

Chase the Last Long Days

RIDER NOTES

steezy

**ZERO
LEMON**

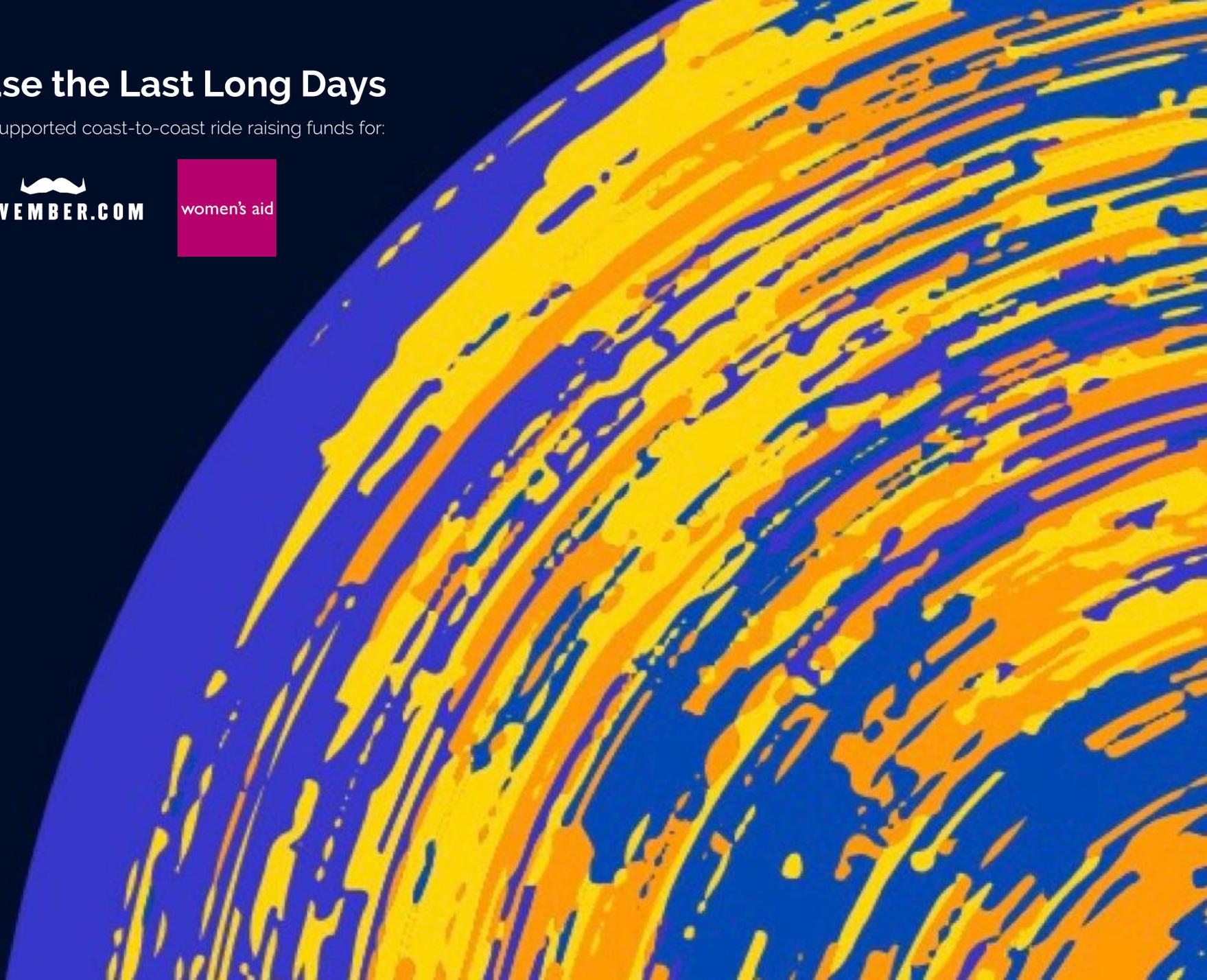
**COLD
DARK
NORTH**

Chase the Last Long Days

A self-supported coast-to-coast ride raising funds for:



women's aid



Chase the Last Long Days

Rider Notes

MEET THE RIDE LEADERS!

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DARK
NORTH**

**ZERO
LEMON**

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Rider Notes

THE GROUPS

When you signed up you selected a **very rough** speed you thought you'd want to ride at – so we'll start off in groups that roughly follow that selection and then we'll play it by ear... *Everyone* worries about which group they should be in before these sorts of things. **Don't worry, we'll try to make sure you find the group for you.**

No one has to stay in the group they originally selected and trades are fine. We're also likely to have more than one group per speed/ride leader to reduce our impact on other road users. One or two of The Steezy Party Pace group(s) will only be open to women and NB riders though, please.

The first 12km of stage 1 is completely flat, mostly on segregated bike paths and we'll be away early, so there's plenty of time to all ride together early on as we set off on our adventure.

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COLD DARK NORTH

ZERO LEMON

Party Pace – whatever suits the group

Something like 21-24km/h

Something like 26-29km/h



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Rider Notes

THE ROUTE



We're going to be riding the **Official Way of The Roses Coast to Coast** route from Morecambe on the West Coast to Bridlington on the East Coast.

It's 276km (or 171 miles) and we're doing it over two days, split into two stages. There's around 2,200m of elevation across the two stages (with the vast majority on stage 1). Stage 2 should hopefully feel like a nice easy roll to the finish after we've successfully made it to York on stage 1.

- Stage 1 is from **Morecambe to York** and is 174km with around 1,740m[^].
- Stage 2 is from **York to Bridlington** and is 101km with around 480m[^].

We are riding on **Friday 29 October** (Stage 1) and **Saturday 30 October** (Stage 2) – the last two long days before the clocks fall back on the Sunday morning.

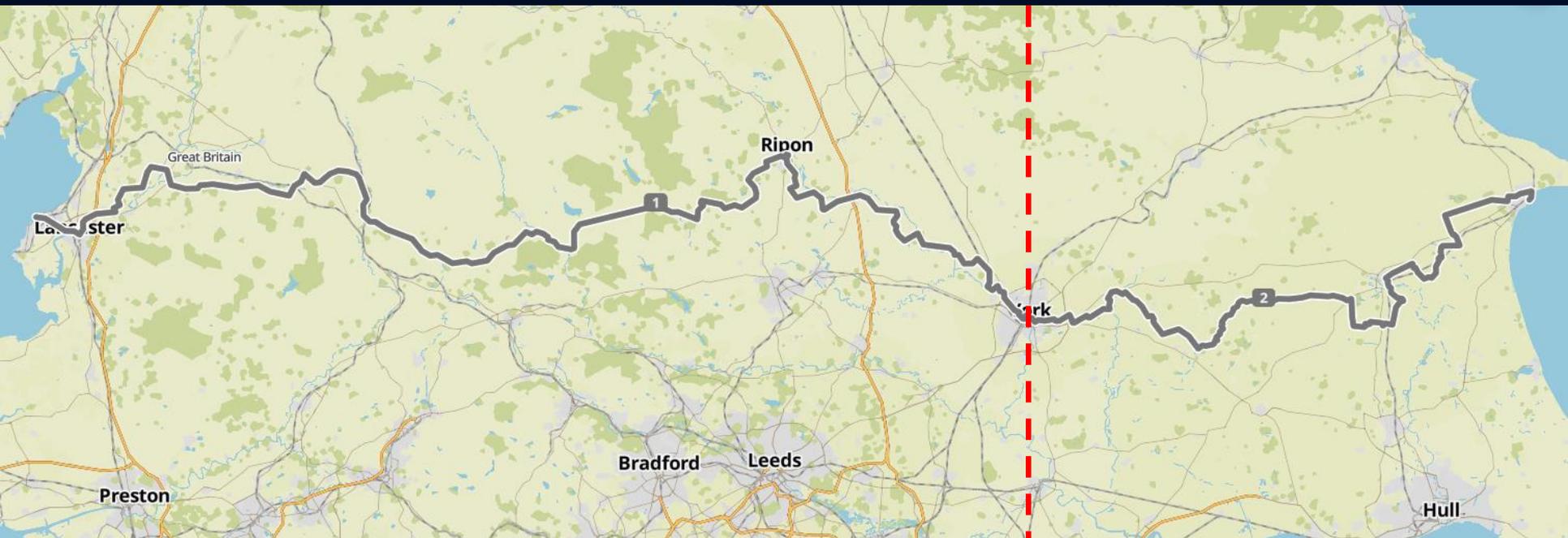
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Rider Notes

THE ROUTE

This route has been well signed by Sustrans - but we would urge you to please download the GPX files for your bike computer or phone so that if you are separated from your group you can continue to navigate self-supported.

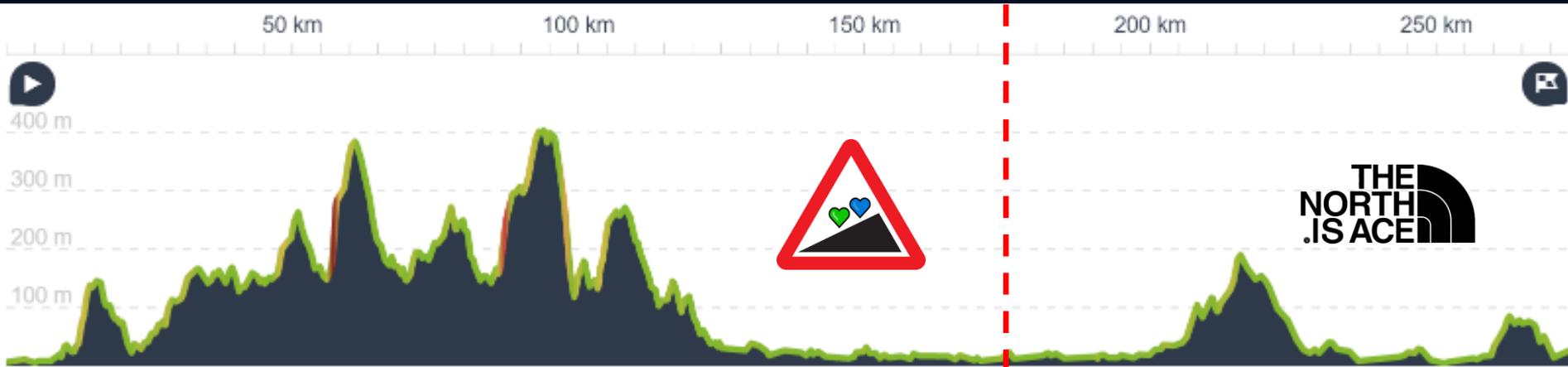
You can see the Route and various points of interest (cafs, monuments, etc) in more detail on Komoot and download GPX files at bit.ly/LastLongDays



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Rider Notes

🤯 THE CLIMBING 🤯



STAGE 1

Morecambe to York



STAGE 2

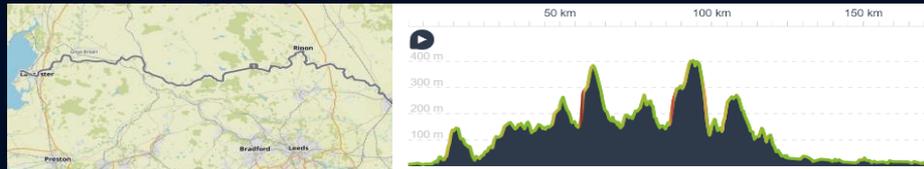
York to Bridlington



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Rider Notes

THE ROUTE STAGE 1



Details:

174km (1,740m⁺)

The terrain for Stage 1 is "rolling" with a few big stabby climbs thrown in along the way. The most notable of which come at 12km (Park Lane), 56km (High Hill/Settle) and 86km (Whithill/Appletreewick). After the final significant lump at 107km (!) the route flattens out completely and there is virtually no climbing after 120km (only 100m of climbing in the final 50km of the day). Riders are advised to take care on the descents – especially Greenhow Hill to Pateley Bridge.

There are numerous Cafs on the route of Stage 1 – we can recommend **Hornby Tea Rooms** - 24km, **Three Peaks Cycle Cafe**, Settle - 56km, **Farm Shop Ice Cream Parlour**, Cracoe - 76km, **Oliver's Pantry**, Rippon - 125km and there are various restock village options en route after this point.

We've been in touch with **Stump Cross Caverns Café** at 92km and they are expecting us for fly-by lunches.

There are good village shops in lots of the villages along the way, and **public loos** in Clapham (37km), Settle (56km), Burnsall Bridge (83km), Pateley Bridge (100km), Ripon (123km) and Boroughbridge (140km).

If you need to bail for a train, your best bets are Settle (56km) and York (174km)

Some things to look out for on the stage: **The Millennium Bridge** in Lancaster (5km), **Brimham Rocks** (107km), **Fountains Abbey** (UNESCO World Heritage Site) (118km) and **Ripon Cathedral** (128km)

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THE ROUTE STAGE 2



Details:

101km (480m⁺)

The terrain for Stage 2 is much, much, much flatter. There are really only two climbs of any note – between 33km and 43km we're climbing steadily to a summit at Millington Wood and then at 85km there's a gradual climb after Burton Agnes Hall.

There are fewer Cafs planned (or needed!) than Stage 1 – we're planning a stop at the excellent looking **World Peace Cafe**, Madhyamaka Kadampa Buddhist Centre at 33km. Then we will stop in the town of **Driffield** (70km) where there are lots of options to meet everyone's needs from Cafs to chains and supermarkets. We'll get Fish and Chips in **Bridlington** on arrival.

There are good village shops in lots of the villages along the way, and **public loos** in Pocklington (31km), **Driffield** (70km) and **Bridlington** (100km)

If you need to bail for a train, your best bet is **Driffield** (70km)

Some things to look out for on the stage: **York Minster** (2km), **The Buddhist Centre** (33km), **Burton Agnes Hall** (85km) and the SEA!



Huge thanks to SunGod who've kindly donated three pairs of their awesome shades to be won by riders entering Chase the Last Long Days



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Photo: Attacus Cycling

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Rider Notes

THE LOGISTICS

Friday 29 October – Sunrise 8am and Sunset 5.30pm

MEET 7 AM!

The start of the Way of the Roses route from Morecambe is on the sea front just south of the stone jetty and Midland Hotel at the Bastion - (Marine Rd Central, Morecambe LA4 5AB). There is a Way of the Roses start sign there. (Or if you're early, Eric Morecambe's statue is just up the way.)

- Steezy and Cold Dark North Groups will aim to be rolling by 7.30am (it'll be dark when we start)
- Zero Lemon Groups rolling by 8am

YHA YORK

The vast majority of the group are staying at the YHA in York (Water End, Clifton, York YO30 6LP)

0345 371 9051

It's a long day in the saddle, but we're hoping to be at the YHA around dusk at 5.30pm for the slower groups.



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Rider Notes

THE LOGISTICS

Saturday 30 October – Sunrise 8am and Sunset 5.30pm

DON'T HURRY, DON'T WORRY...

On Stage 2 we don't have to be away quite so early, so we can recover from Stage 1 for longer. We're suggesting :

- Steezy and Cold Dark North Groups rolling by 9.30am
- Zero Lemon Groups rolling by 10am

ARRIVING AT BRIDLINGTON

Fish and chips by the sea! We think we should all be in Bridlington well before 5pm so some **CHIPPY TEA** is on the cards!

There's a coach back to York and Morecambe for those that have pre-booked it. If you want details on this contact Tobes (see Contact Details Page) – we're aiming to leave before 6pm (but we'll leave no one behind that's booked).

Everyone else, it's time to make your way home. You're still here? It's over. Go home. :)



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Rider Notes

Do **NOT** psyche yourself out about kit – if in doubt, ask and we'll try to help advise/find what you might need!

KIT SUGGESTIONS

We're not here to mother you or patronise you, but a few things to think about because it's **Autumn in the North of England**. We know this shouldn't be a surprise to anyone, but it will likely be **cold**. It will almost certainly be **wet** (at least at some stage) and it will be **dark** too at times. So:

- **Helmet** – it's a personal choice, but we'd really rather everyone wore one;
- **Mobile Phone** – you're on Insta, right? (Also handy for navigating and emergencies);
- **Lights** (and something to charge them with after Stage 1);
- **Warm kit** and lots of layers that you can keep dry and warm with when that kit gets wet;
- **Waterproof Jacket** – this is essential. Even if rain isn't forecast (lol);
- **Bike Bags or similar** – you'll need something to carry your clothes/pjs/toothbrush and snack in whilst on the bike – there's no car support from start to finish;
- **Overshoes/oversocks** and **warm gloves** – cold feet suck and cold hands suck;
- **Mudguards** – if you can, please consider some mudguards (not just an assaver) – your group mates will be grateful (and more friendly) for it;
- **Basic Tools** – multi-tool, pump, tyre levers, chain splitter and split link, lube and tubes – there's no mechanical support, but we'll all pitch in to help each other as needed/wanted;
- **Food and water** – there are plenty of resupply points *en route*, but start with *some* snacks. Love snacks.
- **Insurance** – not essential (or kit), but have you thought about joining **British Cycling** for the insurance and piece of mind?

After that, really, you do you – if you've got a great (warm) Hawaiian shirt, that's cool. Woolly mittens, totally fine. Fairy lights or aero arm warmers, all gravy. **Let's just have (well prepared) fun!**

OUTDOOR PROVISIONS



Those lovely boys at Outdoor Provisions have given a box of emergency snacks to hand out in Morecambel!. Lovely boys, lovely bars!

Photo: Attacus Cycling

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GROUP RIDING HINTS

Again, we're not here to mother you or patronise you, but for some this may be a first big group and for all of us, it's not been a great 18 months for those club runs, has it?

There are loads of good videos and websites that will give you tips on riding in a group – really don't stress out about it before the ride – but if you want to learn a few useful hand signals and tips, [we liked this old video from Cycling Weekly](#) (shot in Beautiful Barbondale, not far from our route on Chase the Last Long Days):



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Rider Notes

CONTACT DETAILS

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(Charlotte will also be Mixmistress General for this trip)

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CHARITIES

Together we've **already raised over £2,000** (split equally between these two charities). If you want to encourage folks to sponsor your awesome efforts taking on this huge challenge by donating more, we'd suggest you do that direct to the charities themselves or by setting up a JustGiving page. If you want to fundraise for a different charity, that's awesome too.



MOVEMBER.COM

<https://uk.movember.com/donate>



<https://www.womensaid.org.uk/donate>

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PATCHES?



Yes, Obvs.

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DISCLAIMER

These rides are self-supported and so please read this disclaimer. We want you to know what you've signed up for - this isn't a sportive or an organised and supported event - just some folks riding a route for charity.

Bicycle riding can be an inherently dangerous sport. These rides are open to everyone, but on the understanding that Zero Lemon, Cold Dark North and Steezy Collective can't assume any liability for your taking part.

By participating, we would like you to acknowledge that you will waive all claims against Zero Lemon, Cold Dark North or Steezy Collective for any injuries, loss or damage suffered whilst riding the route.

As a reminder of **what's included**:

- Entry to join a great group of cyclists taking on a tough challenge together and raising money for really important charities.

and **what's not included**:

- Transport to Morecambe or from Bridlington to get home.
- Accommodation in York.
- Food or supplies in York or for when you're on your bike.
- Any mechanical support – you'll need to supply and carry your own tools, spares and skills.
- Insurance – we strongly recommend that you join [British Cycling](#) to take advantage of their Liability Insurance and Legal Support in the event of any incidents that might occur whilst you're on the ride (and whilst you're riding in public spaces generally).

SEE YOU SOON!



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