

# CBC 100-Virgins Ride – Joining Instructions



Welcome! You are part of a select band that has chosen to take part in the 100-Virgins.

Keep an eye on your email in case there is any change to the planned date (e.g. due to significant wind or rain forecast).

When the route was being planned we looked at various possible 100-mile routes, taking into account minimising climb, travelling pleasant country lanes and taking in suitable tea shops! Di Whetton came up with the final route, which has been commended by many. A rough outline of this is shown below, starting at Burton. Most of the hills are in the north-west part of the route – and hence will be out of the way well before lunch. Total ascent is about 1,200m. We expect to average 12mph excluding stops.





## Itinerary

The arrival/departure times below for the one to two teams are very approximate and may vary between teams. Also there can be very brief 'jelly baby' stops every now and then – just ask the leader! Frequent eating and drinking is vital. Fastest team goes first.

Location	Total miles	Time hrs	Stop	T1 arrive	T1 dep.	T2 arrive	T2 dep.	Notes
Burton Green	0 miles	0:00	N/A	07:30	07:40	07:30	07:45	Meet on the green at Burton, Christchurch. Group photo and team pep talk
Bridges Café Fordingbridge	15 miles	1:20	0:30 - 0:50	09:00 – no earlier	09:30	09:10	09:50	'Second breakfast' in Bridges Café 01425 654149; opens at 9am, please wait until previous group has ordered before coming in [organiser: phone to let café know]
1½ miles north of Downton	24 miles	0:50	0:15	10:20	10:35	10:40	10:55	Energy/loo stop in the countryside by footpath/track on left, after brick wall; note: the worst 'hilly-bit' is just before this, so take heart!
Lockerley Green Stores	36 miles	1:05	0:20	11:40	12:00	12:00	12:20	Coffee/snack stop 01794 340438 <b>Note: toilet no longer available.</b>
Minstead Green	50 miles	1:15	0:45	13:15	14:00	13:35	14:20	<b>Packed lunch on the Green. Trusty Servant pub 02380 812137 for drinks (esp. if using loo) and food - but only if quick food</b>
Hythe	62 miles	1:05	0:10	15:05	15:15	15:25	15:35	Quick stop by public toilets for snack
Lepe Country Park	72 miles	0:55	0:25	16:10	16:35	16:30 – by 5pm	16:55	Tea in Lepe Café 02380 899108 (stops serving 17:15); public toilet & kiosk
Boldre Red Lion	87 miles	1:20	0:15	17:55 –after 5pm	18:10	18:15	18:30	Brief refreshment at Red Lion pub 01590 673177 (opens 5pm); if using loo please buy a drink
Burton Green	100 miles	1:10	0:05	19:20	19:25	19:40	19:45	Finish!!

**Please arrive at Burton Green ready to cycle 07:30.** If you are delayed by any unforeseen reason please phone and text organiser. We have allowed for an average of 12 mph plus 5 mins stop (for rest or mechanicals) when cycling. We need to keep up a reasonable pace<sup>1</sup> (but not above 13 mph average unless otherwise agreed with organiser) and should aim to not stay at tea stops beyond the time given ;-). Please purchase something at stops if using café/pub 'facilities', thanks.

We will be travelling in teams of about 10 riders. Each team will have a leader and ideally two backmarkers; the remaining riders stay **between the leader and the last backmarker at all times** unless otherwise agreed with the leader. The team should generally ride split into two groups (each with backmarker) with a gap between and, as appropriate, should go single file when traffic needs to pass. **Ride discipline is vital** – a non-CBC friend who came on 100-Virgins one year was shocked regarding the lack of consideration some members gave to other traffic.

The leader and navigator will together navigate the route; however it would be good if others have an idea of the route to assist, or in case of something not going according to plan. If you are one of the slower members, aim to 'snuck in' just behind the front couple of riders to get the best wind protection, rather than staying at the back of the group. **Tell the leader if the pace is too high.**

<sup>1</sup> Please ensure you can sustain an average of 12mph over long distances – if you have any doubts about this please let me know beforehand. Overall average should be about 12mph, but we can have a faster team, say 13 mph, if agreed.

## Notes for Leaders and Backmarkers

- Please either wear CBC tops or something distinctive if possible.
- Leaders: keep an eye on your average speed (excluding stops) and try to keep it close to 12mph.
- If any rider reaches the mid-way point and is unable to continue much further, there is the opportunity for them to get back to Christchurch by train by making their own way from Lyndhurst to Ashurst Station (good cycle track), or the ride goes past Beaulieu Road Station (although there is a very limited weekend service from there). Let the group leader know, by Minstead if possible.
- Backmarkers: if riders don't seem aware of traffic trying to get past, please gently remind them (or if that fails, bellow!)
- Navigators: if you've reached 99.5 miles by Summers Lane, Burton you can take it as a shortcut straight to the Green.

## Things to remember

- Ensure your bike is trouble-free, tyres are good (e.g. checked for embedded stones or defects), everything adjusted to suit you and tried out on a reasonable run after any modifications
- Energy snacks for hourly quick roadside breaks and in case we don't have time for some of the teashops due to unforeseen circumstances
- **Packed lunch (to avoid waiting for food at the Trusty Servant)**
- Have a good (first) breakfast before you arrive!
- Lights – may well be needed towards the end of the journey (sunset is 20:30 mid-May)
- Plenty of fluids - plan to drink 3-4 litres, bring 2 bottles especially if hot
- Layers appropriate for the weather – some years have been lovely but quite cold at the end
- Puncture repair kit, spare inner tube, pump (1 between 2), bike lock (1 between 2), basic tools (at least leader and backmarkers)
- Print and bring this document
- Write any medical alerts and emergency contact details on your lanyard and/or here →
- Money and mobile phone
- Garmin/GPS if you have one (note, especially for navigators: a portable battery pack (e.g. Veho Pebble Mini c.£15 from Amazon) is worth bringing since some don't last the day without a top-up enroute – **or turn off at stops**)

A gpx of the route is available on the 100-Virgins page on CBC web, either to use with mapping software and/or to download to bike GPS device (e.g. Garmin). If you need help let me know.

Please register for the event, and also let organiser know as soon as possible if you can subsequently no longer make the date.

Certificates will be presented to all '100-Virgins' who complete the ride – i.e. those who had never cycled 100 miles in a day before – at a suitable occasion some time after the ride date.

For those driving to Burton, please park in side roads near the Green, not all together, and in a position not likely to cause offence/problems if the car is left there all day.

See you at Burton Green!

David Orme and Derek Heritage