



Eden Classic 2021 Rider Manual

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Introduction

Hello,

Firstly, thank you for entering the 2021 Eden Classic, we are excited to host you all on a route that we believe showcases the best of what Cornwall has to offer as a cycling destination!

Please take the time to read and understand this document **fully** as there is vital information regarding the event. There are **several** changes this year to keep you all safe throughout the event. If you have any questions after reading this document, please feel free to email us on edenclassic@edenproject.com we are here to help.

Please remember to save the emergency number on to your mobile phone **07971 573230** this number is for use on the day of the event ONLY. All other queries should be emailed to edenclassic@edenproject.com and do remember to look at our FAQs on our website www.edenproject.com/edenclassic

We look forward to seeing you all bright and early on Sunday 19 September!

Happy Cycling!

The Eden Classic Team

Let us know how your training is going by using the #edenclassic hashtag

Event Time table

Sunday 17th May

5.30am	Eden Project Entrance	Gates open
6.00am	Banana Coach Park	Help desk – if anyone has any issues with rider numbers, wish to change routes,
6.00am	Banana Coach Park	Rider Breakfast begins
7.30am	Banana Coach Park	Rider Safety Briefing - 100mile riders
7.40am	Banana Coach Park	Start 100mile riders
8.00am	Banana Coach Park	Rider Safety Briefing - 60mile riders - Batch 1
8.10am	Banana Coach Park	Start 60mile riders - Batch 1
8.30am	Banana Coach Park	Breakfast ends
8.30am	Banana Coach Park	Rider Safety Briefing - 60mile riders - Batch 2
8.40am	Banana Coach Park	Start 60mile riders - Batch 2
9.00am	Banana Coach Park	Rider Safety Briefing - 35mile riders
9.10am	Banana Coach Park	Start 35mile riders
8.15am	Lost Gardens of Heligan	Feed station opens
11.00am	Arena	Pasties available
11.30am	Waterside	Feed station opens
3.30pm	Lost Gardens of Heligan	Feed station closes
3.30pm	Waterside	Feed station closes
6.00pm	Arena	Cut off point for riders returning. After this point riders who are still on route are unsupported.

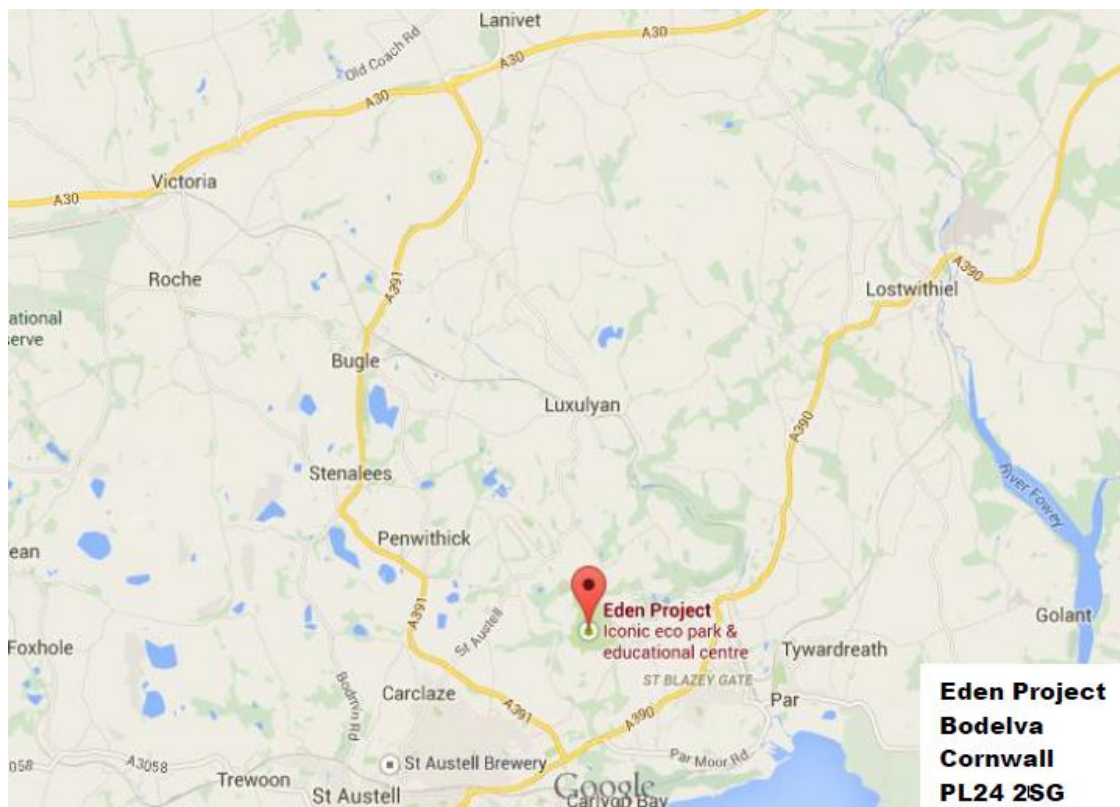
How to find us

The Eden Project is just outside St Austell on the south coast of mid Cornwall, Eden is well signposted from the A30 from Exeter and the A391/390 from Plymouth.

If you're coming from outside Cornwall, take the M5 southbound to Exeter, where the motorway splits. Take the A30 and exit at the Innis Downs junction (A391), then take the signs for Eden.

Our full address is Eden Project, Bodelva, St Austell, Cornwall, PL24 2SG, UK.

Parking at the venue is free of charge and we have plenty of parking available.



COVID Guidance

Our event like so many others has been impacted by COVID, we are delighted that the event can go ahead, however we need to ensure that we are keeping everyone involved in the event safe, so have the following guidance.

DO NOT arrive to the event if you are experiencing COVID symptoms, these include;

- A High Temperature
- A new, continuous cough
- A loss or change to your sense of smell or taste
- Or if you have tested positive for COVID.

A QR code will be placed at the coach park, on arrival at the event please check into the event using the NHS Covid-19 app.

We will have hand washing facilities and sanitiser at the coach park. Please use them.

We strongly recommend wearing a mask when in an indoor environment.

We have made the following implementations for everyone's safety:

The start of the event will take place in the coach parking area to allow better spacing between riders. We will once again release riders in waves of 50 to allow spacing on the route.

Registration is completed online this year to avoid congestion the morning of the event. You will be sent your rider number to your registered postal address.

The event capacity has been reduced.

Site plan



Pre Event

What to do if you can no longer make the event

Refunds

The refund window has now closed. If you can no longer take part, please do let us know by emailing edenclassic@edenproject.com with your name and distance entered.

Withdrawals

Yes! If you're unable to take part for any reason, and have a friend who would like to take your place, email us on edenclassic@edenproject.com with your name and distance entered along with a completed copy of a paper entry form. We will accept transfers until 23:00 on 14 September, and can only transfer places for the same distance. Fingers crossed we'll see you again next year!

Please note we take no responsibility for double entries and the same rules as refunds applies for this. If you believe you may have double entered, please contact us immediately, we can check on our system

What to do if you want to change distance?

Can I change to a shorter distance?

Yes you can. Should you need to change the distance you entered to a shorter distance, please email edenclassic@edenproject.com with your name, distance entered and the distance you'd like to do instead. Or let us know at the Help Desk on Sunday morning.

Please note that we unfortunately cannot offer a refund for the difference between entry fees.

If you decide mid-route that you need to change your distance, please let the team at the finish know your rider number, distance entered, and distance completed.

Can I change to a longer distance?

Should you wish to increase the distance entered, please email edenclassic@edenproject.com with your name, distance entered and the distance you'd like to do instead. Once accepted, you will be required to pay the difference between entry fees. We will advise at this stage on how best to make the payment.



Where can I buy an Eden Classic jersey?

This year we are delighted to offer a Primal race cut Eden Classic jersey, you can buy the jersey from our website <https://www.edenproject.com/shop/mens-t-shirts/eden-classic-jersey>, our onsite retail shop or from our rider village on the day of the Classic.

Registration

We will NOT be holding a registration this year, instead all riders will receive their rider number and timing chip via post. If you have any concerns over this please email edenclassic@edenproject.com as a matter of urgency.

What will you find in your rider registration pack

- Rider number and disposable timing chip
- Cable ties to fasten your rider number to the bike
- Post Event Pasty Voucher

On the Day

Before you set off

It is our intention that you have the best experience of the Eden Classic, but before you set off there are a few things you need to remember:

Your Helmet

Please remember your helmet. If you forget your helmet, we are sorry, but you are not permitted to take part in the event.

Your rider number and timing chip

You will be posted your rider number ahead of the event, it is your responsibility to bring it with you to the event. On the rear of the rider number there will be a disposable timing chip and the

emergency telephone number for the event. We suggest you save the emergency number **07971 573230**, into your mobile phone.

We strongly recommend that you download the app What3words, in the event that you require assistance, it will enable our support team to locate you quickly and easily.

Please secure your rider number to the front of your handle bars with the cable ties that we have provided. This allows our timing matts to register your time.



Bike Spares

If the incident you have a puncture you should have the necessary spares and equipment required to fix this. We would suggest bringing a multi tool, two spare inner tubes, tyre levers and a working pump.

Fuel

All riders are invited to join us for a complimentary breakfast from 6.00am till 8:30am which will be held at next to registration in Banana Coach Park. Once you have collected your breakfast, please do move away from the breakfast station to avoid overcrowding of areas, we are lucky to have a large space to congregate.

We have wonderful feed stations on route offering food and water, but it is **your responsibility** to provide your own specific nutrition supplies i.e. gels.

Mobile

Please do remember to bring a fully charged mobile phone with you so you are able to contact us if needed.

We suggest you save the emergency number **07971 573230** into your mobile phone.

We strongly recommend that you download the app What3words, in the event that you require assistance, it will enable our support team to locate you quickly and easily.

Health and Safety Briefing and Event Start

All riders are required to attend their chosen distance health and safety briefing, as you will be given route specific information.

Riders are required to be mounted on their bikes and ready to start the ride when attending the briefing. Each briefing will take place at Banana Coach Park adjacent to breakfast.

Once the health and safety briefing is completed for your chosen distance, you will be released on to the route in waves of 50 riders from Banana Coach Park. Please note this year we will not be starting the route in the arena.

Long distance safety briefing – 7.30am

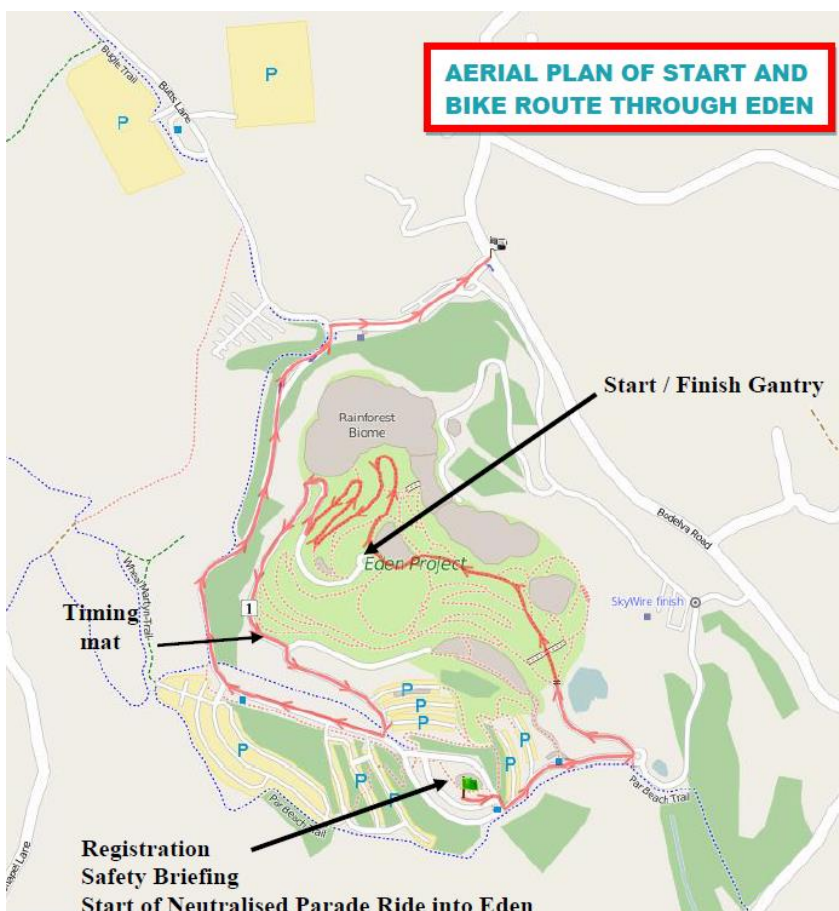
Mid distance safety briefing group 1 – 8.00am*

Mid distance safety briefing group 2 – 8.30am*

Short distance safety briefing – 9.00am

*Mid distance safety briefings will be on a first come first served basis.

Briefings will start promptly, so please allow plenty of time to set yourself up and position yourself for the briefing.



Support

Emergency Number

If you need assistance, please call **07971 573230**

If for any reason you can no longer continue with the event feel free to phone our emergency number and one of our pick-up vans can collect you and your bike and return you to the Eden Project. Collections will be prioritised according to each individual situation.

Please download What3words, so that our support team can easily locate you.

The emergency number is written on the reverse of your rider number, but we would also encourage you to save the number on your mobile phone too.

If it is a medical emergency, please call 999.

If you chose to be collected by other means or decide to ride home, please do contact us on the emergency number and let us know, we will need to know your rider number.

First Aid

First aid support is available at Eden Project and we also have two first aid support units at the feed stations.

Always phone 999 if it is a medical emergency and then please inform the event team via the emergency number **07971 573230**.

NEG Motor Bike Marshals

There will be a team of motor bike marshals on route throughout the event. They will check route signage, monitoring riders throughout the event and providing rider support if needed. They will also liaise with the event team.

Bike Mechanics

Explore by Bike will be providing bike mechanical support at The Lost Gardens of Heligan feed station.

Please note you should be self-sufficient on route.

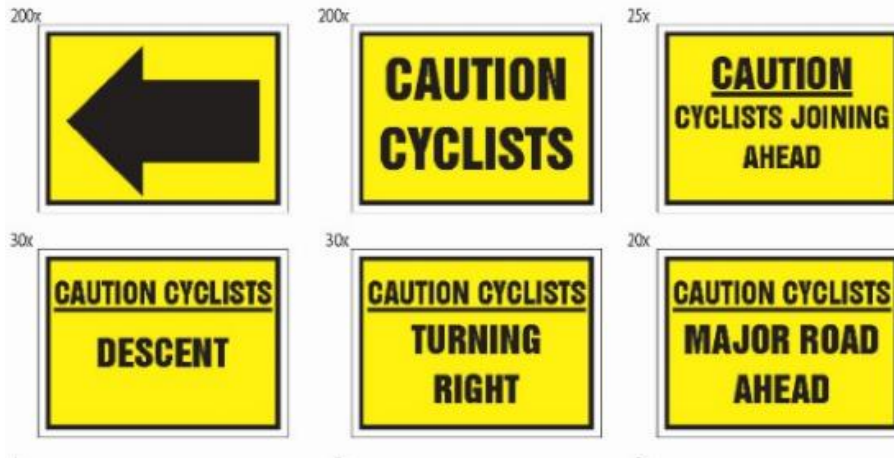
On route

Signage

All routes will be clearly marked with large yellow Correx signs with black arrows or wording, please see examples below.

Caution signs will be positioned throughout the route to warn you of upcoming hazards and to warn motorists that cyclists are on route and maybe crossing or passing busy areas.

The event team check the signage on the morning of the event, however it is possible that signs can be tampered with during the event, so you should have a good understanding of the route. At the end of the rider manual you will find copies of the route map, with distance markers. We recommend printing the relevant map and taking this with you.



Maps

Should you wish to download the map, please visit www.edenproject.com/edenclassic where there are links to the maps and you are able to export them as GPX files.

Once you have selected your chosen map, click on the actions tab to the left of the map; then click export; change tracks to routes and then export file.

35miles <https://ridewithgps.com/routes/29311150>

60 miles <https://ridewithgps.com/routes/29311188>

100miles <https://ridewithgps.com/routes/31277329>

Advice On Climbs

We advise gearing og 34T x 27T or equivalent to help successfully tackle the steepest climbs on the route.

Descending

This can be the most dangerous part of your ride. We strongly advise that you take extreme caution when descending and avoid gathering speed. Many descents will end up where you will need to negotiate a blind and sharp bend. You will also be descending into small coastal fishing villages. These are tourist attractions and there will be unsuspecting pedestrians crossing roads and probably not paying attention.

Road Conditions

Due to the nature of the event and the route options you will be riding on narrow lanes that are not heavily used by motor vehicle traffic. There is, on some lanes a build-up of debris in the middle of the road. Please be careful and avoid riding in this area.

Feed stations

Depending on the route you are completing will depend how many feed stations are available to you, we hope the below helps

Feed Station	Location	Riders
Feed Station 1	The Lost Gardens of Heligan	All Riders
Feed Station 2	The Lost Gardens of Heligan	Mid and Long Riders
Feed Station 3	Waterside Resort	Long Riders

Each feed station will be stocked with a selection of sweet and savoury foods, as well as having water and hot drinks available. Each feed station is set up in a grab and go style fashion, so it is your choice whether to stop and eat at the feed station or eat on the go.

It is your responsibility to be self sufficient for any nutritional support you require such as gels.

If you have a specific dietary requirement, please email edenclassic@edenproject.com with your name, distance entered and details of your dietary requirement. Please let us know by Wednesday 14 September at the very latest so we have time to accommodate your request, requests received outside of this time we will try to accommodate but cannot guarantee.

Please see the map below of the Lost Gardens of Heligan feed station.

35 MILE ROUTE RIDERS should turn right at the exit out of Heligan and keep right at the split point sign back to Eden.

60 AND 100 MILE ROUTE RIDERS should turn right at the exit out of Heligan and TURN LEFT at the split point sign after their first scheduled visit to Heligan feed station, After their second visit to Heligan riders should continue back towards Eden ignoring the split point sign.

Lost Gardens of Heligan Feed Station



The Lost Gardens of Heligan very generously support the Eden Classic each year for which we are very grateful. The gardens are open to their day visitors and there will be inbound and outbound traffic throughout the day so please listen to the stewards directions as it is everyone's best interest.

After you finish your ride

Finishing timing mat

You will cross the timing mat before you descend into Eden. Crossing the timing mat will activate the transponder on your bike and this will be the point where your finish time will be recorded. After crossing the mat descend into Eden until you reach the finish.

PLEASE BE AWARE THAT YOU MUST DESCEND INTO EDEN WITH EXTREME CAUTION, YOUR RIDE TIME WILL ALREADY HAVE BEEN RECORDED AT THE TOP BEFORE THE DESCENT

Bike racking

Bike racking will be available at the finish, please note riders leave bikes at their own risk, the same applies for all racking available at the event.

Returning your bike

For the safety of others we ask that you walk your bike out of the Eden Project site when returning to your vehicle.

Timing chips

All timing chips are disposable so there is no need to return them to us.

Medal

Each rider is given a bespoke medal for completing their chosen distance. If you have completed a different distance to which you entered, we cannot guarantee that you are able to have a medal for the amended distance and will be given a medal for the entered distance.

Pasty

In your rider registration pack, which will be posted to you there will be a voucher for a pasty, please keep this safe. Vouchers can only be exchanged for a pasty and a pint at the 'Stage bar'.

If you have a specific dietary requirement, please email edenclassic@edenproject.com with your name, distance entered and details of your dietary requirement. Please let us know by Wednesday 14 September at the very latest so we have time to accommodate your request, requests received outside of this time we will try to accommodate but cannot guarantee.

Times

You will receive an SMS message – shortly after riding over the finishing timing mat – with your time, as long as you provided a mobile number when entering. If you didn't give us your number when you entered, please email edenclassic@edenproject.com with your name, distance, and mobile number before Wednesday 14 September.

Other riders times

It's not the time that matters, it's the taking part that counts! However, it's natural to be curious about how you did against other riders. All the times of riders who completed the event will be posted on the website as soon as possible after the event. Please note that we won't list them in time order however, as the Eden Classic is a non-competitive event.

What can my friends and family do whilst I am taking part in the Eden Classic?

Free entry to Eden Project for friends and family on Saturday and Sunday

You, as well as your friends and family have free entry to the Eden Project on Saturday and Sunday, to explore all that we have to offer. So why come along on Saturday and then explore the world's largest captive rainforest or post ride on Sunday go for a relaxing stroll around the Med. Please note this is limited to two adults and two children.

Visit our website to find out lots more www.edenproject.com

To gain entry please let your friends and family know that they need to make our ticketing team aware of the name of the rider they are supporting and the distance they are taking part in. Please note that you do not need to book a time slot for friends and family, however if your party is larger than 2 adults and 2 children, additional guests WILL need to book a timed ticketing slot.

Entry to The Lost Gardens of Heligan

Unfortunately due to the pandemic, this year access to The Lost Gardens of Heligan is not included for friends and family. Your support team can still meet you at the feedstation to cheer you on and grab a coffee and cake in their wonderful café.

Should they still like to visit Heligan, they will need to book a timed ticketing slot on their website www.heligan.com

Rider Guidelines

Please read the following guidelines to ensure you have a safe and enjoyable ride

Protect yourself and others.

We strongly recommend that when in an indoor environment or whilst mixing with others you wear a face mask.

It's not a race

It's important to remember that the Eden Classic is a non-competitive event, please be patient and accomodating to slower or novice riders, we are all here to have an enjoyable day and we want to be encouraging riders not discouraging them.

Obey the rules of the road

The Eden Classic takes place on the open highway. Obey the Highway Code as you would on any ride. This especially applies to junctions, traffic lights and not crossing the central white line of the road.

Respect other road users

Be considerate and aware of other road users. A large group of cyclists may be unfamiliar to many motorists. This may cause them to drive unpredictably so maintain awareness, back off if necessary and always be ready to take evasive action.

Please pass any horse and riders you encounter wide and slow and if necessary please come to a stop to let them pass.

Road conditions

On country lanes, be aware that the centre of the road can often be dirty and greasy with a build-up of debris and mud. You must be extremely cautious and avoid riding in the dirty central area. This is especially dangerous when descending on this type of road.

Don't obstruct the route

It's great to ride with a group of friends but make sure you don't obstruct the route for other riders or road users. If you want to stop to re-group, only do so if you wait safely and off the road, ideally at a feed station or in a suitable lay-by. Avoid riding more than two abreast and single out when necessary, e.g. on narrow roads to allow traffic to pass.

Group riding

- **Communicate**

The most important factor of successful group riding is communication. Pass any verbal signals through the group such as “slowing” and “braking”, or “car up”, meaning there is a car ahead to be aware of, “car back”, meaning there is a car behind and “single out”, meaning to adopt single file.

- **Ride consistently and predictably**

Hold a straight line, don't weave and always overtake around the right hand side of the group. Don't grab your brakes and, if you stand out of the saddle, don't let your back wheel drop back.

- **Don't overlap wheels**

In case the riders ahead need to brake, don't follow directly behind their rear wheel. Ride six inches either side, however it's essential that you don't overlap their rear wheel as any sudden movements by them will likely to bring you both down.

- **Don't ride in the gutter**

Don't ride in the gutter as you'll increase the likelihood of hitting obstructions such as drain covers, pot holes and picking up punctures. Where possible, ride 1m out from the curb.

- **Expect the group to change**

Groups will change, fragment and reform as the ride progresses. Expect larger groups on flat sections but, on longer climbs, they'll break up. Similarly, on descents, riders will tend to strong out to give more time to react to higher speeds.

- **Riding two abreast**

If road conditions and traffic allows, riding two abreast is acceptable. However road conditions and road width constantly change and narrow lanes and blind bends represent a significant hazard. Only ride two abreast when it's safe to do so.

- **Descending**

Riding near the Cornish coastline inevitably means lots of descending, often into coastal fishing villages. These descents are often steep and dangerous. You must control your speed – do not let your bike gather too much momentum. Keep your distance from the rider in front so you can see all hazards ahead.

Don't Litter

We live and cycle in a beautiful part of the world, so please do not ruin it by littering. Bins are provided at the feed stations and also at the Eden Project, so please keep all rubbish until you reach one of these points.

Take advantage of our facilities

We ensure that we have toilet facilities at our feed stations and at the event HQ so please use them rather than gateways or other parts of the route.

Make sure both you and your bike are prepared

Make sure your bike is well maintained and that your brakes and gears especially are properly set-up. Misfiring gears or poor brakes can make you a liability in a group. Carry suitable spares and clothing

Tri-bars

Using tri-bars in any group riding situation is dangerous and their use is prohibited in British Cycling registered Sportive events. If you're unable to remove them you may be withdrawn from the event

Helmets

Helmets are also mandatory on British Cycling registered Sportive events and you won't be able to take part without wearing one

Be considerate of local residents

We know you want to have a great ride, but please remember that many other people whether it will be local residents or tourists will also be going about having a good day, so please be courteous and aware of others.

Know the route and be self-sufficient

Your route will be marked with direction arrows and electronic files available to download onto any GPS enabled devices from the Eden Classic website. But, you should also do your research prior to the event and be aware of the correct route or carry a map with it marked on. Tampering with route markings is unfortunately fairly common and don't just blindly follow riders in front, they might not know where they're going

British Cycling Insurance

Please be aware that only British Cycling members have personal insurance cover for this event.

Last but not least

Please remember to have fun and enjoy yourself but not at the cost of others or your own safety.

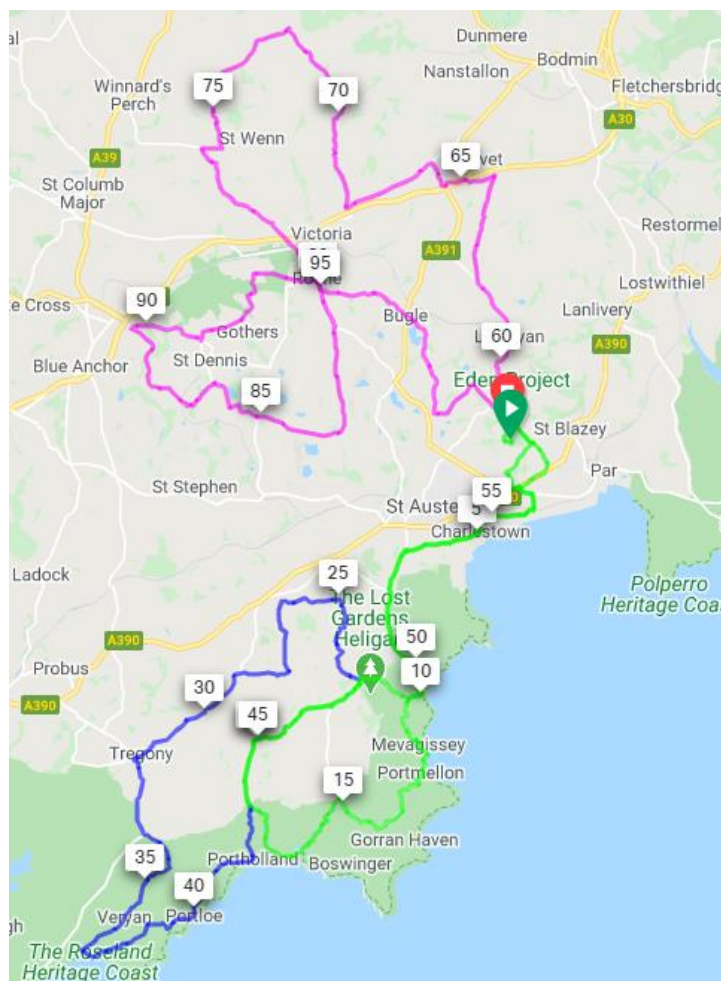
PLEASE TAKE THIS PAGE WITH YOU ON YOUR RIDE

Eden Classic – Long Route Details

100 mile Bike Route **EMERGENCY NUMBER 07971 573230**

Distance markers

- START Eden Project
- 5 miles – Charlestown
- 6.6 miles join B3273
- 11 miles Mevagissey
- 17 miles Caerhays Castle / Beach
- **22.9 miles Heligan FEED STATION**
- 32 miles Tregony
- 36 miles Veryan
- 40 miles Portloe
- 43 miles Portholland
- 46 miles Polmassic
- **48 miles Heligan FEED STATION**
- 56 miles Carlyon Bay
- 61 miles Luxulyan
- **66.7 miles – Waterside FEED STATION**
- 74 miles Rosenannon
- **80.2 miles Stay on B3274 at split**
- 87.2 miles Treviscoe
- **95 miles Turn left onto Roche road at split**
- 100 miles Eden Project



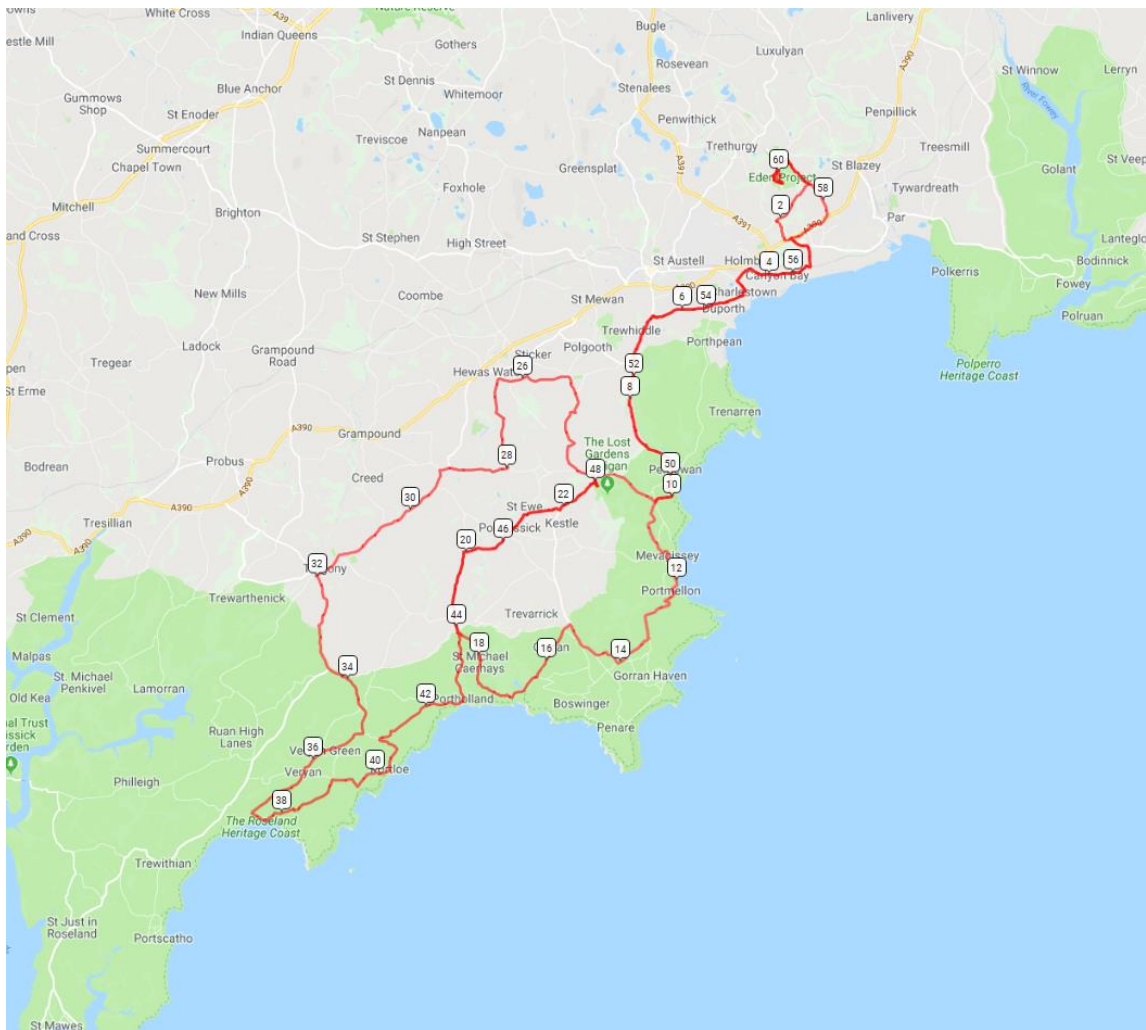
PLEASE TAKE THIS PAGE WITH YOU ON YOUR RIDE

Eden Classic – Mid Route Details

60 mile Bike Route - EMERGENCY NUMBER 07971 573230

Distance markers

- START Eden Project
- 5 miles – Charlestown
- 6.6 miles join B3273
- 11 miles Mevagissey
- 17 miles Caerhays Castle / Beach
- **22.9 miles Heligan FEED STATION**
- 32 miles Tregony
- 36 miles Veryan
- 40 miles Portloe
- 43 miles Portholland
- 46 miles Polmassic
- **48 miles Heligan FEED STATION**
- 53 miles right off B3273
- 57.7 miles left St Blazey
- 58.8 miles left into Eden
- 60 miles Finish at Eden



PLEASE TAKE THIS PAGE WITH YOU ON YOUR RIDE

Eden Classic – Short Route Details

35 mile Bike Route - **EMERGENCY NUMBER 07971 573230**

Distance markers

- START Eden Project
- 5 miles –
Charlestown
- 6.6 miles join B3273
- 11 miles
Mevagissey
- 17 miles Caerhays
Castle / Beach
- **22.9 miles Heligan
FEED STATION**
- 29 right off B3273
- 30.6 miles
Charlestown
- 31.5 miles Carlyon
Bay
- 33.6 miles left St
Blazey - Gate to
Eden
- 34.8 miles left into
Eden
- 35 miles Finish at
Eden

