**
- **Expect emergency vehicles on the route at any point, either crossing or driving along the route in both directions**
- **Remain alert at all times and pull over to the side of the road to allow emergency vehicles to pass safely when required**



Beware of hazards

Remain alert for any potential hazards in the road. You should always expect the unexpected as you don't necessarily know what is around each corner.

Think about what might lie ahead of you. Is there a traffic island, a fast descent, a narrow section or sharp corner? Maybe there has just been a crash or perhaps there is a speed bump?

To help make you aware of any potential obstacles on the route, we will provide warning signage where appropriate on fast descents or sharp corners.

Please be aware of your speed at all times and ride safely with care for others.

Love where you ride

At RideLondon, we're dedicated to looking after our surroundings as we cycle, and we hope you'll join our campaign.

In 2015, we launched Love Where You Ride to encourage everyone to do exactly that. It's a privilege to be able to cycle through the streets and countryside of the UK – and further afield – so let's do all we can to protect the environment as we enjoy it.

We're determined to see even more of you dispose of your litter responsibly every time you ride. It will make the world of difference if you pledge to take part in the campaign and encourage others to do the same.

We hope you enjoy your ride!

9. Focus on the Finish

Your 100-mile challenge will come to its climax at the world-famous Tower Bridge. You will be asked to dismount and walk with your bike onto Tooley Street on the south side of the bridge.

You must reach the Finish Line by 18:00 at the latest. If you're in the final start wave at 08:50, you will have more than nine hours to need to complete the 100 miles and will need to cycle at an average speed of approximately 11mph.

Look out for our official photographers from Sportograf, who will take a photo of you at the Finish Line.

Once you're over the Finish Line, you'll be able to celebrate by collecting your medal.

LONDON
CLASSICS

If you're completing the London Classics, you can collect your Classics medal too from the clearly signposted point in the Finish Area.

You'll also be able to collect a HIGH5 recovery product and fill your bottle at water bowzers. Make sure to look out for a recycling point for your HIGH5 gel or bar wrapper.



10. Know where to go after your ride

You will exit the Finish Area on Tooley Street at the junction with Bermondsey Street. If you're getting together with family and friends, please arrange to meet at a specific point away from the Finish Area. We recommend using the free app [what3words](#) to agree a meeting point.

Official time

Your official time will be available at ridelondon.co.uk within 24 hours.

If you registered your mobile number with us, we'll also send you a text message displaying your time.

We'll email a post-event survey for you to complete so you can let us know what you thought of your RideLondon experience, so keep an eye on your inbox.

Your feedback will help us to make the event even better in years to come!

Watch the RideLondon Classique

If you finish your ride in time, why not pick a spot to watch some of the best cyclists in the world in action? The third and final stage of the RideLondon Classique takes place from 15:45 to 17:45. Click [here](#) for more information.



And finally, thank you!

Thank you for taking part in the RideLondon–Essex 100. It's going to be great to ride together again after almost three years away! We're really looking forward to seeing you on Sunday 29 May. For more information, visit ridelondon.co.uk