



www.sunseaandcycling.com

# HILLS KILLER

## Sunday 25 September 2011



### COMPETITOR NOTES

**Thank you for registering for the Hills Killer, mountain bike challenge  
Please read this document carefully!**

**Registration will open at 9am and close at 11am at your chosen start point  
No riders will be allowed to start after 11.30am from any registration point**

EVENT	START POINT	MAP REFERENCE
3 HILLS	CHALE GREEN STORES, CHALE	486 798
7 HILLS	NINHAM FARM, SHANKLIN	573 828
14 HILLS	APPLE FARM, FRESHWATER	348 864

- All Rides Finish at The Apple Farm, Afton

The ride is made up of a series of control points that are placed across the island, which will be identified by an Ordnance Survey grid reference and orange tape will be placed at each location. **The co-ordinates for these check points will be given to you on the day.** 14 hills riders need to visit each checkpoint twice.

Once you have registered you will be issued with a number, a card with the control point locations and a SPORTident chip/card that you will need to use at each control point. This will monitor your progress and log your time around the course. Return the Si-Card undamaged to us at the end of the event to receive your prize voucher.

"SI-Cards (timing chips) MUST be handed in to the organising team ON THE DAY and preferably at the Finish even if you retire during the event. This is an essential safety requirement of the event. Failure to do so will incur a charge of £25 and could disqualify you from taking part in a future event"

There will be a map with the control points set out for you to plot your route at the start. At each control point, place your Si-Card in the box. Any missed or wrongly punched control points will mean disqualification from the event. Your recorded finish time will be when your Si-Card is inserted into the finish SPORTident box. It is NOT when you enter the grounds of the finish area. Downloads for the Si-Card will be available after 12pm.

Please remember that this is an orienteering event, and **NOT a race**. Riders are invited to enter the ride on the understanding that it is for personal achievement only.

#### **You will need to bring:**

- ✓ Cycle Helmet (you cannot start without one on!)
- ✓ Ordnance Survey Map (Outdoor Leisure series 29 or 1:50,000 Land Ranger series 196).
- ✓ Food/drink and energy bars, adequate for the distance
- ✓ We recommend a puncture repair kit, spare inner tube and pump.

**All riders** must reach the finish by **18:00** (all riders must be able to complete their course in this time).  
**14 Hills riders** must reach the halfway point by **13:30**.

**If you are unable to finish for any reason, you must call 07970 009989**

This number is for this purpose only, please DO NOT use for any general enquiries

Please adhere to the following rules/conditions, observing the Country Code and Highway Code, respecting other users of the countryside:

**PLEASE BRING THESE NOTES WITH YOU ON THE DAY**

#### THE HILLS KILLER

- **Do not leave any rubbish on the route** - Please take it with you and dispose of at the finish point. **THIS INCLUDES INNER TUBES!**
- **Please close all gates** – In previous years gates have been left open and some very angry landowners were worried their animals may escape. To ensure we can keep running these events please close all gates behind you.
- **Do not race past other path users** - There may be other people using the paths and bridleways you choose so please remember they have as much right to be there as you.

#### Travel, Transport and Accommodation

All riders are responsible for their own travel arrangements. The distance from Freshwater to Shanklin is approx 20 miles by road. We have made arrangements for bus transport for passengers and bikes at £8 per head. Buses will be running from Freshwater to Shanklin at 9am, and then returning from Freshwater to Shanklin at 4pm. Please book in advance if you require bus transport, payment will be required on the day. **SPACE IS LIMITED.**

***If you require ferry travel to the Isle of Wight or accommodation then take advantage of the special rates offered by Red Funnel or Wightlink.***

**Red Funnel Isle of Wight Ferries** Tel: 0844 844 9988 [www.redfunnel.co.uk](http://www.redfunnel.co.uk)

Cyclists get a 15% discount\* on foot passenger (on the vehicle ferry with a bicycle) and car ferry travel, for a car, small van or minibus only. Simply enter SSAC in the promo box online, or quote when booking by phone. Valid for travel between 16 and 26 September 2011. Proof of entry to a cycle festival event required on departure. Valid for departures on the Southampton <> East Cowes, Isle of Wight route only. Terms and conditions apply.

**Wightlink Isle of Wight Ferries** Tel: 0871 376 1000 or visit [www.wightlink.co.uk](http://www.wightlink.co.uk)

Special ferry rates available to competitors, please quote reference below to ensure you get your discount. Valid from all mainland ports. Ref code: MPWCF1. Terms and conditions apply. Bookings are to be made via the Call Centre on 0871 376 1000. *You will be required to pre-book your travel so that the number of cycles traveling can be anticipated*

**Camping is available at Ninham Farm** Ninham Country Holidays Tel: 01983 864243

Email: [office@ninham-holidays.co.uk](mailto:office@ninham-holidays.co.uk) Special rates available for competitors.

Please see [www.sunseaandcycling.com](http://www.sunseaandcycling.com) for further details of the offers.

More accommodation options available from IW Tourism on 01983 813818 or visit [www.islandbreaks.co.uk](http://www.islandbreaks.co.uk)

#### Medical Emergencies

In the event of needing first aid please contact *The Event Organiser* on **07970 009989** giving clear directions or location markers to assist in locating you. If the need is of a serious nature please call 999 first.

ALL riders are required to provide their own hydration packs or water bottles. Water and energy bars will be available from each start point, and at the finish.

**There will be a feed station with water and energy bars at Chale Green. (3 Hills start point)**

#### Special notes

- A road descent down Cheverton Shute will need extra care.
- Out of bounds sections that do not represent bridle or cycle paths will carry a half hour penalty if used (even by mistake!) Please make a special note of these when plotting your route.
- **YOU ARE NOT PERMITTED TO USE FOOTPATHS.**
- A pump, toolkit and spare inner tube(s) is recommended in order to help yourself or others in the event of minor breakdown.
- Your cycle number that you will be given on the day will be required to collect your prize at the end.

All riders, friends and family are encouraged to join in at the finish point with free car parking; live music and BBQ refreshments will be available.

Wight Mountain is offering various prizes for the event and is also holding a reverse steer bike competition!

Please be aware that videos and photographs may be taken of this event for publicity purposes. If you have any objections to your picture being used please advise the registration staff.

**If you have any further queries then please Email [info@sunseaandcycling.com](mailto:info@sunseaandcycling.com) or  
Tel: 01983 823070**

**PLEASE BRING THESE NOTES WITH YOU ON THE DAY**