



WINDSOR

INTERMEDIATE: 37 MILES
CHALLENGING: 50 MILES

STARTS & ENDS AT
HUJJAT PRIMARY SCHOOL
HARROW

MUSLIM
WOMEN'S
SPORTIVE

5TH SEPT 2021

#everysportivehasastory



THE
LADY FATEMAH
CHARITABLE TRUST
EST. 1997



Rider Information Pack

Evolve Muslim Women Sportive 2021

DUA FOR PROTECTION

Evolve Muslim Women Sportive 2021

Arabiq
ONLINE



“ DUA FOR PROTECTION ”

فَاللَّهُ خَيْرٌ حَافِظًا وَهُوَ أَرْحَمُ
الرَّاحِمِينَ

‘And Allah is the Best Protector,
and He is the Most Merciful of
All.’



Congratulations on signing up for Evolve's Muslim Women Cyclo-Sportive 2021!

1. ESSENTIAL INFORMATION

Date and Times: Sunday 5th September 2021.
Registration/sign-on from 05:45am; 6:15am
Quran Recitation, 6:30am

Departure times: 07:00 Long Route - 50 miles
07:00 Classic Route - 37 miles

Event Type: Cycle Sportive (non-competitive).

Venue: Hujjat Primary School Brookshill, Harrow HA3 6RR <https://hujjatprimary.org/>

Emergency Mobile Number: Taslim Giga (Event HQ): 07947118988

Raza Husain (Head Ride Marshal): 07956857597

Chris Lodge (Mechanic): 07552 225864

EMERGENCY NUMBERS

Please add these numbers to your mobile phone before your ride. These numbers are for use in emergencies only. Please do not call these numbers for non-emergency situations.

MEDICAL EMERGENCIES 999

MECHANICAL ASSISTANCE: 07843 074 912

In case of a serious medical emergency, please call 999 and inform a
Ride Marshals:

Raza Husain: 07956 857 597

Iffat Tejani: 07785 915 527

2. GETTING THERE

Hujjat Primary is located on Brooks hill; Harrow HA3 6RR. The school is situated on Brookshill (A409) to the north of Harrow Weald town centre. The school can only be accessed via Brookshill (one entry point).

Transportation Links	
Buses	<p>There are several bus routes serving the school as follows:</p> <ul style="list-style-type: none">• 258 Bus – Watford Junction to South Harrow• 640 Bus – stops at Uxbridge Road stop• H19 Harrow• 182 Brent Cross• 340 Harrow• H12 South Harrow <p>Appendix A contains a schematic map of these bus routes</p>
Rail	<p>There are rail stations close to the school, e.g. the Hatch End Overground station is 2.1 miles from the school.</p>
London Underground	<p>The Jubilee line terminates at Stanmore, which is 2.2 miles from the school.</p>
Roads	<p>The school is situated on Brookshill (i.e. the A409), which runs through the town of Harrow Weald.</p>
Walking Routes	<p>The school is easily accessible to walk to from a 1-mile radius. The attached map in Appendix B shows the roads within 1 mile of the school that have no parking restrictions.</p>
Cycling Routes	<p>There are no designated cycle paths to the school. Harrow Council is engaged in a consultation to improve the walking and cycling infrastructure including creating a cycle path from Hatch End towards the school.</p>

3. PARKING AND EVENT HQ: The event HQ, start and finish areas are located near the main entrance in Hujjat Primary School park. Enter via the School entrance, parking in the school Car Park after which you can wheel your bikes to the adjacent Hujjat Primary School.

Parking signs/marshals will direct you to the relevant areas.

Breakfast and Tea/Coffee will be available at Hujjat Primary School

There is limited parking at the school and cars will be double parked, blocking others to fit as many cars as possible. This means you may have to wait for other riders to return before being able to leave the car park. Parking will be on a first come first served basis and is limited so please carpool where possible. If the school car park is full, please park with care, not blocking any driveways on the side roads. Some of these are:

Appendix B: Walking Routes and Car Parking within 1 mile of the School

HUJJAT PRIMARY SCHOOL



PARKING FOR SPORTIVE



4) Registration will take place at the front Entrance of Hujjat Primary School, there will be light Breakfast and tea/coffee making facilities



4)

REGISTRATION: Open from 6:00am.

On signing in, you will receive your rider number (if you have not collected it already), which you should affix to your handle bars using the cable ties provided. Then make your way to the start area roughly 200 yards away.

Everything will be clearly signposted and marshalled on the day of the event. Our aim is that riders can sign in, and make their way to the start line with minimal delay. We understand, as riders ourselves, how frustrating waiting in long queues is, both at registration, and at the start of an event.

Rider Briefing: A safety briefing will be given to riders immediately before the start, reminding them of the main safety issues discussed in this pack.

5) START

Riders should begin assembling behind the start line at around 7:00am. The start line will be open from 07:00 until 08:00 and riders will be set off in groups of one-minute intervals.

We urge all riders to familiarize themselves with the course, and download the GPX file if they have a Garmin-like device or download the komoot app to follow the navigation, in order to reduce the probability of going off-course. It can be downloaded from <https://www.komoot.com/discover> and Please follow Evolve Cycling Network: - <https://www.komoot.com/user/2254316287525?ref=wud>

We will only cancel/ reschedule the event if the weather is very poor or there are severe weather warnings.

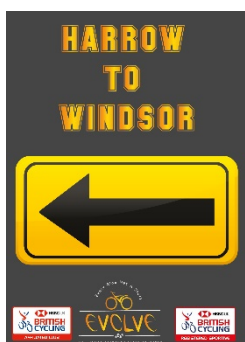
7) Leaving Event HQ

You will leave through the main front of the school and turn left towards the roundabout, marshals will be there to wave off.

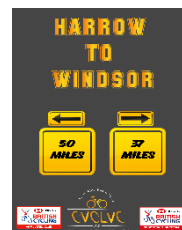
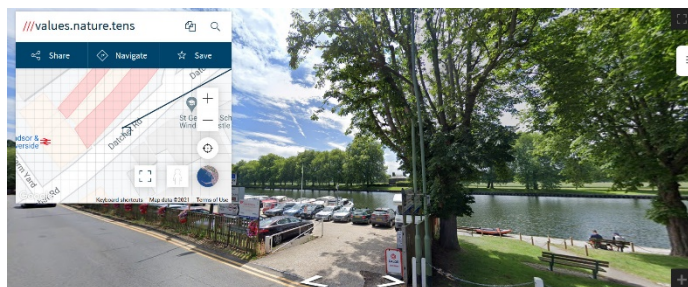


8) Signage

The signs are A4-sized and have grey backgrounds with black arrows or 'CAUTION' warnings, etc. left arrows/right arrows/wait here/roundabout exits. All signs bear the Evolve logo.



9) Please be aware upon arrival in Datchet the route will split and it will be signposted



10) Return to Hujjat Primary School: -

Well-done! You are almost finished please be extra careful turning right into the school, if you have opted out of the clamp hill challenge: -



Entrance:- returning back into the School, please follow your ride leader and wait in the box until it is clear

RIDE IN AND TURN LEFT IMMEDIATELY FOR CROSSING THE FINISHING LINE!!

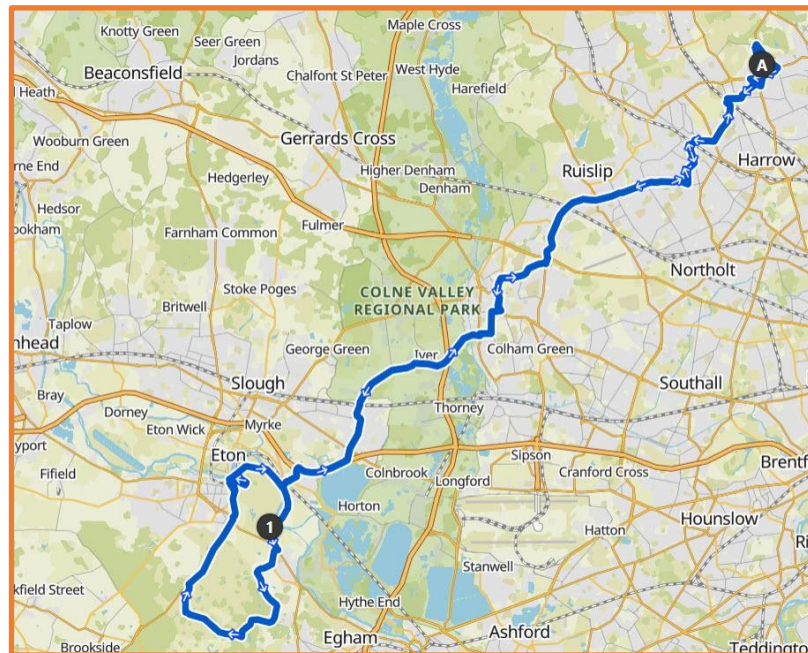


ROUTE INFORMATION

Challenging Route: Distance 50 miles/ Elevation: +/- 1,325 ft

Highest Point: 450ft

Route GPX:



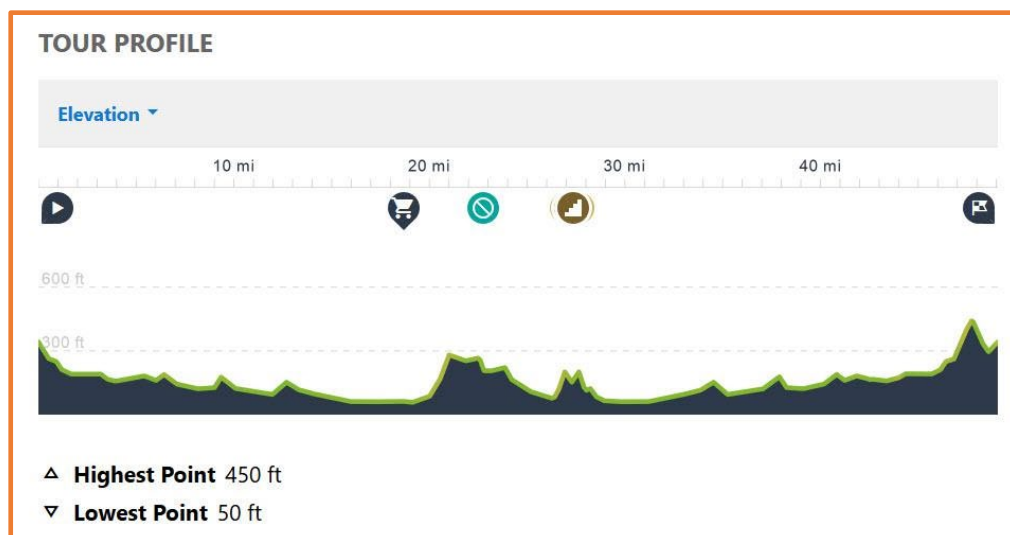
Follow on Komoot: <https://www.komoot.com/tour/461971092?ref=wtd>

<https://ridewithgps.com/trips/73658703> Ride with GPX

Download all GPXs Here:

https://drive.google.com/drive/folders/1RC3XvBTbB35LuHo12_rJMYR9G2OvENU6?usp=sharing

To challenge yourself, you have the option of riding up Clamp Hill and turn left at the lights to return to Brookshill and Hujjat Primary School. The alternative is to stay on course and follow the route.



Intermediate Route

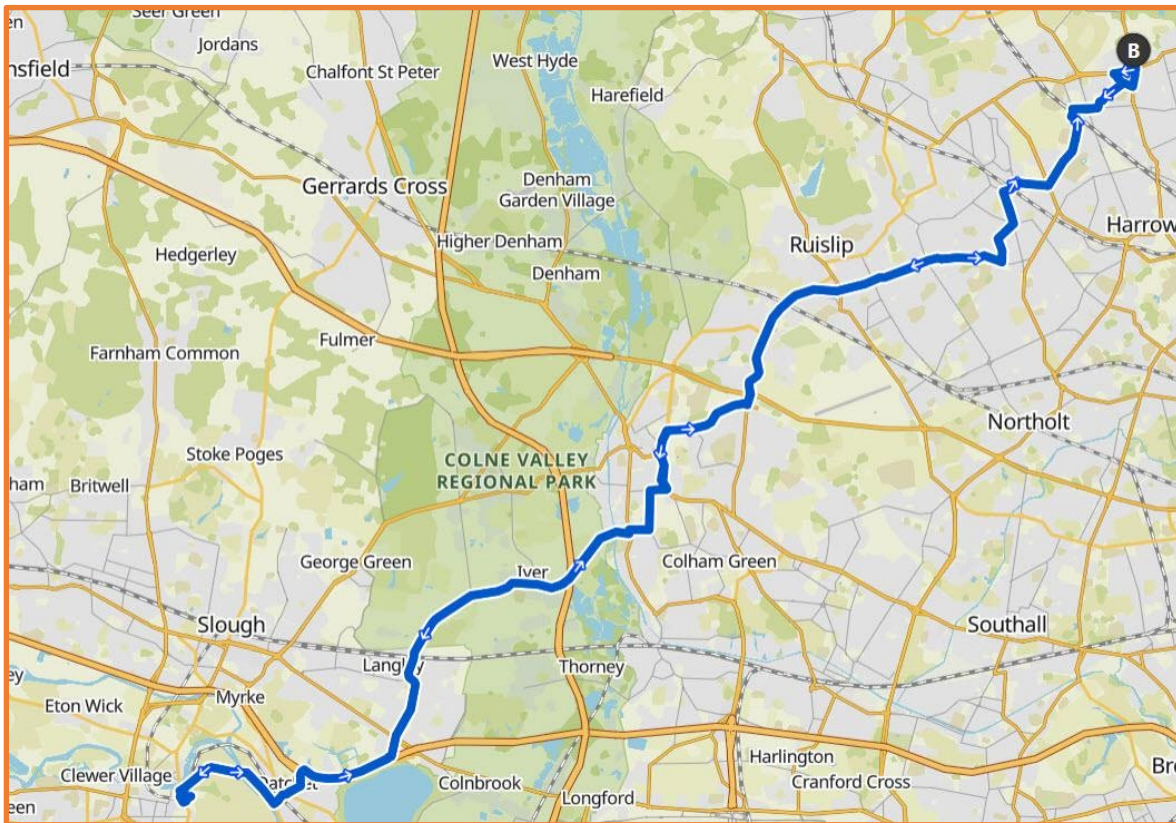
Distance 37 miles/ Elevation: +/- 800 ft

Follow on Komoot: <https://www.komoot.com/tour/456404154?ref=wtd>

Ride with GPS: <https://ridewithgps.com/trips/73609236>

Download all GPXs Here:

https://drive.google.com/drive/folders/1RC3XvBTbB35LuHo12_rJMYR9G2OvENU6?usp=sharing



TOUR PROFILE

Elevation ▾

10 mi

20 mi

30 mi



600 ft

300 ft

▲ **Highest Point** 350 ft

▼ **Lowest Point** 50 ft

PRE-RIDE PREPARATION

Once you have registered you can prepare yourself and your bike for the sportive. Here is your checklist and in addition to this please get some chamois cream to avoid chaffing, we also recommend cycling shorts/leggings/undies. **NO HELMET NO RIDE!**

CHECKLIST TO PREPARE FOR THE SPORTIVE



- BUY ESSENTIALS:

- SPARE INNER TUBE

- TYRE LEVERS

- REAR LIGHT (LEAVE THIS ON EVEN DURING THE DAY ON BLINKING SO CARS SEE YOU)

- BIKE PUMP

GET YOUR
BIKE
SERVICED
PRE-SPORTIVE.



Get your weekly training rides in, even if they are short regular rides. Push yourself on one ride a week, out of 3.

Buy small things that would make you more comfortable on a ride

- a water bottle holder (or 2)
- saddlebag
- phone holder/small storage.

Clean your bike or get it done by someone



Sportive Checklist: Saddle Bag Contents

- ✓ Inner tubes x2
- ✓ Pump
- ✓ Multi tool and tyre levers
- ✓ Cash and a credit card
- ✓ ID, insurance card and contact details in case of emergency
- ✓ Camera phone for taking pictures en route and contacting supporters or riders after the race



FEED STATION

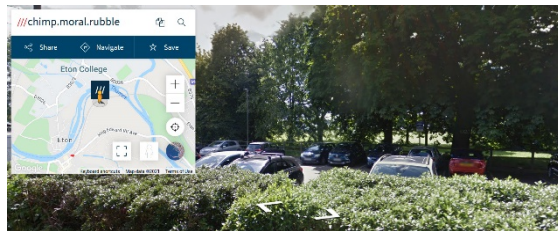
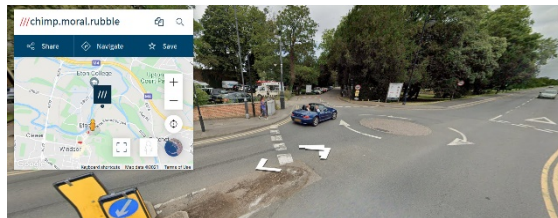
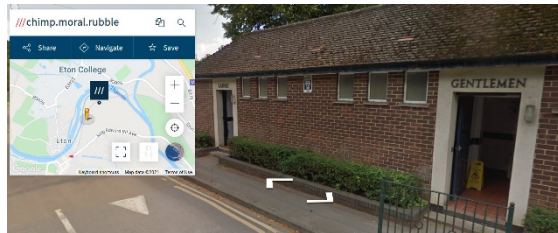
Available at Feed Stops: Water/Energy Drink/Snickers bars/Fruit



**FEED STOP 1:- Hercies Road, Uxbridge,
Toilets are available Betty Cafe**



**FEED STOP/Toilets 2:- Windsor, Home
Park
What 3 Words: ///chimp.moral.rubble**



**FEED STOP 3:- Hercies Road, Uxbridge
FEED STOP 1:- Hercies Road, Uxbridge,
Toilets are available Betty Cafe**



CONSIDERATE CYCLING

1. It is important to remember other road users whilst you are riding. Any riders seen not adhering to the Highway Code will be banned from our events immediately.
2. Ride positively and well clear of uneven road edges but with consideration of other road-users. To allow vehicles to overtake safely, leave gaps for them to pull into and move into single file when necessary and safe to do so. Never ride more than two abreast.
3. This is a group-led ride; do not drift away from your group. If you have any concerns or queries regarding your group, please speak with your allocated Ride Leader first.
4. Throughout the event (pre-ride, ride and post-ride) please ensure you adhere to the British Cycling's guidance on the current COVID related restrictions including social distancing.
5. Use the GPX map to plan your route, check for route closures, and potential obstacles. The more familiar you are with the route the more enjoyable your ride will be.
6. Be polite to other cyclists, motorists, pedestrians and residents; saying hello is fun
7. When passing people and animals, use your bell or call out a warning and allow them plenty of room. Be prepared to stop if necessary.
8. Do not drop litter or feed the animals; human food and litter are a danger to them.
9. We rely on the generosity of our community volunteers, please follow their instructions and respect their time which enables us to have the best possible experience.
- 10. We will have two lead riders/marshals to ensure the group is not too stretched out. Please ride behind the lead riders, as we can't be responsible for those who go ahead and potentially get lost. *YOU MUST REMAIN WITHIN YOUR GROUP WHILST RIDING. GROUP CHANGES WILL NOT BE PERMITTED UNLESS AUTHORISED BY THE GROUP RIDER LEADERS.***
11. Our ride sweepers are there to ensure nobody is left behind, due to punctures, tiredness or any other reason.
12. Before we set off, we will demonstrate some important hand signals and vocal prompts that you may need to use or lookout for on the ride. These will include letting other riders know that you are about to stop, or that there is an unexpected obstacle or big pothole in the road.

RIDING IN A GROUP AND ROAD SIGNALS

Cycling Hand Signals

Turning

There are two ways to indicate a turn with your arm. The best way to communicate a turn is to stick your arm straight out to the side to which you plan to turn. In the case of a left turn, that means pointing your left arm straight out to your left, while the rest of your body and your right arm stay straight out to the right of your body.



Arms can also be signaled by pointing the arm opposite the direction you want to turn into the air, from 90 degrees at the elbow. In this case, to turn right, you would put your left arm out to the left of your body and bend your elbow so that your hand is pointing straight up with an open palm. To turn left, mirror this motion with your right arm.



Stopping

There are two ways to signal stopping. The first is to put your left arm down and out to your side with your palm open and facing backward.

The second, used more often to signal a stop to other cyclists in a pack, is to place your right arm behind your back and make a fist in the middle of your back.



Slowing

To signal a slowdown, point your left arm down and to the left with your palm parallel to the ground. Above your palm up and down, keeping it parallel to the ground, to indicate slowing and to avoid confusion with the signal for a slowdown.



Road hazard

If you spot the threat of a fire, tree or more serious danger to any rider approaching them, point with index finger extended, down and away from your body towards the hazard as soon as you see it and as you pass by it.

Road debris

Road debris, such as rough road, remnants of a former car accident, or gravel, presents a similar hazard to other cyclists in a pack as a pothole. To signal road debris, point downwards and away from your hand back and forth or shake your hand in a circular motion from the wrist.



Approaching shoulder hazard

Road debris, such as rough road, remnants of a former car accident, or gravel, presents a similar hazard to other cyclists in a pack as a pothole. To signal an approaching shoulder hazard, point downwards and away from your hand back and forth or shake your hand in a circular motion from the wrist.



Pull through

To signal when you are ready to allow the next person to pull through to lead, flick your elbow out to the right or left - whichever side you are planning to move over towards.

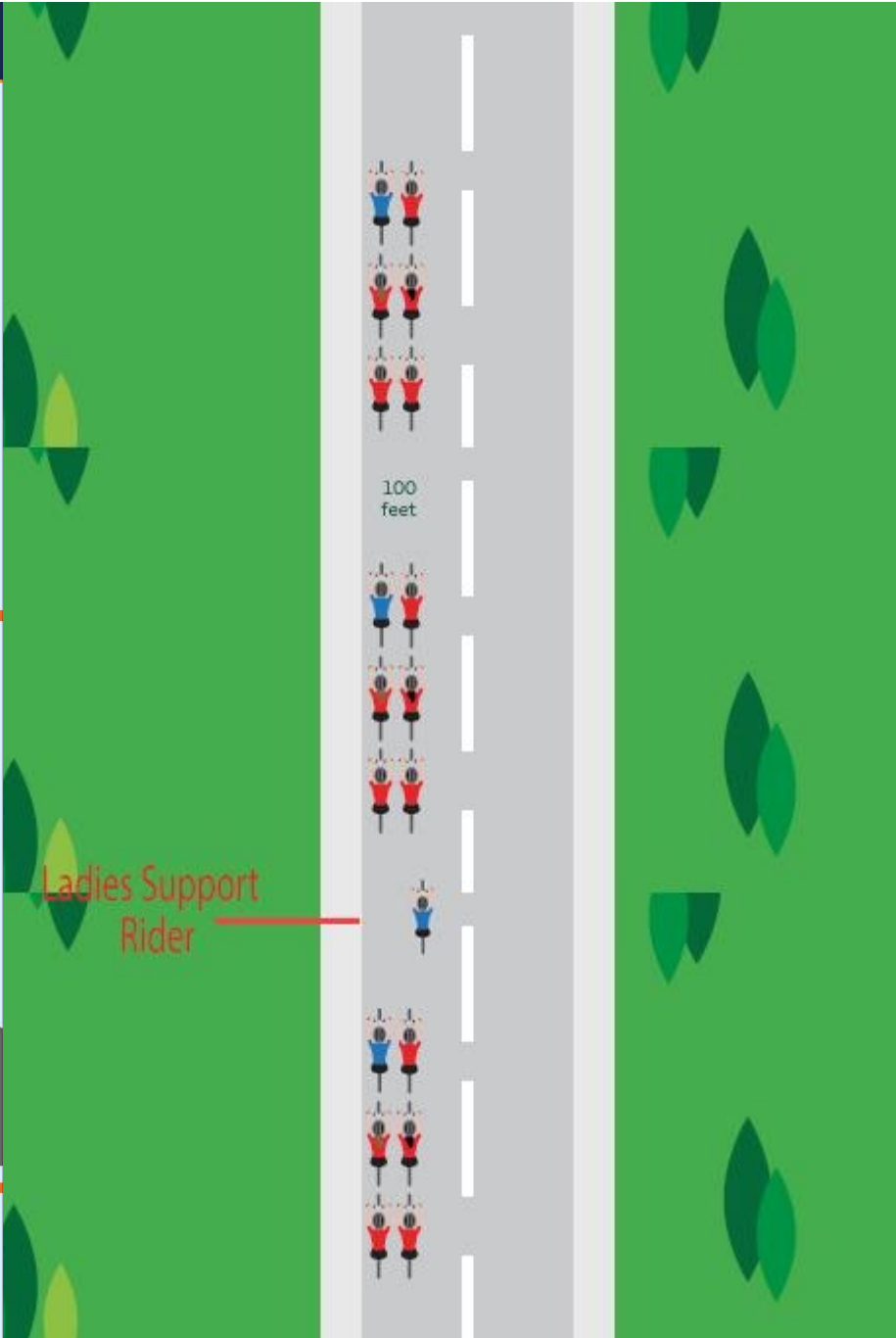


Pay attention

When riding in a group, you'll feel the pack behind you get louder for a reason. It's important to sit farther back and pay attention to accidents while riding along.

When a pack call is given on accident to signal the warning, put your right arm behind your back and pat your butt.

Sources:
[https://www.bicycling.com/riding-in-a-group/safety/signals-when-riding-in-a-group/](#)
[https://www.bicycling.com/riding-in-a-group/safety/signals-when-riding-in-a-group/](#)
[https://www.bicycling.com/riding-in-a-group/safety/signals-when-riding-in-a-group/](#)
[https://www.bicycling.com/riding-in-a-group/safety/signals-when-riding-in-a-group/](#)
 RYDOZE



USEFUL RESOURCES

- **Ride Smart Sportive Etiquette:-** https://www.britishcycling.org.uk/knowledge/skills/sportives-ridesmart/article/izn20151117-Sportives--Ridesmart--How-to--guide-to-sportive-etiquette---Ridesmart-0?utm_source=BC&utm_medium=Organiser&utm_content=etiquette&utm_campaign=Ridesmart
- **Group Riding:-** https://www.britishcycling.org.uk/news/article/izn20151117-Sportives--Ridesmart--Related-How-to-ride-in-a-group---Ridesmart-0?utm_source=BC&utm_medium=Organiser&utm_content=group&utm_campaign=Ridesmart
- **Pacing your Sportive:-** https://www.britishcycling.org.uk/knowledge/skills/sportives-ridesmart/article/izn20151117-Sportives--Ridesmart--How-to-pace-a-sportive---Ridesmart-0?utm_source=BC&utm_medium=Organiser&utm_content=pacing&utm_campaign=Ridesmart
- **Hand and Wrist Pain:-** <https://www.britishcycling.org.uk/knowledge/training/health-recovery/article/izn20140820-Physiotherapy-Ask-the-Experts--Hand-and-wrist-pain-on-the-bike-0>
- **Saddle Soreness:-** <https://www.britishcycling.org.uk/knowledge/training/health-recovery/article/izn20140123-All-Cycling-Are-you-sitting-comfortably--0>
- **Pain in the foot:-** <https://www.britishcycling.org.uk/knowledge/training/health-recovery/article/izn20141104-Physiotherapy-Foot-Pain-on-the-Bike-0>
- **Hydration Tablets best brands:-** <https://www.scienceinsport.com/shop-sis/go-range/go-hydro-tablets> and Nunn <https://www.wiggle.co.uk/nuun-sport-with-caffeine-tablets-10-tabs>
- **Sis Gels:-** https://www.scienceinsport.com/shop-sis/go-range/go-gels?gclid=Cj0KCQjwvO2IBhCzARIsALw3ASpMiL1nAAIxoucZg0VJaIXrn8VjnCYg7ZalDLccy91iqo1YTOj9OIcaAvveEALw_wcB&gclsrc=aw.ds
- **Chamois Cream:** <https://www.wiggle.co.uk/assos-womens-chamois-cream-75ml>

Good Luck and We've got this and Don't Forget Sadaka!



THANK YOU TO OUR SPONSORS, WE COULD NOT HAVE DONE IT WITHOUT YOU!

