



RIDE ACROSS BRITAIN

7-15 SEPTEMBER



BROUGHT TO YOU BY
THRESHOLD/
MORE IS IN YOU™

EVENT GUIDE 2024



**RIDE ACROSS
BRITAIN**

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WELCOME FROM THRESHOLD

Congratulations. You've taken a step many would have lacked the courage to take.

You've signed up for the challenge of a lifetime; the Babble Ride Across Britain.

There is an old proverb that says: "If you want to go fast, go alone. If you want to go far, go together". RAB is all about going far... together.

You may have heard past riders talking about the 'RAB bubble'. This is the bond that is fostered between the 150 or so crew members and the riders as we set off from Land's End with the shared goal of reaching the finish line together.

Our journey will have emotional ups and downs that match the landscapes and weather you will ride through, and reading this guide is an important step in your preparation.

So grab a cup of something, read it thoroughly, get on top of the final bits of admin and if you have any questions then get in touch.

Embrace the nervous excitement that will inevitably build as the ride comes closer. Before long we will all be together and taking the first pedal strokes of a great adventure. We can't wait.

Nick Tuppen, Threshold CEO

TITLE PARTNER



EVENT PARTNERS



GOLD CHARITY PARTNERS



Prince's Trust



**RIDE ACROSS
BRITAIN**

YOUR CHECKLIST

BEFORE THE EVENT	✓
Wear in your event kit & train on your bike	
Get your bike serviced and fitted ASAP (factor in waiting lists & delays)	
Practice using similar nutrition and eating on the move	
Book any required Bike and Rider transport and Extra Weight with EBE (deadline to book is Monday 5th August 2024).	
For all the information you need, please consult our guides via the Rider Information Platform (Getting there & back section)	
Book any pre and post event accommodation and book your laundry via your MyEvents Portal	
Update emergency contact information via your MyEvents Portal	
AND FINALLY, DON'T FORGET...	✓
To bring your Registration Pack. These will be posted out from Friday 23rd August. If you have registered after Wednesday 7th August, or are an International Rider, you will be able to collect your pack at the Registration Desk on the event. If you have registered before Wednesday 7 th August and have not received a pack, do not panic. We will be able supply you with one at Land's End. Further details are in the FAQs here .	
Check the kit list	
Check and bring your sleeping bag and camping mat	



GETTING HERE

GETTING THERE

We recommend that you are dropped off at the event by friends and family, or that you book Bike & Rider transport through European Bike Express (EBE) to get to the event. Travelling by public transport or getting your bike in a taxi can be difficult. If you are travelling by train, please see page 7 for more information on nearest stations.

CAR

If you are being dropped off / collected by friends or family, drop-off and pick-up parking is available at each Basecamp. The Land's End site operate an ANPR controlled parking 'pay and display' scheme. See the information boards and pay the required charges. All other basecamps offer free parking. Friends and family are welcome at Basecamp locations but must be off site by 20:00 each day.



BIKE & RIDER TRANSPORT

We are partnered with European Bike Express who provide a Bike and Rider transport service to and from the Ride at an additional cost.

More information regarding the timetables, costs and how to book can be found on the Rider Hub [here](#).

The final date to book transport is 5th August 2024.



LUGGAGE

LUGGAGE

You will need to plan how you get your luggage to and from the event. Our preferred transport provider, European Bike Express (EBE) can help with this.

Please consult the information guides on booking a service with EBE published on the [Rider Hub](#) (Getting there & back section).

We will transport your bag for you from the start to your final destination each day. Please take note of luggage allowances detailed below.

In your Registration Pack you will be given a luggage label with your participant number on it to attach to any luggage, so it is easy to find at the end of the day.

Please avoid bringing valuable or fragile items. All items and luggage is left and transported at your own risk.

LUGGAGE ALLOWANCE

All of your luggage, including camping mat and sleeping bag must fit inside your bag. Items must not be strapped to the outside of the bag.

The weight allowance per package is:

- Classic / Scotland / England: **16kg in one bag.**
- Plus: **21kg split across two bags** (one bag must not exceed 16kg. We suggest 1 x main bag of 16kg and 1 x day sack of 5kg).

EXTRA WEIGHT

We recommend that you pack as lightly as possible, but if you feel like you need more weight than your package allows, you can purchase Extra Weight via European Bike Express.

More information, costs and how to book can be found on the Rider Hub [here](#).

The final date to book extra weight is 5th August 2024.



ARRIVAL AND REGISTRATION

REGISTRATION TIMINGS

Registration for riders is from 14:00 on the day **before** your first day of riding. This depends on your package:

- **Classic / Plus / England Package:** Please arrive on 6th September 2024.
- **Scotland Package:** Please arrive on 12th September 2024.

ON ARRIVAL

1. Drop off your bike at the bike racking
2. Go to the Info Desk to collect accreditation wristbands, tags and stickers
3. Go to Tent Allocation or to the RAB Plus Info Desk.

There will be dinner and a briefing the evening before the first day of riding, and either camping or hotel accommodation provided depending on your package.

Basecamp and registration will open at the following times on your registration date:

- 14:00: Basecamp open
- 14:00 - 19:30: Registration open
- 18:00 - 21:00: Dinner
- 20:00: Compulsory rider briefing



REGISTRATION PACK

You will receive a Registration Pack in the post ahead of the event.

In your pack you will get the following items with clear instructions on what to do:

- Bike number and cable ties
- Luggage label.

International participants, and those who register or change package in the last month before the event, will need to collect their pack at the Info Desk at the start of the event, as you will not receive them in the post.

In addition to the mailed registration pack, the items below will be given to you upon arrival:

- Accreditation wristband.
- Timing chip sticker (this must be stuck to the left-hand side of your helmet and not over old timing chips or reflective stickers)
- Bike tag (this sits under your seat post. You will be provided with cable ties to attach it)
- Helmet sticker for photography recognition.

COLOUR ZONES

You will be allocated a specific colour for the duration of the ride.

The colour zone relates to where you put your bike in the racking, where your tent is and where you drop off / collect your luggage each day.

We will allocate people who have listed themselves as a team in the same colour zone.



KEY LOCATIONS

LOCATION	DATE	ADDRESS	What3words	NEAREST TRAIN STATION
Land's End	Fri 6 th Sept	The Land's End Resort, Land's End, TR19 7AA	///unclaimed.sh eepish.chose	Penzance (11 miles)
Okehampton	Sat 7 th Sept	Okehampton Showground, Holsworth Road, Okehampton, EX20 1SW	///trailer.goes.o verused	Exeter (2.5 miles)
Bath	Sun 8 th Sept	Three Shires Field, Bannerdown, Bath BA1 8EG	///kept.originals .impeached	Bath Spa (2.5 miles)
Ludlow	Mon 9 th Sept	Ludlow Racecourse, Bromfield, Ludlow, SY8 2BT	///wonderfully.b uck.hillsides	Ludlow (2.7 miles)
Haydock	Tues 10 th Sept	Haydock Park Racecourse, Newton-Le-Willows, WA12 0HQ	///deals.rather.s trong	Wigan North (6.5 miles)
Carlisle	Weds 11 th Sept	Carlisle Southwaite Lane CA4 0JH	///wallet.haven. valuables	Penrith (9.9 miles)
Edinburgh	Thurs 12 th Sept	Abercorn Village Field, Abercorn Road, Edinburgh, EH30 9SL	///lotteries.attac hing.wings	Dalmeny (4 miles)
Strathdon	Fri 13 th Sept	Lonach Highland Games Site, Bellabeg, Strathdon, AB36 8UL	///elbowed.clap .circulate	Insch (27 miles)
Bonar Bridge	Sat 14 th Sept	Balblair Farm, Bonar Bridge, Sutherland, IV24 3AY	///resolved.whit es.political	Ardgay (5.7 miles)/ Inverness (37 miles)
John O'Groats	Sun 15 th Sept	The Highland Games Field, John O'Groats, Wick, KW1 4YR	///shine.palaces .mend	Wick (16.5 miles)



DAILY TIMINGS

Start times will vary each day and will be communicated at each evening briefing. We strongly recommend slower riders set off as soon as the start line opens.

On the final day, subject to weather, we aim to set riders off early to get into John O’Groats as early as possible to assist with onward travel plans.

05:00 - 07:00	Wake up
05:30 – 07:00	Breakfast
06:00 – 07.30	Drop off your luggage
06:30 - 07:00*	Start line open - times will vary depending on the day/route/terrain Short rider briefing before each wave starts
Varies daily	Pit stop 1 open
Varies daily	Pit stop 2 open
14:00	Basecamp open for riders Riders will not be allowed into the basecamp before 14:00
14:30 – 17:00	‘Afternoon tea’ – soup and rolls
17:30 - 20:30	Dinner
19:00	Route closed Please see ‘The 3 Strike Rule’ for more information on cut-off times
20:00	Rider briefing All non-participants, vehicles and camper vans to leave site

*Daily timings subject to change. This will be communicated on the ride. The start line will be open for one hour from the opening time.



FACILITIES

The below table shows the facilities and support available at each stage across the route.

FACILITIES	PIT STOPS	BASECAMP	JOHN O'GROATS
Toilets	✓	✓	✓
Showers		✓	✓
Changing Facilities		✓	✓
Stretching Area		✓	
Medics	✓	✓	✓
Sports Therapy		✓	
Drying Room		✓	
Mechanical Services	✓	✓	✓
Snacks	✓		✓
Hot Food		✓	✓
Coffee Concessions*	✓	✓	✓
Bar*		✓	✓
Charging Points		✓	
Secure Bike Racking		✓	
Merchandise*+		✓	✓
Laundry*		3 nights - see next page	

*Additional cost

+ available for purchase at Land's End, Ludlow & John O'Groats



BASECAMP FACILITIES

CHARGING FACILITIES

Plug sockets will be available in the dining marquee to charge items as you eat. Please be considerate when using this facility. Charge your device as required and then collect it to allow others to charge theirs. There will also be a charging area specifically for charging items attached to your bike. Bikes must not be brought into the dining area.

GETTING ONLINE

There will be no public Wi-Fi network. However, standard 3G/4G coverage should work as usual.

DRYING AREA

There will be a drying area at each Basecamp. This will be a marquee with washing lines and hanging space. We will provide hangers and pegs, but we recommend bringing space saving hangers with you to keep your kit together. Please ensure everything is labelled and that you collect your items before leaving each Basecamp.

CAMPING

All participants staying overnight at the Basecamp will be allocated a one-man tent each night.

LEAVING BASECAMP

If you wish to leave Basecamp to visit friends and family, please sign out at the Info Desk to let us know for health & safety reasons.

LOST PROPERTY

If anything is lost, it will be handed in to the Info Desk.

Clearly label your belongings with your name and rider number.

We will keep the items for the duration of the event, but items not claimed within 2 weeks after the event will be given to charity.

SECURITY

Site stewards are present around Basecamp looking after all participants, equipment onsite and ensuring the bike racking is secure.

Please report anything untoward to a steward.

You are responsible for all your personal belongings. Threshold Sports cannot take responsibility for missing or lost items.

Please note that smoking is not permitted at any of the Basecamps.

LAUNDRY

We operate a laundry service at the end of Day 2 (Bath), Day 4 (Haydock) and Day 6 (Edinburgh) to wash your essential items of cycling kit. This must be pre-purchased either during registration or via your [MyEvents Portal](#).

- You will be given a net bag on arrival for laundry.
- There is a limit of 6 items of cycling kit you can wash in this service to ensure everybody's kit washes and dries properly.
- We can't accept heavy items such as heavy cotton items, jeans or fleeces as they will not dry.
- Laundry is handed in the evening and given back the following morning.



PLUS PACKAGE RIDERS

DEDICATED PLUS TEAM

Plus participants will be looked after by a dedicated Plus crew.

- They will coordinate your hotel and shuttle arrangements and be on hand if you need help.
- At each Basecamp you will have a RAB Plus Info Desk where you can reserve your shuttle and speak to the team.

HOTELS

At each overnight location, riders may be split between 2-5 hotels which may be up to 30 mins away from the Basecamp.

- Each hotel will organise your room allocation on arrival. They will have pre-allocated you to a specific room and your main bag will be waiting for you at the hotel.
- You will be staying in a bed every night, apart from the final night (Bonar Bridge) where you will be camping with the rest of the riders as this is a remote location with limited accommodation options.
- There is no overnight accommodation at John O'Groats.
- Hotels include local independent hotels and national chains including Travelodge and Premier Inn.
- The list of hotels will be published closer to the time, although in the case of more than one hotel per location, you will not necessarily be told in advance which hotel you will be staying in.

LUGGAGE

You will drop your luggage at the hotel reception each morning. This will then be transported to your next hotel.

- Each rider has a luggage limit of 16kg which must be in one bag.
- You can also pack a small day bag of 5kg with a washing kit and a spare change of clothes if you want to shower/change at Basecamp while waiting for your hotel transfer.

Please note, on the final night Plus participants will be required to camp. A tent and sleeping mat will be provided, but participants must bring their own sleeping bag and pillow.



ROUTE & PIT STOPS

SIGNAGE

The route will be marked with large arrows. If you go a few miles without seeing one and are worried that you are off course you should call Event Control (see page 18). The phone number will be on your bike number and rider wristband.

The route files are available on the website [here](#). Always follow the event signage in case there are any last-minute changes to the route.

TIMING

Times will be taken at the start and finish of each day and will be published online after the event by Results Base.

NAVIGATIONAL DEVICES

Our route distances are gathered by the Route Director using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS computers, the position on the route and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

GROUP RIDING

Look out for our chaperones, powered by Babble, out on the route. They will be encouraging you to ride as a group although ultimately it is your decision as to how you ride. Please ride at a speed you are comfortable with.

You are responsible for following the signs for navigation, so you will naturally fall into smaller groups. Around 10-12 per group is ideal.

The groups are flexible by nature. If you are having a good day, you may want to push on with others. If you are having a bad day you may wish to drop back and join a steadier group behind you. Find a group of people riding to a similar standard and maintain a sustainable pace.

PIT STOPS

You must stop at the two daily pit stops so that your time is logged and we know where you are.

There are generally 2 pit stops a day. These will be at regular intervals and will give you a chance to refresh and recharge for the next stage and check in with the medics or mechanics if you need to. We recommend a quick turnaround to get back on the route as quickly as possible.

The longer or warmer weather days may have additional water stops and will be advised the night before in the rider briefing.

FOOD & DRINK

Each pit stop will have a selection of snacks for all participants including sweet and savoury options, sports nutrition, water, hot drinks & sandwiches (at selected pit stops).

RUBBISH

We ask all participants to keep hold of their rubbish until they reach the next pit stop, where there will be plenty of bins available.



BROOM WAGON & CUT-OFF TIMES

We want everyone to finish every mile of the ride they have signed up to between Land's End and John O'Groats. However, this should never be at the expense of anyone's safety.

Our support systems are designed to look after riders within a specific spectrum of speeds and positions on the road. If we extend this spread to look after people who fall behind our stated cut-off times, we put riders, crew and other road users at increased risk.

BROOM WAGON

We operate a 'broom-wagon' vehicle(s) that will follow the route at the back behind the last participant.

- The broom wagon will leave the start after the last participant each day.
- The broom wagon will pick people up if they fall behind the pit stop cut-off times and/or route closing time, or people who become injured/medically unable to continue.
- Once you are in the broom wagon you will not be able to get back on to the route and will be transported on to the next basecamp.



CUT-OFF TIMES

The route will be open for 12 hours per day and each pit stop and the finish line will have a cut-off time based on each day's mileage and terrain. These will be publicised before the event and reiterated each day.

We reserve the right to alter these cut-off times due to extenuating circumstances such as weather or other issues that may affect rider safety.

All riders must be clear of the pit stops and cross the finish line each day within the route operating window.

If you use the broom wagon or miss a cut-off time this results in a strike. Please see page 15 for more information on the strike system.



WHAT TO EXPECT ON THE RIDE

THE 3 STRIKE RULE

PLEASE READ: VERY IMPORTANT

THE 3 STRIKE RULE

We understand that everyone can have an off day, which can be caused by anything from running out of energy after a bad night's sleep to getting a few unlucky punctures. So, instead of asking you to leave the ride if you miss one cut-off, we operate a three-strike rule as follows:

Any rider who has THREE strikes will be asked to leave the Ride after the third strike and will NOT be permitted to take part in the remainder of the event.

We believe this is the fairest balance of giving people the chance for a couple of 'off' days or bits of bad luck, whilst ensuring those who haven't done sufficient training don't use the broom wagon as a taxi service from one end of the country to the other thus rendering it unusable for those still riding.

STRIKES ARE ALLOCATED IF:

- A rider is collected during the day because they fail to make the pit stop cut-off times.
- A rider does not start on a particular day, and travels in the broom wagon to the next basecamp.
- A rider does not start on a particular day and organises their own transfer to the next basecamp.
- A rider has left pit stop 2 within the cut-off time but does not reach the finish within the route operating window and final cut-off time.

We know this may be tough to some riders who may experience unforeseen issues on the event, however, this is non-negotiable and will be enforced consistently throughout the ride. This is for the safety of all riders and crew, and in particular, those who have fallen outside of the cut-off times.



FRIENDS & FAMILY

AT BASECAMP

Friends and family are welcome to wave you off at the start and cheer you in at the Basecamp each day. Please note however that the food in the catering area is for riders only. Friends and family are welcome to purchase drinks from the Basecamp bars, but will need to find food off site. All non-participants and vehicles must be off site by 20:00.

ON THE ROUTE & PIT STOPS

Your friends and family are welcome to come and see you along the route, but they will not be permitted entry to pit stops as these areas are for participants only.

When finding spots along the route, please be considerate to local people, the safety of all road users and ensure that vehicles are parked in designated areas only.

AT JOHN O'GROATS

There is designated free friends and family parking at the John O'Groats basecamp and there are local cafes where supporters can buy hot food and drinks.

MUST BE PRE-BOOKED:

European Bike Express offer a bus from Inverness to John O'Groats that friends and family can **pre-book**. For more information about this please see the Getting there & Back section located on the **Rider Hub**.



RESULTS AND PHOTOS

FINDING YOUR RESULTS

All timing results for each day can be found on our dedicated results page, hosted by Results Base. A link to this is located on the [Rider Hub](#). Times will be taken from the timing chips at the Start, Pit Stops and Finish. These will be synced to the results page but may have short delays.

If you have upgraded to a GPS Tracker, you will be sent a dedicated link from Geo Tracks where your friends and family can track your live progress.

EVENT PHOTOS

EVENT HIGHLIGHTS

After the event, we will provide a link to our general event highlights album. There will be the option to download images from the album in various sizes.



OFFICIAL BABBLE RIDE ACROSS BRITAIN PHOTOS

We have partnered with Sportograf again to capture your individual event photos. Sportograf are an expert team of sports enthusiasts who love nothing more than to capture your special event moments. Your helmet stickers ensure we capture you wherever you are, out on the course.

Information about how to purchase your professional individual event photos can be found on the [Rider Hub](#). Purchase your event photos pre-event and receive a 25% discount.



SAFETY ON THE ROUTE

SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event which will go through to our central Event Control team.

These will be clearly marked on the front of your bike number & wristband.

- Please make sure you add these numbers to your mobile contacts list.

WHILE ON THE ROUTE

- Follow ALL event arrows.
- Follow the Highway Code when cycling on roads.
- Please stop at pit stops and don't get waylaid in local pubs & cafes.
- Inform Event Control if you leave the event for any reason.

IF YOU GET LOST

If at any time you believe you are lost, please follow this procedure:

- Stop and try to work out where you are using reference points.
- Cycle back to your last known point/arrow.
- If you are still lost, stay where you are and call Event Control who will guide you back onto the route.

CASUALTY PROCEDURE

If you have an accident or come across one: call 999 directly if it is a critical medical emergency.

- If a minor incident, apply First Aid and if possible make your way to the next pit stop where a medic will be on hand.
- If you cannot make it to the pit stop call Event Control.

EVACUATION FROM THE ROUTE

In the case of a serious medical emergency, we will arrange evacuation for any participant from the route. However, if you are just having trouble completing the distance, try to get to the next pit stop where we will arrange for the broom wagon to collect you. If you cannot get to the next pit stop, call Event Control who will arrange for collection by the broom wagon from your location.

Event Control:

Route and Mechanical: 0330 223 2844

Medical and Emergency: 0330 223 2849



MECHANICAL SUPPORT

GENERAL

Our mechanics' aim is to look after your bike and to keep you moving.

BASECAMPS

- Mechanics will be available each morning for minor tweaking before you ride.
- They will be open during the afternoon/evening for any issues during the day.

ON THE ROAD

- Mechanics will be in support vehicles to respond on the road.
- They will be at all pit stops.

BIKE REPAIRS

- You **MUST** fix your own punctures.
- If you'd rather adjust your own bike, you can use the stand and tools, but these cannot be taken away from the mechanic area.
- Feel free to ask any advice and if your bike needs attention, seek help as soon as possible.

LOAN BIKES

- If you have a serious problem with your bike, our mechanics will have a range of spares they can lend you.
- You will be able to borrow a bike for a 24-hour period.
- This is subject to availability.

PARTS STOCK

Our mechanics will carry a stock of basics, e.g. tubes, tyres, chains, brake pads etc.

They will also carry a wide range of parts that will fix most problems you may encounter during the ride. This includes wheels, bearings, shifters etc.

- You will be charged for any parts that you purchase but fittings are free of charge.
- Our mechanics operate a **REPLACE NOT REPAIR** policy, as this is the most efficient way of supporting people.
- If we can easily source a replacement part, which our mechanics do not carry, we will do so.

All parts must be paid for at the time of repair and you will be charged the RRP. If you believe you can find the part cheaper elsewhere, you must arrange purchase and delivery of this part to the next or future basecamp. You must inform the Info Desk team about this delivery, but we cannot be responsible for any loss or damage to the part during delivery or late delivery of the item.

Please note, mechanics will **NOT** carry spare spokes or rear mech hangers due to different types of frames. You will need to bring your own spare spokes and replacement rear mech hanger. If in doubt about this, ask your local bike shop or manufacturer.



MEDICAL SUPPORT

We will have medics at the pit stops and basecamp each day and at the finish line at John O'Groats. There will also be emergency medical care available on the route for the duration of the event.

Due to COVID-19 and other infectious disease mitigation measures, there may be further medical checks and questionnaires prior to being allowed onto the site at Land's End, and at the various sites throughout the event.

TRAILMED

We are pleased to be welcoming back [TrailMed](#) as our Official Medical Partner on Babble Ride Across Britain 2024.

TrailMed not only support our riders on the event but are also experts in Health and Performance testing.

With a full range of services from measuring your anaerobic threshold, critical power levels and VO2 max to physiotherapy, sports injury and rehabilitation, nutrition and personal training.

Find out more [here!](#)



TOP TIPS FROM THE MEDICAL TEAM

HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. If your body is not used to energy drinks or gels, don't overdo them, as they can cause nausea/diarrhoea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative but, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems, we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event. Use your experience from training to learn where your weaknesses are and predict what problems may arise

PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.



SPORTS NUTRITION

HIGH5

HIGH5 are delighted to support you at **Babble Ride Across Britain 2024**.

HIGH5 will be providing you Energy Gels, Energy Drink, and ZERO during the event and will help you on your training journey to get there. With more than 20 years of experience developing innovative sports nutrition, HIGH5 products give you everything you need to be at your ultimate best.

Discover the HIGH5 Cycle Pack – the complete range of great tasting energy, hydration and recovery products to help you be at your best, every ride.

Use code **RAB2024** to get your **HIGH5 Cycle Pack** for only £7.50 now (50% off, excludes P&P).

Not sure if sports nutrition is right for you? Find out more about how nutrition can help you [here](#)

[Click here](#) to claim your offer on the HIGH5 cycle pack.

To find out what sports nutrition will be available at Ride Across Britain, [view the sports nutrition guide here](#).



FUEL FOR THE ROAD

PERKIER

Vitamin packed and providing nutritious energy [Perkier](#) bars will keep you feeling perky all through your training and on the Ride!

Perkier is a young British company, providing tasty & nutritious snacks packed with slow-release energy to keep you feeling perky through your training and during the ride.

Their range is high in fibre, rich in plant proteins and packed with vitamins to keep you feeling perky! Great for gut health, scientifically proven to enhance recovery after sport.

Gluten free & wheat free, suitable for vegetarians and vegans and NO PALM OIL.

Perkier will be at the pit stops cheering you on and helping you refuel. Make sure you grab a bar... and sneak one in your pocket for later!

For 20% off Perkier bars, use code:

- **20RAB2024** on [Amazon Prime](#) OR
- **rab_2024** on the [Perkier site](#)

[Click here](#) to see the rest of our amazing event partners and to access exclusive discounts and offers just for you.



PERKIER



 babble

**RIDE ACROSS
BRITAIN**

SKIN PROTECTION

LIFEJACKET SKIN PROTECTION

Spending all day outdoors makes it crucial to protect your skin. That's why **LifeJacket**, our official skin protection provider, will be offering SPF 50 sunscreen during Babble Ride Across Britain, at basecamps and pit stops.

LifeJacket is an active, outdoors brand for people who are uncompromising about the kit they use. They want to inspire people who love to be outdoors, to protect their skin every day, be healthy, and do what they love. [Read LifeJacket's top tips on protecting your skin.](#)

All Babble Ride Across Britain riders receive a 10% discount on LifeJacket products (anti-chafe, moisturisers, sunscreen, and more) with the code **GOBEYOND**

Protect your skin and claim your discount [here](#).



LIFEJACKET
> SKIN PROTECTION <



YOUR RESPONSIBILITIES

We want Babble Ride Across Britain 2024 to exceed all of your expectations before, during and after the event.

To enable this, we recommend you make note of your responsibilities below:

YOUR PERFORMANCE

- Do the necessary training to complete the Ride. For more information on this, please see our Training Milestones on the Rider Information Platform.
- Be honest with yourself if you can't complete it and flag your condition to the team. There is no shame in pulling out, but if you don't tell anyone you can put undue strain on yourself and the medical team.

KIT

- Prepare for wet weather. Even if it turns out to be completely dry, it is always better to be prepared, just in case.
- It is not uncommon to get very cold in Scotland, so bring warm layers for time spent at basecamp.
- Take care of your belongings during the event, we can't keep an eye on everything.

HYGIENE

- Respect the hygiene policy and use the hand sanitiser at pit stops and after you use the loos, and before you eat.
- Make sure your bike bottles are cleaned each day and filled ready for each morning's start.

- Look after your litter, in the basecamps and on the route, keep it with you or put it in a bin.
- Use the allocated toilets, not the countryside, to go to the loo.
- Let the medics know if you are suffering from any D&V symptoms

ROUTE ETIQUETTE

- Be ready at the start line each morning on time to begin your day's cycling.
- Take the correct kit with you on the route so as not to be caught out by weather or getting cold while fixing punctures or mechanical issues.
- Ride into each and every pit stop (to refuel and so we know where you are).

INSURANCE

As stated in the Terms & Conditions (point 6.14.23) it is your responsibility to take out an insurance policy.

This should cover:

- Public liability.
- Travel insurance that covers personal travel plans.
- Insurance that covers personal belongings, including your bike.
- Please note, we are unable to recommend insurance policies. We advise contacting your current insurers and explaining the nature of the event.



TOP TIPS

WHAT NOT TO BRING

- **Towel:** you will be provided with a fresh towel each day.
- **Additional food:** All food and sports nutrition is provided on the event and there will be plenty of snack bars/sweets etc. that you can take from pit stops to fuel you throughout the day.
- **Sports nutrition:** we provide **HIGH5** sports nutrition on the event. If you are used to training on a different product and would prefer this, you can bring your own.
- **Water bottles:** you will be provided with 2 x 750ml HIGH5 bottles at the start of the event.
- **Trainers:** they are slow to dry and will smell out your kit bag if they get wet.
- **Bike lock:** we have bike racking with security.

PLEASE CONSIDER

- **Aero bars:** these are not permitted on the ride for safety reasons, to ensure riders are able to be fully responsive to changing circumstances on the Ride
- **Mud guards:** these are not compulsory, but are considered good group riding etiquette.

THE HAPPY CAMPER

- Ensure you **LABEL** everything with your rider number, including charging cables / phones and clothes.

- Want a good night's sleep & short on bag space? **Bring a pillowcase** & stuff it with your clothes at night to use a pillow.
- Embrace the **bum bag / musette / handbag** to help you to keep all of your essentials close and reduce your walking around basecamp!
- Remember your **ear plugs** if you are a light sleeper
- Keep your **kit bag** organised by using packing cubes or sectioning off clothes into different smaller bags.
- Bring a **bin liner** to put over the bottom of your sleeping bag so it doesn't get wet when touching the side of the tent at night.
- A **head torch** is compulsory to help you get around basecamp at night and early morning.
- Take your **toothbrush** with you in your bum bag to breakfast – this means you can brush your teeth straight from breakfast without having to go back to your tent first.
- Purchase a **waterproof kit bag** or make sure all your belongings are wrapped in bin liners.



GET IN TOUCH

FOR MORE INFORMATION PLEASE CHECK OUT ONE OF THE FOLLOWING PLATFORMS.

Edit your registration

You can edit your registration by logging into [MyEvents Portal](#).

Join the Community

Make sure to also join us on the [Ride Across Britain Facebook Forum](#) to meet other participants and swap advice and training tips.

Still can't find something...

If you can't find the answer you're looking for, please feel free to email us:

info@rideacrossbritain.com



MERCHANDISE

WE ARE EXCITED TO ANNOUNCE THAT THE BABBLE RIDE ACROSS BRITAIN 2024 MERCHANDISE IS NOW AVAILABLE TO PURCHASE.

ELITE JERSEY

Our jersey is crafted from premium Italian fabric, combining both luxury and functionality.

The garment is fully sublimated, ensuring vibrant and durable designs. For added convenience and practicality, it features three back pockets and a zipped valuables pocket.

The brushed elastic with a silicone gripper across the back hemline ensures a secure fit, enhancing both comfort and performance.



HOODIE

Our premium hoody is designed to give you a premium, warm and comfortable hoody for everyday use.

Made with a polyester/cotton blend, our range of premium hoodies all feature chunky hood cords and clear Babble Ride Across Britain branding to celebrate your achievements during the event.

T-SHIRT

Made with Qwick-Dri™ wicking fabric, the Babble Ride Across Britain T-shirt is designed to keep chill-inducing perspiration away from your skin, so that you keep your body warm and dry.

Moisture wicking fibres help to accelerate the movement of moisture, with attention to maintaining body temperature and ensuring comfort at all times.

CYCLE CAP

Featuring a Qwick-Dri™ aerolite wicking fabric, the Babble Ride Across Britain Cycle Cap ensures high performance and breathability.

Made from 100% polyester, the cap includes an enclosed plastic peak for durability and elasticity at the back, enhancing comfort for the wearer.

Additionally, it provides UPF 30+ protection, offering excellent defence against harmful UV rays.

HOW TO PURCHASE

Simply log in to your [MyEvents Portal](#) and select 'Additional Purchases to explore the range!



SECURE YOUR SPOT IN 2025

ENDURE²⁴ READING

- Saturday 6 – 8 June 2025
- Wasing Park, Reading
- Our 8km trail features exciting landmarks and enchanting natural wonders, including the 15th century Church of St Nicholas and the mesmerising Wasing Wood. After conquering the infamous ‘Heartbreak Hill,’ take in the stunning panoramic views of Paices Wood lake.
- Click [here](#) to explore!

ENDURE²⁴ LEEDS

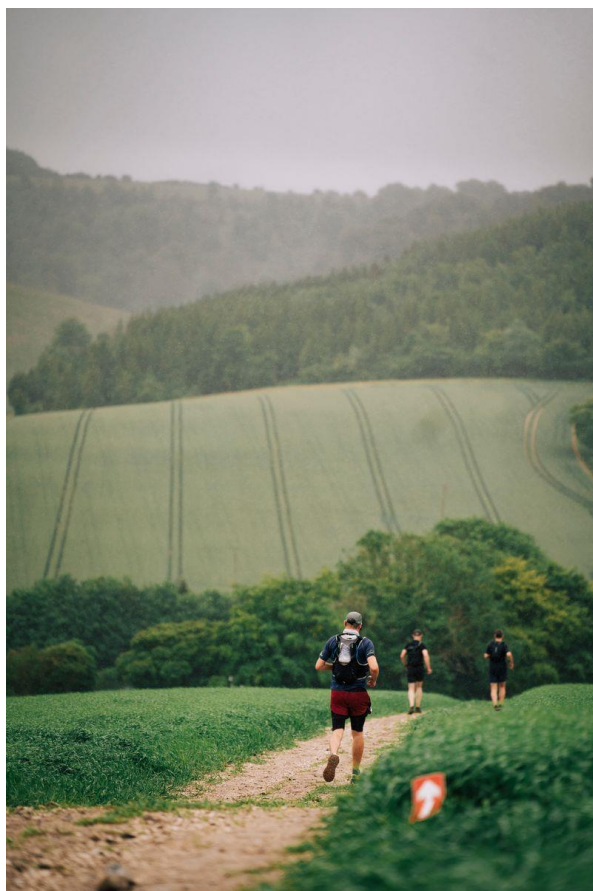
- Friday 27 – 29 June 2025
- Branham Park, Leeds
- Experience 8km of scenic beauty with fellow thrill-seekers. Along the course, catch sights of landmarks like the Lead Lads Temple, Roundhouse, and the historic Bramham Park Estate. The festival atmosphere will accompany you throughout the race.
- Click [here](#) to explore!

RACE TO THE STONES

- Saturday 12 – Sunday 13 July 2025
- Lewknor to Avebury
- Traverse the Ridgeway as you race towards the 5000-year-old Avebury Standing Stones, a UNESCO World Heritage site.
- Click [here](#) to explore!

RACE TO THE KING

- Saturday 21 June 2025
- West Dean Gardens
- The perfect first ultra. Follow in the footsteps of royalty along the spectacular Monarch’s Way and South Downs Way in this unique and inclusive figure-of-eight ultramarathon.
- Click [here](#) to explore!



FUNDRAISING PARTNER



JUSTGIVING

JustGiving is the world's most trusted platform for online giving, helping people in almost every single country in the world raise over £5 billion for good causes since we were founded in 2000.

Fundraising is a great way to make a difference when taking part in an event. JustGiving makes it quick and easy for you to support a cause you care about. Set up a fundraising page in a couple of clicks and they'll send your donations directly to your chosen charity.

[Click to find out more](#)



GOOD LUCK, ENJOY THE RIDE

**For any other questions, visit our
FAQs page and Rider Hub.**

We can't wait to welcome you on the
Babble Ride Across Britain 2024!

Good luck...

**THRESHOLD/
MORE IS IN YOU™**



 babble

**RIDE ACROSS
BRITAIN**