

# Information Pack

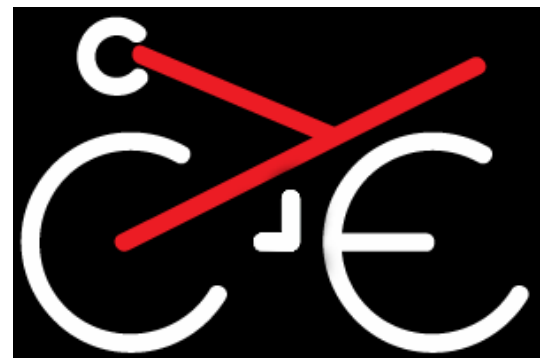
Sunday 15th September 2019

Edmundbyers - County Durham



[northernanaestheticpedal.com](http://northernanaestheticpedal.com)

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# Ethos

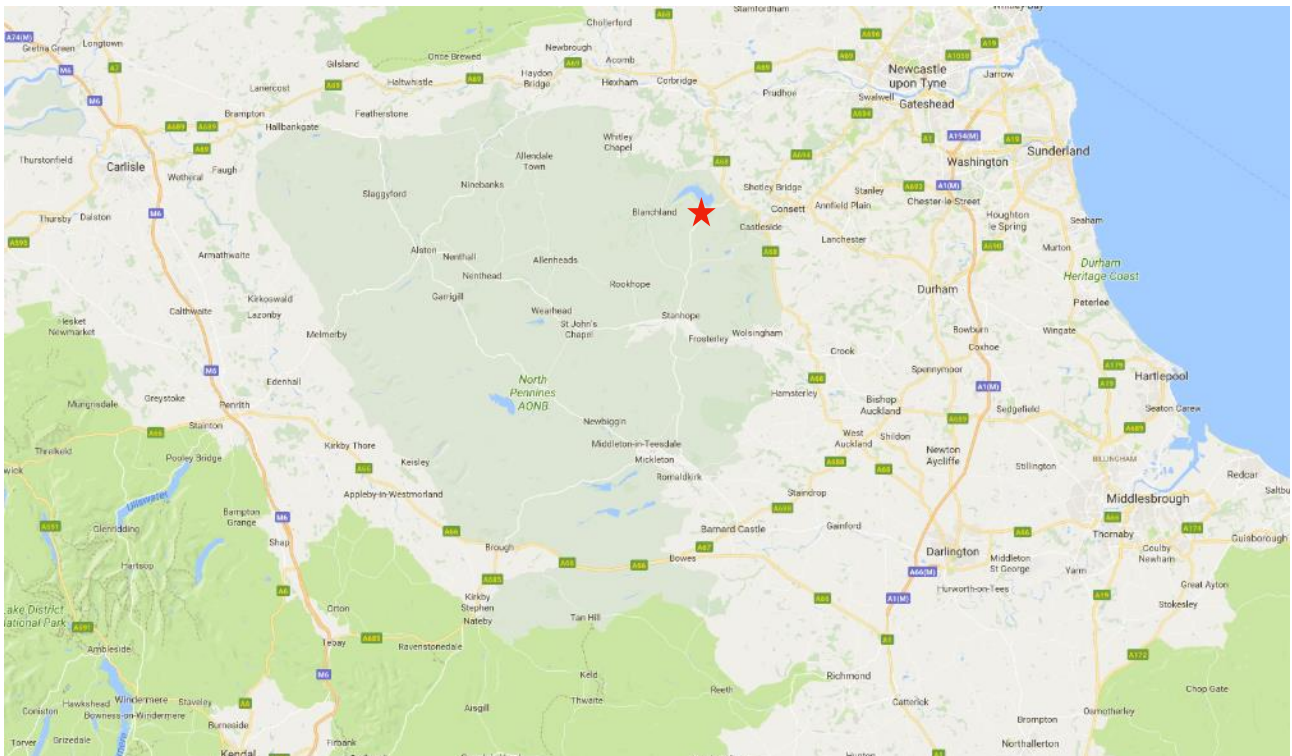
The Northern Anaesthetic Pedal is an annual ride run by anaesthetic trainees in the Northern region. The ride is open to everyone; trainees, consultants, theatre staff, ICU staff and family.

The Northern School of Anaesthesia and ICM runs post graduate training for Anaesthesia, ICM and Pain within the Northern Deanery. Trainees are attracted not only by the quality of training but also the unique geographical location. The Northern Deanery is large, spanning from coast to coast and extending north up to the Scottish borders. Northumberland, County Durham, Cumbria and the northern part of North Yorkshire all lie within the Northern Deanery. This includes both Northumberland and The Lake District National Parks.

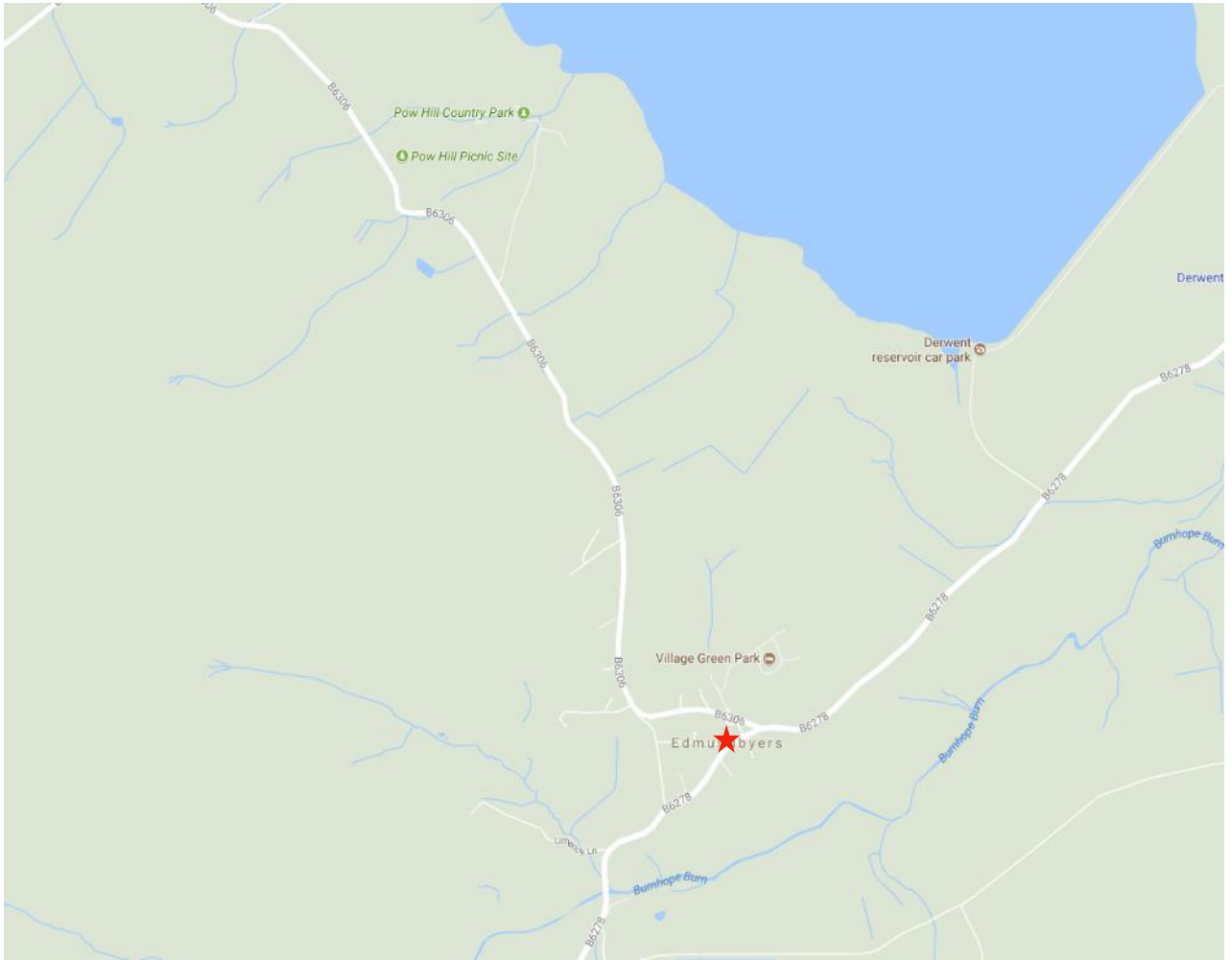
With such a wealth of stunning scenery, it is no surprise there is a huge network of roads to explore by bike.

# Getting Here

The event centre is in Edmundbyers at the village hall. Post code **DH8 9NL**







## Venue

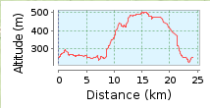
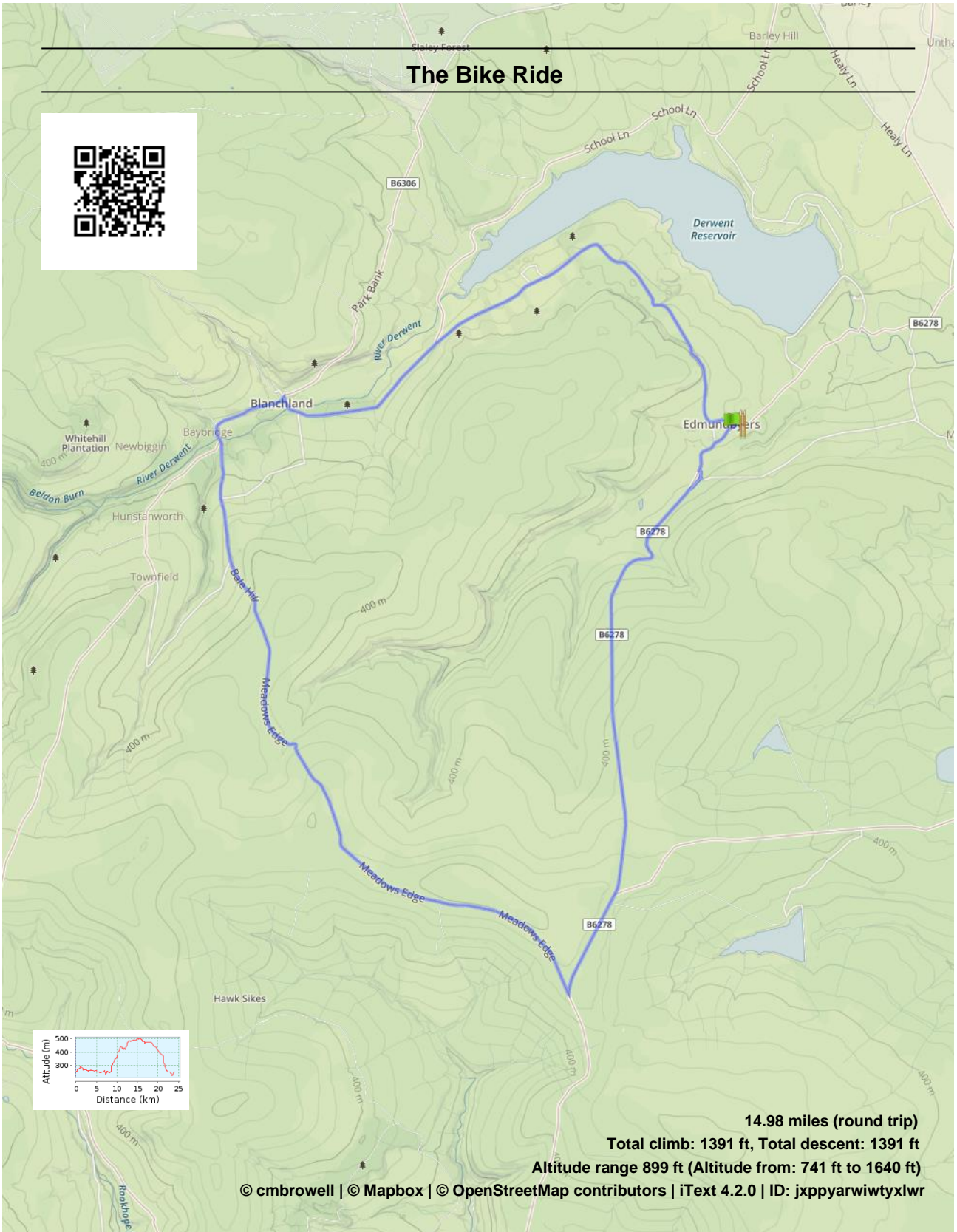
The event centre will be Edmundbyers Village Hall. Opposite the hall is a small walled off grassy area which we will be using for our event sponsors.

## Parking

As you enter Edmundbyers from the A68, just as you pass the village sign you will see a car parking sign. Parking is on the left as you enter, in the YHA field, associated with the Baa pub.



# The Bike Ride



**14.98 miles (round trip)**  
**Total climb: 1391 ft, Total descent: 1391 ft**  
**Altitude range 899 ft (Altitude from: 741 ft to 1640 ft)**

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## Registration

There will be a registration table at the event centre all day long. When you arrive, please report to the registration table where you need to sign in and collect a number board for your bike. Please read the attached disclaimers prior to the event as you will need to sign to say you have done so at registration. We will also need details and contacts for NOK.

## Timings of the day

0900hrs - First start

1430hrs - Last start (if you intend to ride multiple laps an earlier start is highly recommended)

1600hrs - Sweep lap - we will be driving the route to collect in route signs and any stragglers

## Route

The ride takes participants from the shelter of Edmundbyers up a testing incline to cross Muggleswick Common, turning right to skirt Horseshoe Hill and Dead Friars. A short rollercoaster dip into Burnhope Burn lines the riders up for a quick climb to summit Bale Hill. From here a fast descent brings the big hills to an end.

Derwent Dale holds Derwent Reservoir. Our riders will flank the water and take the undulating road back towards Edmundbyers via Blanchland.

Time to prepare for another lap or a piece of cake...whichever you fancy.

15 miles, 24 km, 1391ft ascent!

If you would like a GPX file for a Garmin type device you can download it direct from the Google Drive [here](#)



## Kit requirements

1. Bike – a road bike is ideal, however a mountain bike, commuter, hybrid, e-bike or cyclocross bike are all equally excellent options. Remember if your bike is not working or needs some pre-ride attention OnYouCycle may be able to help. Alternatively why not rent a bike for the day. Delivered to the start and taken away from the finish. Book now to avoid disappointment. It could not be easier!
2. Helmet – a must, without one, no ride. Sorry
3. Clothes – please do not come naked, it's not ok! We aren't going to check bags or kit but I would suggest the following;
  - Rain/windproof - the top of the climb can be windy, any mechanicals may also lead to a bit of standing around
  - Gloves
4. Tools - again not completely required as we are happy to perform rescue duties, but a few bits may keep you riding
  - Tube
  - Pump
  - Tyre levers
  - Allen keys
  - Chain splitter
5. Snacks - be imaginative

## Need some support or help with your kit?

### Maintenance

**OnYouCycle.co.uk** will be on site at the Village Hall in Edmundbyers for the day of the ride. They will be offering servicing, last minute repairs and a rescue from the broken gear cable monster throughout the day. Prior to ride day, OnYouCycle are offering 10% on any work required to get your bikes 'ride ready'. More information can be found at [OnYouCycle.co.uk](http://OnYouCycle.co.uk), or by visiting their FaceBook page.

### Maintenance and Kit

**Cycle Centre Newcastle** are joining forces with NAP19 to provide budding riders with a little extra support leading up to the big day.

Quote 'NAP19' to get access to the deals below.

WHATS ON OFFER?

**15% discount on all Parts and Accessories.**

**Bring your bike in for a Silver Service (£50 + parts) and receive £10 in-store credit in return**

**Bring your bike in for a Gold Service (£90 + parts) and receive £20 in-store credit in return**

## Want to hire a bike?

Important - bikes must be hired in advance, there will be no guarantee of any bike hire on the day!

### Standard/Hybrid Bike

Our friends at **The Cycle Hub** are offering us bike hire at discounted rates to enable everyone to join in. They will provide you with a working, serviced hybrid bike, delivered to the start and taken home again afterwards.

For £20 you'll get a bike for the day, spare parts, water bottle, inner tube and helmet. To make a reservation email them: [hires@thecyclehub.org](mailto: hires@thecyclehub.org) quoting 'Northern Anaesthetic Pedal' You'll be able to pay direct.

### E-bikes

What better way to enjoy the day than with a little extra help! E-bikes are becoming more and more popular and enabling riders to go faster and further.

**The Electric Bike Hire Network** have a fleet of 10 bikes, available in Edmundbyers, for use during NAP 19. £7 will get you 2 hours riding, easily enough to polish off a 15 mile lap.

To make a reservation email them: [theoldvillageshop@gmail.com](mailto: theoldvillageshop@gmail.com) or call 01207 255394 quoting 'Northern Anaesthetic Pedal'

## Refreshments

We will be doing tea, coffee, cake and biscuits from the village hall all day. **We would really appreciate any donations to the cake and biscuit table.**

The Baa – Local pub next to the car park will be making bacon sandwiches all day. Every rider will get a voucher for a £2 sandwich when you register.

The Pizza Van – will be next to registration and serving pizza directly from oven (and they are excellent)

## Prizes

Every rider will get a Can of Allendale Brewery beer plus a NAP19 Ibar of handmade soap!  
Children who ride their bikes are brilliant, and therefore will all get a NAP19 Medal as well!

Prizes are also up for grabs:

Female - Longest ride

Male - Longest Ride

Female - 1st, 2nd & 3rd Fastest lap

Male - 1st, 2nd & 3rd Fastest lap

Female - Queen of the Hill

Male - King of the Hill

Prize giving will be planned for 1500hrs at the event centre.

## Photographs

The fantastic Dr J Fortune will be out on the course during the morning taking photos of all riders. We will take everyones email address at registration and send personalised pictures round. We ask if you can make a small donation for the pictures which will go straight our chosen charities.

## Children

Children are welcome and encouraged! Under 16's must be accompanied by an adult. Children also ride for **free**. We appreciate this route is challenging.

All the children will get custom NAP19 medal when they finish :)

## **General Disclaimer**

All participants enter into the event of their own will, understanding the nature of the event. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness.

Throughout the event, participants will be checked for their suitability to continue on grounds of capability, including their equipment and state of health. If any of the marshals and medical staff believe that the safety of the individual will be compromised by their continued participation, they reserve the right to ask that person or persons to stop. If that person or persons continue on the route they will no longer be officially participating in the event and NAP18 take no further responsibility for their actions.

By attending the event and signing in at registration participants accept the above disclaimer.

## **Medical Disclaimer**

In the event of an accident or illness whilst taking part in this event, I hereby give permission for medical treatment to be initiated and my Next of Kin to be informed in case of hospitalisation. To the best of my knowledge I submit a true and accurate description of my medical history and current condition. I understand that I am taking part in an event in a remote and rural location where there will be a longer medical response time in the event of emergency. I agree to take part in this event at my own risk and will not hold NAP18 responsible in the event of acute illness, injury or death.

Participants must agree to inform the NAP18 team of any medical or other condition that might affect their ability to take part in the event. These details will be shared with any medical staff involved in their care.