

# PRUDENTIAL



# RIDE LONDON

2019 GUIDE TO THE PRUDENTIAL RIDE LONDON - SURREY 19

LONDON - SURREY  
**nineteen**

 @RideLondon

# FINAL INSTRUCTIONS

Please read these instructions very carefully and keep them safe. In the following pages you will find all the information you need to have a trouble-free Ride Day on Sunday 4 August. We will do our utmost to look after you as you tackle the 19 miles ahead of you. All you need to do is follow these simple guidelines.



MAYOR OF LONDON



## FINAL INSTRUCTIONS

# Introduction

**It is nearly time to take your place on the Start Line at the Prudential RideLondon-Surrey 19. The 19-mile mass participation event for up to 2,000 riders on traffic-free roads is part of the Mayor of London's 2019 Prudential RideLondon, the world's greatest festival of cycling.**



The 19-mile sportive has been created to encourage younger and newer riders to take part in their first mass-participation cycling event and to provide an opportunity for families and friends to ride together.

## READ CAREFULLY

Please read these instructions carefully before Sunday 4 August 2019. In the following pages you will find all the information you need to have an enjoyable and trouble-free ride. We will do our utmost to look after you as you tackle the 19 miles ahead of you. All you need to do is follow these few simple guidelines.

## RIDER REGISTRATION

You must register and collect your Rider Pack to be able to take part. You can either do this at the Prudential RideLondon Cycling Show at ExCeL from Thursday 1 to Saturday 3 August or at the Information Point at Sandown Park on Ride Day, Sunday 4 August.

## REGISTERING AT EXCEL

If you choose to register at ExCeL, the address is as follows:

**ExCeL**  
**1 Western Gateway**  
**Royal Victoria Dock**  
**London E16 1XL**

## YOU CAN REGISTER AT THE FOLLOWING TIMES:

- **Thursday 1 August** 10:00–20:00
- **Friday 2 August** 10:00–20:00
- **Saturday 3 August** 08:30–17:00

## REGISTERING AT SANDOWN PARK

If you choose to register at Sandown Park on Sunday 4 August, please arrive from 12:30 and no later than one hour before your wave loading time. Please go straight to the Information Point within the assembly area as soon as you arrive.

## YOUR RIDER PACK

Your Rider Pack consists of a rider card, body number, seatpost number, handlebar number and frame sticker. Take care of your Rider Pack and fill in the medical information on the reverse side of the body number.

## VISITING THE PRUDENTIAL RIDE LONDON CYCLING SHOW

You can cycle to ExCeL from central London in around 45 minutes. There are bicycle storage facilities at the Cycling Show. Alternatively, ExCeL is approximately 20 minutes away from central London via the Docklands Light Railway (DLR).

The 2019 Prudential RideLondon Cycling Show will serve up a feast of cycling related activities for all ages and abilities. Entry to the Cycling Show is FREE, so bring your family and friends, even if they're not taking part in this year's ride.

## BEFORE LEAVING HOME

You were sent an email with these Final Instructions containing your unique rider number. Please note your number and check the timetable on the website for your wave loading and start times. Please arrive in good time for your wave.

## YOU MAY ALSO WANT TO BRING THE FOLLOWING ITEMS:

- **Appropriate clothing for the weather**
- **Full water bottles and food**
- **Mobile phone**
- **Repair kit/tools and spare inner tubes**
- **Helmet (mandatory)**
- **Money**

**Please note: there is no baggage transfer or storage facility at Sandown Park.** You must ride with any items that you bring with you.

## GETTING TO THE START

The Start of the Prudential RideLondon-Surrey 19 is at Sandown Park racecourse, Esher, Surrey KT10 9AJ. We recommend cycling to the Start or using public transport. Please note the entrance for the event is located on **More Lane**.

## BY BICYCLE

If you plan to cycle to the Start at Sandown Park, please ensure that you plan your journey in advance by visiting [prudentialridelondon.co.uk/road-closures](http://prudentialridelondon.co.uk/road-closures)

Many roads across London and Surrey will be closed from the early morning to facilitate Prudential RideLondon. You will not be able to cycle along the closed roads to get to the start of the sportive, notably Portsmouth Road (A307) between Kingston and Esher.

Access to the Start Area for the event is on **More Lane**. Access to the site is not possible from Portsmouth Road. If you cycle close to the venue and are required to cross the event route, you must do so at the nearest pedestrian crossing ➔

## KEEP IN TOUCH



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### RIDER SAFETY CAPTAINS

Look out for the Continental Tyres Rider Safety Captains on the Prudential RideLondon-Surrey 19 route. They are present to help keep you safe at all times. Please listen to, and follow, their instructions



## Attaching your rider numbers



### HOW TO ATTACH YOUR BODY NUMBER, SEATPOST NUMBER, HANDLEBAR NUMBER AND FRAME STICKER TO YOU AND YOUR BIKE

Every single rider will be accurately timed by means of an ID tag, which is part of your seatpost number. The seatpost number must be attached to your seatpost. When you cross the official Start Line of the Prudential RideLondon-Surrey 19, you will pass a timing point that will register your time as you pass it. There is another timing point at the Finish Line on The Mall. The ID tag is disposable and does NOT need to be returned once you cross the Finish Line.

Official times will be based on the elapsed time taken by each rider between the Start Line and the Finish Line. It is your responsibility to attach your body number to the back of your jersey/jacket, your frame sticker to your frame, your handlebar number to your handlebars and your seatpost number to your seatpost in order to get an official finishing time. Your body number, frame sticker, handlebar number and seatpost number will be issued to you at Registration.

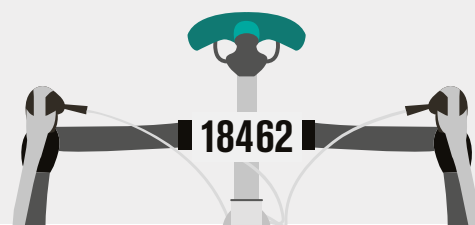
### ATTACHING THE HANDLEBAR NUMBER

Please separate the handlebar number from the body number along the perforations.

Use the two cable ties (which will be enclosed with your body and handlebar numbers) to attach the handlebar number to the centre of the handlebar.

Make sure that the whole number is visible, otherwise we can't guarantee to link the official photographs with you.

**ATTENTION!** Make sure you attach the handlebar number in the correct position (see below).



by dismounting and walking on foot. Crossings are located on Esher High Street. Please do not cycle on the pavement.

### BY TRAIN

Sandown Park is 1.2 miles and a 10-minute cycle from Esher station, which is 28 minutes from Waterloo and 12 minutes from Wimbledon.

South Western Railway will be providing additional services to Esher but normal restrictions apply to the carriage of bicycles on public transport in London. Please plan your journey in advance by visiting [nationalrail.co.uk](http://nationalrail.co.uk) or calling 08457 484950.

Participants should turn right out of Esher station onto Station Road and then left to Lower Green Road. Follow the road around to More Lane. The entrance to Sandown Park is on the left.

Please note that Esher station is located outside of Zones 1-6 and that Oyster Cards are not valid when travelling to Esher. A paper ticket must be purchased in advance of travelling. Please note train services often have limited capacity for bicycles.

### BY CAR

Due to the extensive road closures in place for the Prudential RideLondon events, driving to Sandown Park will need careful planning. Please allow extra time for your journey as some roads may be busier than normal.

If you do decide to drive, please use the A3, exiting at Cobham (Painshill) Junction. Follow the signs for the A245 towards Cobham before taking a left to A307 Portsmouth Road.

Follow the A307 all the way to Esher where vehicles will be directed to More Lane (where the entrance to the site is located).

Please remember that if you do drive to Sandown Park, you will have to return there

from The Mall after you have completed the sportive to collect your vehicle. There is no transfer service from the Finish.

**All vehicles must be removed from Sandown Park by 21:30 on Sunday 4 August.**

### AT THE START

Please arrive ready to ride. If you need to collect your Rider Pack, go straight to the Information Point when you get to Sandown Park. Refreshment and toilet facilities are available but we recommend eating before you arrive.

Mechanics are available to help you if you have any last-minute mechanical issues. The service is free but you must pay for any parts supplied.

### CHILDREN

All **12-15-year-old riders** must be accompanied by an adult aged 18 or over. We also recommend young riders should have completed a cycling proficiency course, such as Bikeability.

All children under-16 must wear a light blue tabard which can be collected when you pick up your Rider Pack.

### LOST CHILDREN

Please contact a member of staff or a steward to report a lost child. We have a welfare team located at the Information Point in the assembly area.

All riders under 16 years old must wear a wristband containing contact details for a parent or guardian, which will be included in the Rider Pack collected on site.

### START TIMES

Riders will depart in 15 waves from Sandown Park between 14:30-15:30. You were sent your wave start time with your Registration email. If you have not received your email please send your full name and date of birth to [helpdesk@londonmarathonevents.co.uk](mailto:helpdesk@londonmarathonevents.co.uk).

## FINAL INSTRUCTIONS

# The 19 Route

**At all times during the Prudential RideLondon–Surrey 19 sportive you must follow all instructions given by the event officials**

## THE ROUTE

Starting at Sandown Park, the new event takes in the final 19 miles of the Prudential RideLondon–Surrey 100 route.

You will cycle on traffic-free roads through south west London, over Putney Bridge and into the centre of the capital to the spectacular finish on The Mall in front of Buckingham Palace.

Please note that the biggest hill on the ride is around the halfway point at Wimbledon and the ride is mostly flat or downhill after that point. See right for a map of the route.

## DRINKS STATION AND HUB

There is one Drinks Station, including toilet facilities, on the route in Wimbledon and a Hub at Kingston upon Thames. We recommend that you bring your own water bottle. Please fill it up at home or at the Start.

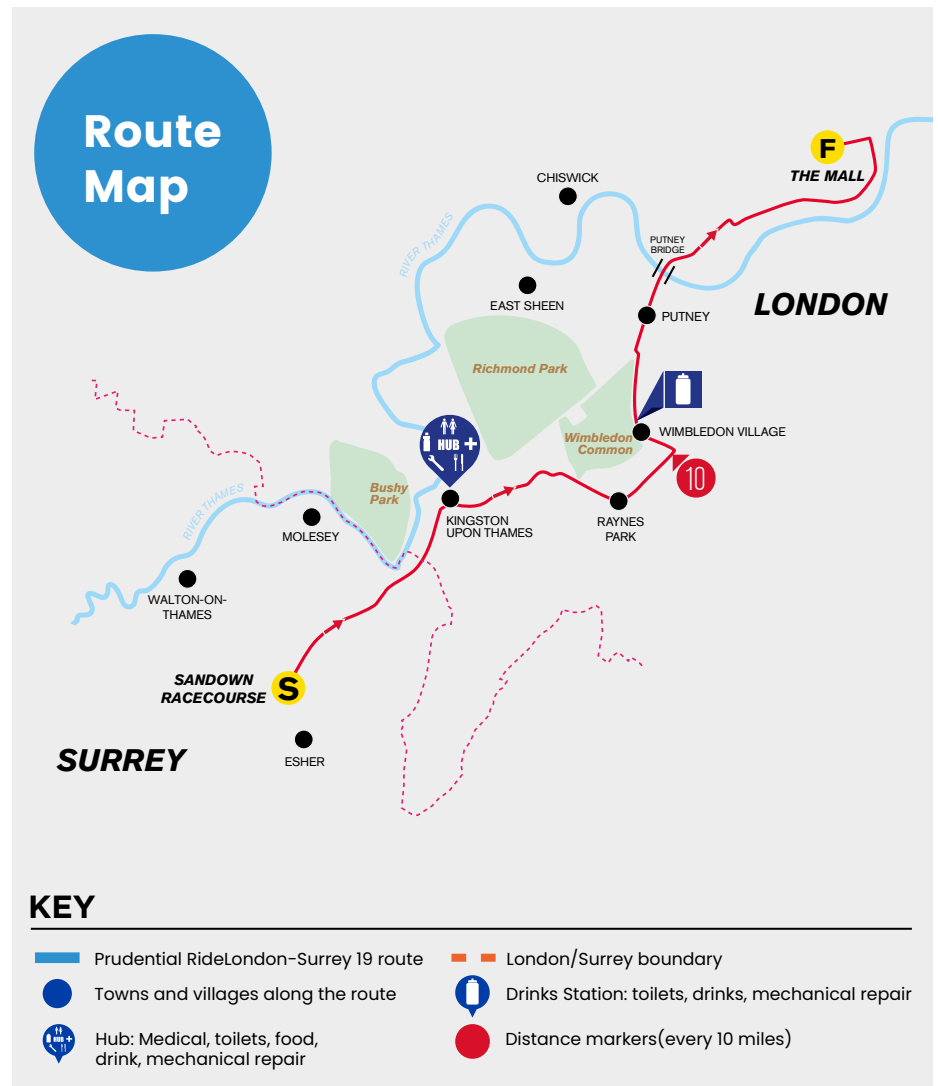
## RULES OF THE RIDE

Follow our 'rules of the ride' to ensure you arrive at the Finish Line safely by **no later than 17:25**.

Riding in groups is fun but it also takes concentration. Remember our simple motto when cycling: **Look, Think, Communicate**.

Try to maintain a predictable cycling line on the road – don't swerve suddenly. If you need to stop or change direction, please indicate your intention to other riders. If you notice potential obstacles or dangers ahead of you, let your fellow riders know. If space is limited, or you cannot see clearly ahead, slow down.

Cycle at a sensible speed – remember, the Prudential RideLondon–Surrey 19 is not a race. Maintain control of your bicycle at all times and be aware of the variable quality of the road surface. Be courteous and patient to other event participants, road users and pedestrians crossing the route.



Do not use mobile phones while cycling – you must pull to the roadside and stop if you wish to make or receive a phone call. All participants must wear helmets and all children aged 16 and under should wear their souvenir Prudential RideLondon–Surrey 19 tabard, which will be available on collection of your Rider Pack.

You will be joining cyclists taking part in the 100-mile event, so please be aware of them. Please keep to the left of the road and allow other participants to pass on the right.

Emergency vehicles take priority across the entire event. 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.

## WHAT TO DO IF YOU BECOME SEPARATED

If you become separated from the rest of your group, please pull over safely to the left-hand side of the road to see if you



can find them. If you are unable to find your group and are concerned, please speak to an event marshal who will be able to help.

If you lose your child at any point, please speak to a member of staff, including stewards. To help, ensure all riders under 16 are wearing a lost child wristband with contact details of the parent or guardian who is present at the event. Ensure this is fitted before you set off on your ride.

### THE FINISH AREA

The Royal Parks has allowed us to use The Mall, Constitution Hill and Green Park as the Finish Area. The Finish Line is located

### PlusBike

If you're travelling to Prudential RideLondon by rail with a bike, use National Rail's PlusBike info to help you plan with ease. Visit [nationalrail.co.uk/PlusBike](http://nationalrail.co.uk/PlusBike) to find out more.

on The Mall. As you cross the Finish Line in front of Buckingham Palace, please keep moving and follow instructions from marshals. If you become distressed or feel ill in any way, our medical staff will be on hand to care for you.

Please remember that there is no baggage service between the Start and the Finish of the sportive.

### MEET AND GREET AREA

The meet and greet area after the Finish can be very busy, so please take note of the following advice. There will be meeting points in the Broad Walk area of Green Park. The trees in this area of the park will be marked with letters of the alphabet so you can arrange to meet at your family initial or at another prearranged letter.

### HEADING HOME

You can expect to be tired at the end of the sportive, so we recommend planning

your route home in advance. If you intend to cycle, please remember that you will be cycling on open roads and that will involve encountering other road users and traffic. If you drive to Sandown Park, please note that you must return there to collect your car by 21:30.

### PUBLIC TRANSPORT

Normal restrictions apply to the carriage of bicycles on public transport in London. For details, check [tfl.gov.uk/cycling](http://tfl.gov.uk/cycling)

Check what restrictions train operating companies may have in place for bicycles over the Prudential RideLondon weekend at [nationalrail.co.uk](http://nationalrail.co.uk)

### AND FINALLY...

Have a great day at the 2019 Prudential RideLondon-Surrey 19! We hope that the information contained in this Final Instructions booklet will help you to have a fun, safe and satisfying day on Sunday 4 August 2019. 🚴