



Vectis Distance Ride

The route for the ride will be 10-12miles.

The speed will be between 6-7½mph.

The time parameters, route details and more precise distance will be given at the event.

Pre-ride the following checks will be made in this order:

1. 30 metre “trot-up” (in hand)
2. Heart rate
3. General examination (to include shoes and hydration)

Post-ride (must be **within** 30 minutes of the finish):

1. 30 metre “trot-up” (in hand)
2. Heart rate
3. General examination (to include shoes and hydration)

There is likely to be a time allowance for gates which will be given at the event.

It is advisable to synchronize your watch with the timekeeper at the start.

Make sure you have the emergency mobile number (to be given at the event).

Placings will be based on:

Start and finish heart rate differentials

Ride time being within the given parameters

Finishing condition (including hydration levels)