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 30 July. We will do our utmost to look after you as you tackle the 100 miles ahead of you. All you need to do is follow these few simple guidelines.

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Rider Registration

Your main aim between now and Ride Day on Sunday 30 July is to plan your weekend and collect your rider documents from the Prudential RideLondon Cycling Show. The following pages will explain how to do this.

Collecting your rider number

You will have received your registration form, which shows your rider number, with your Final Instructions magazine. **DO NOT LOSE THIS FORM.** You will need it to collect your rider documents and kitbag when you register for the Prudential RideLondon–Surrey 100 at ExCeL in east London. **YOU MUST BRING PHOTOGRAPHIC IDENTIFICATION WITH YOU TO COLLECT YOUR RIDER DOCUMENTS.** The acceptance slip sent to you in February is not valid. On the reverse of your registration form you will find a charity survey questionnaire. Please complete this section before you arrive at Registration.

While preferring you to register in person, we recognise that in some cases this may not be possible, so you can nominate someone to collect your rider documents for you. The person you nominate must have the following: a letter written and signed by you, authorising that person – by name – to collect your rider documents. You must also sign your registration form before handing it to them **AND PROVIDE THEM WITH A CLEAR PHOTOCOPY OF YOUR DRIVING LICENCE OR PASSPORT SHOWING YOUR NAME AND SIGNATURE.**

The person collecting your rider documents should have suitable identification, such as their passport or driving licence, with them.

Failure to comply with these instructions may lead to your rider documents not being issued. Please note: an individual can only pick up one set of rider documents in addition to their own.

**YOUR RIDER DOCUMENTS**

Your rider documents consist of a rider card, body number, handlebar number, frame sticker and kitbag sticker. Take care of your rider documents and fill in the medical information on the reverse side of the body number. Once you have separated your rider documents, do not deface or modify them in any way, and please note that duplicate numbers cannot be issued under any circumstances.

**YOUR KITBAG**

When you register you will be given an envelope containing your rider documents, including an adhesive kitbag sticker. You will also be given a drawstring Ride Day kitbag (see above). The sticker must be fixed to the front of the kitbag on the area indicated. You will use this kitbag for your belongings on Ride Day. You simply hand in the kitbag at the correct baggage lorry at the Start and it will be waiting for you to collect at the Finish.
You must be fit and well to ride 100 miles. Severe exertion during or soon after any kind of fever is extremely dangerous. Do not take any chances with your health: if you find yourself in this situation you must withdraw (see below).

Another chance...

To compensate for your disappointment if you have to withdraw your entry through illness or injury, we will guarantee you an entry to the 2018 event providing that you follow the simple instructions below.

**IF YOU ARE ILL OR INJURED AND YOU WISH TO WITHDRAW, THIS IS WHAT YOU MUST DO:**

Go to prudentialridelondon.co.uk/withdraw and complete the online withdrawal form by 20:00 on Saturday 29 July 2017.

You will then be sent an email confirming your application for withdrawal. Providing you adhere to the following dates and pay the 2018 entry fee, you will be accepted for the 2018 Prudential RideLondon-Surrey 100 unless your entry was received via a charity or sponsor, or carried over from the 2016 event.

By Monday 2 October 2017 you will receive an email link for a guaranteed entry form for the 2018 Prudential RideLondon-Surrey 100. If you have not heard from us by this date, please telephone our helpdesk on 020 7902 0212 between Monday 2 October and no later than Friday 13 October 2017 – failure to do so will result in the loss of the 2018 entry. The closing date for completion of the online guaranteed entry form is 17:00 on Monday 16 October 2017.

It is the cyclist’s responsibility to ensure they have completed their 2018 online guaranteed entry form and paid the 2018 entry fee by this closing date as the deadline will not be extended under any circumstances.

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**What if I am ill or injured?**

You will need to bring the following along with you to Registration:

- Your registration form This is the form that you received with your Final Instructions magazine. It has your rider number on it.
- Valid photo ID A driving licence or passport.

**WHERE TO REGISTER**

You must register and collect your rider documents before Ride Day. Registration is at the Prudential RideLondon Cycling Show, which will take place at ExCel in east London. The address is:

ExCel  
1 Western Gateway  
Royal Victoria Dock  
London E16 1XL

**YOU CAN REGISTER AT THE FOLLOWING TIMES:**

- Thursday 27 July 10:00-20:00
- Friday 28 July 10:00-20:00
- Saturday 29 July 09:00-17:00

You will be asked to sign the declaration on your registration form in front of the registration clerk and provide photographic ID such as a driving licence or passport. With your rider documents and kitbag you will also be given a set of final instructions. Please read them carefully.

**FREEBIES**

When you register you will receive vouchers to collect a free water bottle, courtesy of Prudential, and a pair of tyre levers, courtesy of Continental Tyres.

**HOW TO GET TO EXCEL**

ExCel is connected to the Jubilee line at Canning Town via a four-minute Docklands Light Railway (DLR) journey to Prince Regent station. Visitors then have a two minute walk along a covered walkway to the entrance.

Please note that Custom House station is closed until December 2017.

We strongly advise that you use an Oyster card or purchase a return ticket or travelcard as ticket-purchasing facilities are limited at ExCel. All valid London Underground tickets are accepted on the DLR.

Please try to register on Thursday if you are based in or around London, as it will be busier on Friday and Saturday with cyclists coming from further afield.

After registering, take some time to look around the Prudential RideLondon Cycling Show; there is lots to do and see as well as plenty of opportunities to check out the latest cycling products. Turn to page 18 to find out more.

If you cycle to ExCel, there will be bicycle storage facilities at the Prudential RideLondon Cycling Show (see page four for more details).

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prudentialridelondon.co.uk
**The Prudential RideLondon Cycling Show 2017**

Get ready to be inspired

With a theme of 'inspiration', the Prudential RideLondon Cycling Show will connect and inspire cyclists and would-be riders of all ages and abilities.

Entry to the 2017 Prudential RideLondon Cycling Show at ExCeL is FREE, so bring your family and friends – and tell all your cycling companions, even if they’re not taking part in this year’s ride.

Many of the major cycling brands will be represented, as well as a multitude of other exhibitors who will be showing and selling everything from designer water bottles to the latest must-have devices. One of the biggest stands will be devoted to Prudential RideLondon merchandise, including this year’s range of souvenir and technical clothing.

With personal appearances at the Show from top professional riders, who will be taking part in the Prudential RideLondon Classique and the Prudential RideLondon-Surrey Classic, the atmosphere at the show will be unparalleled.

The Centre Stage will feature a full programme of informative presentations throughout the day, offering invaluable cycling advice, interviews with professional and celebrity riders, and a variety of entertainment.

With more than 10,000 visitors each weekday and up to 15,000 on Saturday, you may want to consider registering in the week to avoid the crowds on Saturday. If you plan to visit on Saturday, before 11:00 is the quietest time.

**BIKE PARK**

We welcome visitors on their bikes and while bikes are not allowed in the Show itself, we offer a free secure storage facility. Drop off your bike at Door N1 before you enter the Show at Door N2.

You don’t have to be a professional cyclist or Olympic gold medallist to benefit from a sports massage and, as you ease off the training in the week preceding the sportive, a session on the table would be a great addition to your preparation. Not only will your muscles respond better after treatment, but a little pampering will also relax you before Ride Day and help calm any nerves you may have. Look out for the massage area when you visit the Cycling Show. With sessions at just £15 for 15 minutes or £30 for half an hour, don’t waste this opportunity – come along and let one of our 20 therapists look after you.

**CYCLING SHOW OPENING TIMES**

- Thursday 27 July 10:00-20:00
- Friday 28 July 10:00-20:00
- Saturday 29 July 09:00-17:00

**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.
Visiting the Cycling Show

Make sure you visit Centre Stage at the Prudential RideLondon Cycling Show. Highlights will include exclusive interviews with top sports stars and celebrities from the music industry who will be taking on the 100-mile ride alongside you.

We are also delighted that cycling legend Sir Chris Hoy will be returning to the show in addition to pro-rider Alex Dowsett, cycling ambassador for Bloodwise, the 2017 Prudential RideLondon Charity of the Year.

The remarkable story that was made into successful documentary Fixing Dad, and aired on the BBC last year, is the inspiration behind this year’s Fixing Challenge campaign. Our competition-winning Fixees will be coming to the Cycling Show, alongside filmmaker Anthony Whittington, to share their inspiring stories about how cycling and training for the Prudential RideLondon-Surrey 100 has positively changed their lives. Find out more about the Fixing Challenge on PrudentialRideLondon.co.uk.

Don’t miss the Experts’ Show, which is repeated throughout each day every two hours. You will get top advice to help you make the most of Ride Day, including fuelling on the ride from sports nutritionist Anita Bean. Check out the full Centre Stage timetable online at PrudentialRideLondon.co.uk/centre-stage.

Please note that you will receive a Cycling Show floorplan and exhibitors list when you collect your rider number.

FINAL INSTRUCTIONS

Who’s at the Show?

Make sure you spend some time browsing the stands at the Cycling Show for great products and services for cyclists.

Cycling Show exhibitors

Active Root
Alton Sports Fourmarks
Alzheimer’s Society
Anthony Nolan
Endurance Conspiracy
Beating Bowel Cancer
Beet it Sport
Bliss
Bloodwise
Breast Cancer Now
British Heart Foundation
Brompton Bicycle
Cafe Coppi Europe Ltd
Cancer Research UK
Children with Cancer UK
Clif Bar & Company
Continental
Crakalicious Cycle Care
Cycology Travel Ltd
ERV International Travel Insurance
Evans Cycles
Extra UK
GEOBIKE
GFNY MONT VENTOUX
Grapefruit Ltd
Gri Sportswear
High5 Sports Nutrition
IFIVE DISTRIBUTION LTD
Pedalcover Insurance
Centre Stage
Stunt Display Team
Massage
SRAM Corporation Europe
Test Track
Macmillan Cancer Support
Nestle Waters UK Ltd
Nrg4 Ltd
Pallipag Ltd
Pinpoint Consumer
Electronics Ltd
Precision Hydration
Promoción Exterior de Lanzarote, S.A
Prostate Cancer UK
Pro Vision Clothing Ltd
Prudential
Rooie Ltd T/A GU Energy UK
Scimitar Sports UK Ltd
Scope
Sealskinz
Silhouette UK Ltd
Silverfish UK Ltd
Spinal Injuries Association
Sports Tours International
SRAM Corporation Europe
TDA Global Cycling
The Chia Charge
Company Limited
The Royal British Legion
The Stick / RPI of Atlanta
The Cycling Company
TORQ LTD
Transport for London
Upgrade Bikes Ltd
WL Gore & Associates (UK) Ltd

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**ATTACHING THE HANDLEBAR NUMBER**

The ID tag for timing is attached to the back of 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.

The ID tag is disposable and does NOT need to be returned once you cross the Finish Line. **ATTENTION!** Make sure you attach the handlebar number in the correct position (see below).

At the end of June, we sent you an email containing your start area colour, the wave you are participating in, wave loading times and your actual start time.

You will need to consider this information when planning your journey to the Start Line in Queen Elizabeth Olympic Park on the morning of the sportive. If you did not receive this email or are unsure of any of the above details, please call our helpdesk on 020 7902 0212.

Use this start information to work backwards to calculate the time you need to leave your accommodation and, if you’re driving, the time you need to be parking or dropped off. The start of the event covers a vast area and it will take time to get around, so please arrive in plenty of time.

Please refer to the email that was sent to you in June to check the opening and closing times of your wave loading.

**Before you leave for the start, make sure you have the following items with you:**

- Rider card. Detach this card from your rider numbers and bring it along as a handy guide to your start time
- Handlebar number, frame sticker, body number (all mandatory) and helmet sticker attached to your bike, jersey and helmet
- Full water bottles and food (gels, bars etc)
- Spare inner tubes/pump/tyre levers/repair kit/tools
- Helmet (mandatory)
- Money – in case you want to stop for refreshments at a village shop or cake stall along the route, or for some reason need to take the train home
- Sun cream – if it’s sunny!
- Bike lights – if you leave before sunrise (05:21)
- Booking confirmation emails if you have pre-booked anything from the Transport Options email (ie car park space)
- Cycling shoes (if arriving by car/dropped off)
- Map to help you find your way back to your car/accommodation after the event. Visit tfl.gov.uk/ridelondon to plan your journey
- And event kitbag, if required

...oh, and don’t forget your bike!

**HOW TO ATTACH YOUR BODY NUMBER, HANDLEBAR NUMBER & FRAME STICKER TO YOU AND YOUR BIKE**

Every single rider will be accurately timed by means of an ID tag on the back of your handlebar number, which must be attached to your handlebars. When you cross the official Start Line of the Prudential RideLondon–Surrey 100, 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.

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, and your handlebar number to your handlebars in order to get an official finishing time. Your body number, frame sticker and handlebar number will be issued to you at Registration.
FINAL INSTRUCTIONS

Getting to the Start

1. PLAN CAREFULLY
Due to extensive road closures for the event and the early start, we recommend that you plan your journey to the sportive very carefully and in advance.

When we emailed you towards the end of June with your start details, we suggested a variety of transport options for getting you and your bike to the Start Line in Queen Elizabeth Olympic Park.

Two of these options were driving to an official drop-off point or pre-booking a car park. If you chose one of these options, make sure you know the route you are required to take to avoid road closures (see below right). Once at the car park or drop-off locations, you will be able to follow a signposted route to the start.

If you are not planning to drive or be driven to a car park, drop-off point or use one of the specially chartered London Overground services, you will need to cycle to Queen Elizabeth Olympic Park so please plan your route carefully.

2. ARRIVAL POINTS & START TIMES
You will have been allocated a place in one of the Green, Yellow, Blue, Orange, Pink or Black Starts. The map on page nine shows the location of the entry points to each of these areas. The map also shows four arrival points (purple arrows A to D). Please make your way to the arrival point nearest to your start area entry point, where signposts will direct you to your allocated start area.

Due to the complexity of more than 30,000 riders departing Queen Elizabeth Olympic Park in a four hour period, you cannot change your start colour or start time. If you wish to meet another participant who is starting at a different time, you will be able to meet them on, or beyond, The Highway by pulling to one side of the road in a safe place and waiting. Each wave loading area will be monitored by stewards on the day to manage capacity. You will not be able to join a different wave colour or start earlier than your allocated wave.

3. ROAD CLOSURES
There will be extensive road closures from early morning on Ride Day to make sure the route is secure and ready for the event. Please visit PrudentialRideLondon.co.uk/road-closures to plan your route to the start. Turn to page 10 for more details on planning your journey. Check tfl.gov.uk/ridelondon for full details of the road and river crossing closures on Ride Day.

prudentialridelondon.co.uk
4. PUBLIC TRANSPORT
There will be limited public transport on Sunday 30 July to assist you in getting to the start in Queen Elizabeth Olympic Park.

This year, we are again running a rail service from Richmond to Stratford on the London Overground. There will be several specially chartered trains, which will leave from Richmond and call at Acton Central, Willesden Junction, Hampstead Heath and Highbury & Islington before arriving at Stratford. There will also be an additional service, which will leave from West Croydon and call at Sydenham and New Cross before arriving at Dalston Junction.

You were sent details on these trains in the transport options email at the end of June. If you did not receive this email, call our helpdesk on 020 7902 0212. You must have a reserved place to use this service.

The Docklands Light Railway will be operating its standard Sunday service on Sunday 30 July and stations will manage a safe capacity of bicycles on trains. However, for the vast majority of participants the standard service may not be early enough to get to Queen Elizabeth Olympic Park for your start wave. If this service is an option for you, please visit tfl.gov.uk to plan your journey.

Emirates Air Line will be offering a free service over the Thames to transport you and your bicycle between the O2 Arena and ExCel. This service is only available to participants. Please ensure you show your rider number to the stewards on arrival.

Normal restrictions apply to the carriage of bicycles on public transport in London on Ride Day. Check tfl.gov.uk/cycling for details. You are advised to check what restrictions your train operating companies may have in place at nationalrail.co.uk.

5. DON’T BE LATE
Otherwise your day may be over before it’s even started! The morning of the event will be an early start. All Prudential RideLondon-Surrey 100 waves start between 05:45–09:15 on Sunday 30 July and there will be no departures after the last wave.

Please remember that your allocated wave time cannot be changed. Each wave loading area will be monitored by stewards on the day to ensure all participants are in the correct area.
Getting to the Start

THE START – Queen Elizabeth Olympic Park

Baggage Arrival Points:
Make your way to an Arrival Point, where you can follow a signposted route to the six coloured Start Areas.

Service Location:
Information, First Aid, Cycle Support, Catering, Toilets

KEY
- Wave Loading Zone
- Baggage
- Arrivals Point: Make your way to an Arrival Point, where you can follow a signposted route to the six coloured Start Areas
- Prudential RideLondon - Surrey 100 Route
- Queen Elizabeth Olympic Park
- DLR station
- London Underground
- Overground

THE SPORTIVE HEADS DOWN THE A12 SO THERE IS NO ACCESS TO THE START AREA FROM THIS ROAD

prudentialridelondon.co.uk
CAR PARKING
If you have booked one of the many car parking spaces across a variety of sites in London, which have been secured for Prudential RideLondon-Surrey 100 riders, don't forget to bring the booking confirmation email with you and use the information contained in it to plan your journey. You will be able to follow a signposted route from each car park to the start in Queen Elizabeth Olympic Park.

DROP-OFF
There are several drop-off locations for participants (all around five miles from Queen Elizabeth Olympic Park). The drop-off locations are available between 04:00–07:30 on the morning of Ride Day. You were sent details of these drop-off locations in the transport options email at the end of June.

Like the car-parking sites, each drop-off location will have a signposted route to the start. You will need to make your own arrangements if you need to be picked up after the event and should take the large number of road closures into account.

Transport for London is asking drivers to avoid central and south west London on Ride Day unless the journey is essential. Please also be aware that stopping or cycling on the A12 is not permitted.

ROtherhithe Tunnel
Participants who live, park or use a dedicated drop-off location south of the river can use the Rotherhithe Tunnel to cross the river. The tunnel will be closed to traffic from 04:00–07:30. Upon exiting the tunnel on the north side of the river, you will be able to follow a signposted route to Queen Elizabeth Olympic Park.

The Start Areas
KITBAGS & BAGGAGE LORRIES
The baggage lorries are labelled with a start area colour and wave letter. Please hand in your kitbag at the baggage lorry that displays the colour and wave letter corresponding to your rider number.

Staff on the baggage lorries will only accept the official Prudential RideLondon-Surrey 100 kitbag, which was handed to you at Registration. Kitbags are sorted into number order to allow for easy retrieval at the finish.

Ensure you have stuck your self-adhesive number label to the kitbag where indicated, and that you have drawn and tied the drawstring cord to prevent any items falling out.

Once you have deposited your kitbag on the baggage lorry, you will not be able to retrieve it until you arrive at the finish area on The Mall. Therefore, please ensure that you have all you require for the sportive BEFORE leaving your kitbag on the baggage lorry. You should then move towards your wave loading zone.

WAVE LOADING ZONES
The start of the event covers a vast area within Queen Elizabeth Olympic Park and it is expected to take at least an hour to use the facilities and get ready for your specific wave loading time. Please take special note of your wave loading opening and closing times and allow yourself plenty of time to get there.

This information was emailed to you in June along with information on Transport Options available to plan your journey to the start. Please be aware that if you arrive late, a marshal will be able to direct you into a later wave of the same start colour. You cannot start earlier than your allocated wave.

Volunteers and signage will help you to find your way around the start area and to the appropriate wave loading zone when it’s time for your allocated wave. Your body number and handlebar number must be displayed clearly before entering your wave loading zone.

REFRESHMENTS & FACILITIES
Hot and cold drinks and a selection of food will be available to purchase at the start. Toilets are provided and mechanics are also on hand to help you fix any last minute issues with your bike.

For any mechanical services, the labour is free to you but you will be required to pay for any parts you need.

@RideLondon
**Ride Day Safety**

At all times during the Prudential RideLondon-Surrey 100 sportive you must follow all instructions given by the event officials.

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**Final Instructions**

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**Items that are not permitted**

Please note that you are not permitted to use the following items during the Prudential RideLondon-Surrey 100:

- Any artificial or mechanical aid (including, without limitation, handcranked devices).
- Any unconventional handlebars, including triathlon bars, aero bars, clip-ons, prayer bars, Spinaci bars and cow bars or bars without bar-end plugs fitted.
- Mobile phones while cycling — you must pull to the roadside and stop if you wish to make or receive a phone call.
- Any other item that could potentially inhibit the flow or safety of other participants or which we, in our reasonable opinion, deem may cause danger or risk of danger to you or other participants.
- Pets or animals are not permitted in the event.

---

**Slow & stop**

You will have the privilege of riding on closed roads throughout the entire route of the sportive, 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.

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**Pedestrian crossings**

The event 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 sportive, it will be necessary to allow pedestrian movement, so that pedestrians in the communities that the ride passes through can cross the route. Critical vehicles may also need to cross the event route.

- Expect to slow and stop in these busy areas.
- Obey the ground stewards and motorcycle marshals so that pedestrians and emergency vehicles can cross the route safely.
- Slowing down and creating gaps in the flow of cyclists allows pedestrians to cross the route safely.
- Along some parts of the sportive route, there is no pavement or pedestrian footway. When riding through sections of the route where footways do not exist, expect to encounter pedestrians and spectators who may be moving along the side of the route.

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**Timings**

<table>
<thead>
<tr>
<th>Location</th>
<th>Ride Mile</th>
<th>First Rider</th>
<th>Last Rider</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start — Queen Elizabeth Olympic Park</td>
<td>0</td>
<td>05:45</td>
<td>09:15</td>
</tr>
<tr>
<td>Hub 1 — Hampton Court Green</td>
<td>27</td>
<td>06:40</td>
<td>11:05</td>
</tr>
<tr>
<td>Hub 2 — Newlands Corner</td>
<td>48</td>
<td>07:30</td>
<td>13:00</td>
</tr>
<tr>
<td>Leith Hill Summit</td>
<td>58</td>
<td>07:55</td>
<td>14:05</td>
</tr>
<tr>
<td>Box Hill Summit</td>
<td>68</td>
<td>08:20</td>
<td>15:05</td>
</tr>
<tr>
<td>Hub 3 — Leatherhead</td>
<td>75</td>
<td>08:35</td>
<td>15:50</td>
</tr>
<tr>
<td>HUB 4 — Kingston</td>
<td>86</td>
<td>09:05</td>
<td>16:40</td>
</tr>
<tr>
<td>Finish — The Mall</td>
<td>100</td>
<td>09:35</td>
<td>17:45</td>
</tr>
</tbody>
</table>

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Please follow these simple steps to help ensure the safety of all those participating, watching and going about their everyday business. Remain alert, remain in control of your bicycle and enjoy the ride.

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prudentialridelondon.co.uk
The sportive route is 100 miles in length from the official Start Line in Queen Elizabeth Olympic Park to the Finish Line on The Mall. At Queen Elizabeth Olympic Park there are two start chutes.

These start chutes are released with alternate waves of riders separated by several minutes.

The route then follows one side of the A12. Please note that the A12 northbound remains open to traffic and cycling is forbidden.

There are two long tunnels early on the route so please take extra care at these locations.

RIDER SAFETY CAPTAINS
Prudential RideLondon is working with Continental Tyres for a safe ride and our simple motto for everyone to remember is: look, think, communicate.

Each wave of sportive riders will be accompanied by two Continental Tyres Rider Safety Captains from the Start Line all the way to the Finish Line to help keep you safe at all times. It is vital that you listen to and follow instructions.

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.
→ Constantly be aware of what is coming up ahead of you 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.
→ 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.

TIMINGS
The table on page 11 represents the first and last times that Prudential RideLondon-Surrey 100 participants are scheduled to pass key locations. The route will be closed to cyclists before and after these times.

HAZARDS ON THE ROUTE
As a participant in the sportive, there are hazards you need to be aware of while riding. If you are alert, your ride will be safer for you and those around you. 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 a marshal will be present with a yellow flag and whistle to alert you to the hazard.

The sportive may also be ridden as a team where riders join each other at set points along the route in order to finish as a full team of four on The Mall. Each rider completes a different distance of the challenge and all can enjoy the satisfaction of cycling to the finish on The Mall.

Those riding must be an employee of the company taking part. Teams should be all male, all female or a mixed team of two male and two female riders. You cannot have an odd number of male/female riders in a mixed team.

The meeting Hub points are:

HUB 1 – Hampton Court Green, mile 26
HUB 2 – Newlands Corner, mile 48
HUB 3 – Leatherhead Car Park, mile 75

Riders taking part in the Peloton Relay will be sent more specific information separately by email.

However, there are some key things that you need to consider when planning your day.

You will need to consider the times that you think your teammates will arrive at the Hubs and ensure you are ready and waiting at the location with plenty of time to spare.

If you’re late you’ll be letting down your whole team!
**FINAL INSTRUCTIONS**

The Route

At all times during the Prudential RideLondon-Surrey 100 sportive you must follow all instructions given by the event officials.

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**BYPASS ROUTES**

There are three Bypass Routes to avoid certain hilly sections of the route if you are feeling unable to tackle these challenges on the day (see the map on page 15). These shorter routes are also used as diversion routes for riders who are travelling slower than the time limit permits and will enable riders to reach the finish safely before the professional race later in the day.

**HAMPTON COURT BYPASS**

Hampton Court to Thames Ditton to avoid the majority of hills along the route:

- **Diversion length 1.5 miles**
- **Route:** Hampton Court Way
- **Diversion becomes optional from 10:20**
- **Diversion mandatory at 11:10**

**Finish distance reduced to 46 miles**

If you take both Leith Hill and Box Hill Bypass Routes the finish distance will be reduced to 86 miles.

Although we would like as many participants as possible to be able to get back to The Mall under their own steam, to ensure that participants are not caught by the Prudential RideLondon-Surrey Classic pro race, five cut-off points will be in operation at the following locations and at the following times:

- **MILE 26** – Hampton Court Palace – 11:45
- **MILE 48** – Newlands Corner – 13:15
- **MILE 64** – Dorking – 14:30
- **MILE 75** – Leatherhead – 15:50
- **MILE 81** – Esher – 16:20
- **MILE 91** – Wimbledon Common – 17:00

All riders are required to have completed the sportive by 17:45.

If you do not reach the cut-off point(s) before the above times, you will be withdrawn from the event. The Sweep Team will transport any participants who withdraw from the event back to The Mall, or the nearest railway station, with their bicycle. You should consider taking public transport back to central London as this is likely to be the quickest way back.

You will need to ensure that you report your rider number and name to a steward or marshal so that you are accounted for.

Event riders on the route after the stated timings will not be allowed to proceed and will be withdrawn from the event.

**DROPPING OUT**

The Sweep Team are in place to collect any riders who cannot continue due to either fatigue, mechanical failure, or who fall behind the eight-and-a-half-hour time limit. Vehicles will be travelling the route to collect participants where required and will operate more regularly at the tail end of the event.

To ensure that the route is clear prior to the arrival of the Prudential RideLondon-Surrey Classic, a final vehicle will be present at the tail end of the Prudential RideLondon-Surrey 100.

**IMPORTANT**

If you withdraw from the event it is vital that you give your name and rider number to a steward or marshal so that you can be accounted for.

**VEHICLES ON THE ROUTE**

Although the route will be closed to regular traffic, there is still a chance you may encounter vehicles on the route during your ride. These vehicles are likely to either be emergency services vehicles, safety motorbikes, mechanics or other official event vehicles.

Emergency vehicles will always have priority over the event and you should always be alert. If you hear a marshal blowing a whistle, be prepared to stop and follow the instructions of the marshal carefully. If this happens, there may be an incident ahead or an emergency services vehicle that needs to cross or use the route.
DISTANCE MARKERS

Every 10 miles there will be a distance marker indicating the distance you have travelled at that point. This will be complemented by 95-mile and 99-mile markers to help you to get through the final few miles.

TOILETS

In addition to the toilets at the start, there are facilities at each Hub, Drinks Station and at regular intervals along the route for your use. After the start, the first toilets will be on The Highway between the Limehouse Link Tunnel and the Tower of London, just seven miles along the route. Toilets are provided, so please use them. Remember – urinating in public or on private property is illegal.

HUBS & DRINKS STATIONS

The four Hubs will be key welfare points for participants and will offer food, drinks, toilets, medical facilities and basic mechanical assistance. For any mechanical services, the labour is free to you but you will be required to pay for any parts you need. See the panel on page 15 for the locations of the Hubs and Drinks Stations.

Water will be provided at all Hubs and Drinks Stations. You must remember to bring drinks bottles with you on your ride should be kept in your pockets and dispose of your rubbish responsibly. There will be plenty of litter disposal areas throughout the route and at all Hubs, Drinks Stations and most toilet locations.

Cifl Bars Energy Chews will be available at all Hubs and Drinks Stations. nuun hydration tablets, Clif Shot Energy Gels and Clif Bars will be available from

MEDICAL POINTS – LOCATIONS IN ROUTE ORDER:

| Start – Queen Elizabeth Olympic Park | Pyrford Social Club | Box Hill Summit |
| Whitehall Place | Abinger Hammer | Leatherhead Summit |
| Green Park | Forest Green | Esher |
| Richmond Park | Wotton | Wimbledon Hub |
| Kingston Town Centre | Westcott | Putney High Street |
| Hampton Court Green Hub | Dorking High Street | Chelsea Bridge |
| | | Finish – The Mall |

Cifl Bar is supplying the Hubs and Drinks Stations on the sportive route with Cifl Bloks Energy Chews, Clif Shot Energy Gels and Cifl Bars as follows:

Cifl Bloks Energy Chews are a semi-solid, easily chewable source of carbohydrates formulated for athletic performance and two flavours will be available at every Hub and Drinks Station:

- Mountain Berry – a blend of berries
- Tropical Punch – with 25mg of caffeine

Cifl Shot Energy Gel is a source of carbohydrates formulated for athletic performance and two flavours will be available on Ride Day:

- Citrus – lemon and lime gel (with 25mg of caffeine)
- Razz – raspberry gel

Cifl Bars are made with wholesome, delicious ingredients that deliver energy. On the sportive course there will be a selection of the range of flavours that include White Chocolate Macadamia, Crunchy Peanun Butter and the award-winning Coconut Chocolate Chip. Cifl Bars will be available at the four Hubs on the route.

Find out more about these products from Ride Day at ciflbar.co.uk

nuun is providing on course hydration support to riders. nuun active effervescent tablets are available as single serves at the Prudential RideLondon Cycling Show at ExCel, from 27-29 July and at the four Hubs on the route of the sportive.

Packed with electrolytes and clean, plant-based sweeteners, nuun active is added to reusable bottles, turning water into a healthy, environmentally-friendly sports drink that is low in sugar and gluten-free. The fast-releasing carbohydrate drink provides increased fluid delivery and increased nutrient absorption.

To find out more, visit nuunlife.com

Final instructions

The Route
The 100 Route Map

Hubs & Drinks Stations

The Hubs and Drinks Stations (with toilet facilities) are located on the route as follows:

- **MILE 11** – Drinks Station, Pall Mall
- **MILE 17** – Drinks Station, Chiswick Bridge
- **MILE 21** – Drinks Station, Pembroke Lodge, Richmond Park
- **MILE 26** – Hub, Hampton Court Green
- **MILE 38** – Drinks Station, Pyrford Village
- **MILE 48** – Hub, Newlands Corner
- **MILE 62** – Drinks Station, Westcott Village
- **MILE 68** – Drinks Station, Box Hill summit – including Box Hill Neighbourhood Community food stalls
- **MILE 75** – Hub, Leatherhead
- **MILE 81** – Drinks Station, Esher
- **MILE 86** – Hub, Kingston
- **MILE 91** – Drinks Station, Wimbledon Common

The Route Map Key:
- Pink line: Prudential RideLondon-Surrey 100 route
- Blue line: Prudential RideLondon-Surrey 46 route
- Blue circle: Towns and villages along the route
- Black line: London/Surrey boundary
- Blue bottle: Drinks Station (toilets, drinks, mechanical repair)
- Blue hub: Hub (medical, toilets, food, drink, mechanical repair)
- Red line: Bypass route
- Yellow line: Climb

Distance markers (every 10 miles)

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prudentialridelondon.co.uk
THE FINISH AREA
The Royal Parks has allowed us to use The Mall, Constitution Hill and Green Park as the finish area for the Prudential RideLondon–Surrey 100. The map on page 17 shows the layout of facilities. We are grateful to The Royal Parks for its assistance and would ask that you show your appreciation by treating the area with the respect it deserves and not littering the Park and surrounding areas. Do not lean bicycles against fences or trees – please use the Bike Park instead.

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

THE POST–FINISH AREA
The finish area is a secure area with no public access. Once across the Finish Line you will be guided through the 'finish system' where you will be asked to dismount. You will be given your Prudential RideLondon–Surrey 100 finisher’s medal and be provided with something to eat and drink. Don’t forget, you can collect a free water bottle at the Prudential RideLondon Cycling Show before Ride Day.

BAGGAGE
You should aim to retrieve your own belongings from the baggage lorries as quickly as possible – these will be positioned on Constitution Hill. Follow the signs and collect your baggage from the lorry with the relevant colour and rider number range displayed on it. Once you have collected your kitbag, please move away from the baggage area to give other cyclists space to collect their kitbags.

BIKE PARK
We are offering a free secure Bike Park for those of you who wish to relax in the Festival Zone in Green Park. The Bike Park will be clearly signposted and marshals will be on hand to direct you while securely tagging your bike.

Near the Bike Park we will also be providing toilets and changing facilities (still within the secure area). Please refer to the finish area map on the right for details.

Please leave the secure finish area via the designated exit points.

BICYCLE SECURITY
With thousands of bikes in the finish area during the Prudential RideLondon weekend, there is an increased risk of theft. Please be vigilant and do make use of our secure Bike Park instead of locking your bike in a public area.

MEET AND GREET AREA
The meet and greet area 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.

Please ask your friends and relatives to meet you at one of these meeting points and ask them NOT to congregate around the exits from the secure area. This can cause massive congestion for exiting cyclists as well as other health and safety issues for the large numbers of people in this area.

Our security personnel are under instructions not to allow people to congregate here and to move them along. Please make your arrangements to meet friends and relatives carefully – a little forward planning will prove extremely worthwhile.

We strongly suggest that you have a contact telephone number to relay messages to a third party who will be at home and will be able to take calls and pass messages between you, should your plans go awry. Please ask any friends or relatives to bring this magazine with them – there is a map of the finish area opposite.

In the unlikely event of the finish area becoming unavailable as a result of a serious incident on Ride Day, or the sportive being stopped for some other reason, you are advised to agree an alternative meeting place (this should not be within two miles of the finish area) with friends and relatives. This will ensure you have a predetermined place to meet that will be more accessible.

Heavy mobile phone traffic on all networks means you may find it difficult to receive or make a phone call in and around the finish area. Therefore do not rely on mobile phones as your only means of communication.

Remember that you are likely to feel tired and weary, as well as proud of your achievement, and meeting with your friends and relatives after the sportive will be difficult among thousands of other cyclists and their supporters if you haven’t made simple, but specific, arrangements.
After crossing the Finish Line, it will take a minimum of 15 minutes and closer to 30 to 40 minutes to reach the meet and greet area. Remember to build these factors into your arrangements for meeting friends and relatives.

There will also be a medical station, information point and toilets in Green Park near the finish area.

**FESTIVAL ZONE**

Why not relax in the Green Park Festival Zone after you’ve completed your 100-mile challenge? Enjoy the beautiful surroundings of the Park, take the opportunity to watch the Prudential RideLondon–Surrey Classic on the big screen and enjoy refuelling at the Festival Zone food court.

**DOWNLOAD THE APP**

You, and your friends and family, may like to download the official Prudential RideLondon–Surrey 100 App.

The App shows points of interest along the route, such as spectator Festival Zones, First Aid Points and Drinks Stations. It also helps users find and track cyclists as they pedal their way along. It includes an interactive route map allowing people to keep up with your split times and your location throughout the day, as well as search for riders’ finishing times once it’s all over.

**OTHER POINTS TO REMEMBER**

Make sure you let your friends and relatives know your rider number. It is the easiest way to identify you on our database.

There will be a PA system in operation throughout the day at the finish area; this is only for official commentary and emergency announcements, NOT for cyclists seeking lost friends or family.

After the event you are likely to be extremely tired. Make sure you eat, drink and are well rested and prepared to ride in live traffic on the public highway if you are planning to cycle somewhere after you leave the finish area.

**PLAN AHEAD**

Arranging to meet your friends and relatives at the finish is simply not adequate and will only lead to distress and frustration on both sides. Following the instructions above will help you to avoid this situation.
FINAL INSTRUCTIONS

Heading Home

You can expect to be extremely tired at the end of the sportive, so we strongly 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.

PUBLIC TRANSPORT & NATIONAL RAIL
Normal restrictions apply to the carriage of bicycles on public transport in London. For details, check tfl.gov.uk/cycling and plan to cycle back to your car park or accommodation in London. Check what restrictions train operating companies may have in place for bicycles over the Prudential RideLondon weekend at nationalrail.co.uk.

CAR PARKS
If you are cycling back to an official car park, you will be expected to find your own way so, if you are unfamiliar with London, please come prepared with a map or GPS device and plan your route at tfl.gov.uk/cycling. Remember, you will be cycling on open roads again, so you will be sharing the road with other traffic.

PICK UP
If you are planning to be picked up by car following the event, please plan your meeting point in advance with your friend/relative. When planning your meeting point, you will need to consider the following key information to avoid the event road closures and any congestion:

Your agreed pick-up location should not be within a two-mile radius of The Mall, north of the river. This means that you will need to choose a location that is south of the river, north of Regent’s Park, east of Tower Bridge, or west of Kensington Gardens.

If you are being dropped off at an official drop-off location, please note that the same locations will not be available for use as pick-up locations.

You are advised to use an existing off-street car park facility, but make sure you agree this in advance. Many London roads require local parking permits and normal Sunday parking restrictions will apply. For road closure information, please visit PrudentialRideLondon.co.uk/road-closures and tfl.gov.uk/ridelondon.

RETURNING TO EAST LONDON:
QUEEN ELIZABETH OLYMPIC PARK
BICYCLE TRANSPORT SERVICE
The service allows you to have your bicycle transported from Waterloo Place, located north of the finish area, to a secure location at Queen Elizabeth Olympic Park, while you make your own way on public transport (such as the Jubilee line).

This service will operate from 11:15 and must be pre-booked through the transport options link emailed to you in June. You will need to choose a time slot and show your rider number for drop-off and collection. Please keep the handlebar number attached to your bike when you drop it off as your rider number will be used as identification to reunite you with your bicycle.

A chartered Thames Clippers service, departing at regular intervals from 12:10 through to 19:30, will leave from Blackfriars Pier towards east London and call at Canary Wharf, North Greenwich and Trinity Buoy Wharf piers. Each boat will carry up to 100 participants and their bicycles with a maximum journey time of 45 minutes.

The Thames Clippers Service will be strictly for participants only and must be booked in advance using the details provided in the transport options email sent to you in June. Please call our helpdesk on 020 7902 0212 if you did not receive this email.

We encourage you to make every effort to arrive in time for your pre-booked slot, so please choose your sailing time carefully. However, if you are delayed you will be able to wait for the next available service, subject to capacity.