

## **Ras De Cymru – Frequently Asked Questions (FAQs)**

- Q Who do I make the cheque payable to?  
A University of Wales, Newport - for both race entry and accommodation fees.
- Q If I wanted to stay an additional night, perhaps before or after the race, how would I go about this and who would I make the cheque payable to?  
A State the additional night/s you wish to reserve on your reservation form and include in your payment for entry/accommodation, alternatively send a separate cheque for the additional nights accommodation to the same address as entry.
- Q Am I guaranteed a place in the race if my cheque has been cashed?  
A No. All cheques received will be cashed due to University Financial Regulations. There is an entry prioritisation process to be used if we receive more than 80 entries. Refunds will be issued, after the closing date, to riders whose entries cannot be accepted. See web site for full information.
- Q Will I get my money refunded if I have to withdraw from the race?  
A Riders who withdraw from the race after the closing date will receive a refund if their entry is not accepted as a result of the prioritisation process.  
If a rider withdraws after the closing date whose entry has been accepted, we will attempt to replace him with another rider whose entry has previously been rejected. If we are successful the withdrawn rider will receive a full refund; if we are unable to find a replacement, there will be no refund. The rider will be informed at the time of withdrawal if his entry had been accepted.
- Q Is there food available to buy at the headquarters?  
A There will be limited refreshments available at stage 2 & 3 only (Thursday 2<sup>nd</sup> July 2009).
- Q What happens if I get dropped from the bunch during the race? Will there be marshals to indicate the race route and stop traffic? Will I be protected under the race regulations throughout the whole stage?  
A Riders falling behind the last vehicle of the race convoy must assume they will not have protection of the officials and marshals.  
The race route is clearly signed, but dropped riders will have to find their own way and will be responsible for their own safety – and must ride to the rules of the road.
- Q Can I enter the race as an individual?  
A Yes. See the Race Selection Criteria on the website

- Q What happens if I turn 1<sup>st</sup> Cat after entering the race?  
A Not a problem. As long as you have proof, if asked, that you were 2<sup>nd</sup> cat when entering the race.
- Q What if I forget my licence?  
A You will be charged for a day licence for every day that you are unable to provide your original licence. This is currently £10/day.  
**Photocopied or faxed copies will NOT be permitted.**
- Q What is the maximum field?  
A 80 riders
- Q Will there be changing and showering facilities at the HQs?  
A Yes, although facilities at some stage HQs are limited.
- Q What are the stage distances?  
A Stage 1 – 4 miles (TT)  
Stage 2 – 53 miles (hilly road race)  
Stage 3 – 15 miles (TTT)  
Stage 4 – 59 miles (flat road race)  
Stage 5 – 68 miles (hilly road race)  
Stage 6 – 56 miles (flat road race with mountain top finish)
- Q I've just started cycling, will the race be suitable for me?  
A Depends on your overall fitness. The Ras De Cymru is not really suitable for someone who has just started cycling.
- Q Are the stages really hilly?  
A The race route takes advantage of the scenic and hilly terrain in South Wales. Stages 5 and 6 in particular include some serious climbs. Stage Profiles and gear guidance are included in the race handbook.
- Q Can I bring my partner to stay at the University during the race?  
A Yes, but please note: accommodation will have to be reserved and paid for them. Please complete an application form for every person you wish to stay. Please also request your rooms are next to each other on the booking form. Remember that the rooms are single!
- Q What is included in my accommodation?  
A All rooms are ensuite and have a mini fridge installed. Linen and toiletries provided upon arrival.  
A kitchen is available for use in all flats and includes a kettle, microwave, freezer, toaster and cooker. (Please note: crockery and cutlery is not provided)

Q Are there any bikes shops near the Race Headquarters?

A The nearest cycle shops to the University HQ are:

Gwent Cycles 422, Chepstow Rd, Newport, Gwent NP19 8JH  
Tel: 01633 283255 (3.7 miles)

Sullivans Cycle Mart. 118, Commercial Rd, Newport, Gwent. NP20 2GW  
Tel: 01633 256649 (5.5 miles)

Martyn Ashfield Cycles. 63, St. Mary St, Risca, Newport, Gwent NP11 6GQ  
Tel: 01633 601040 (8.6 miles)

Q I hear that in order to receive meals in the Refectory I have to wear a wrist band. If I lose/break it will I still be provided with meals?

A You have to be wearing a wristband to prove that you are eligible to receive a meal. If the band is broken, return it to the signing on marshal who will issue you with a new one. If you lose your band, again, advise the signing on marshal and your name and race number will be taken and passed to catering for their records as proof of eligibility.

Q Where can I store my bike during the race? I don't want to leave it in my car overnight.

A If clean, you can store it in the communal area in your accommodation. Access to the room is by key that is common to your team – but no-one else. No bike mechanics or bike cleaning is to occur in the accommodation facilities. A map clearly indicating designated areas is stated within the handbook.

Q Will I be able to clean my bike?

A A stand pipe will be provided each evening (1/7 – 4/7/09) to enable riders to clean their bikes. A map clearly indicating designated areas is stated within the handbook.