



SECTEUR 1 – All distances

Just half a mile into the ride, marshals will direct cyclists to turn right onto a cycle path. The only non-optional secteur on the ride as the other way across the river is a 12 mile detour along the A12.



The cycle path and bridge are narrow but perfectly rideable.

SECTEUR 2 - 25 mile, 50 mile and Roubaix

These secteurs are all optional

1.6 miles into the ride, those wanting an easier route can turn right out of Palmers Lane onto the Street.

For the rough route, turn left then right into Lodge road.



Not too bad – It's tarmac'd most of the way until 3.4 miles you reach this.

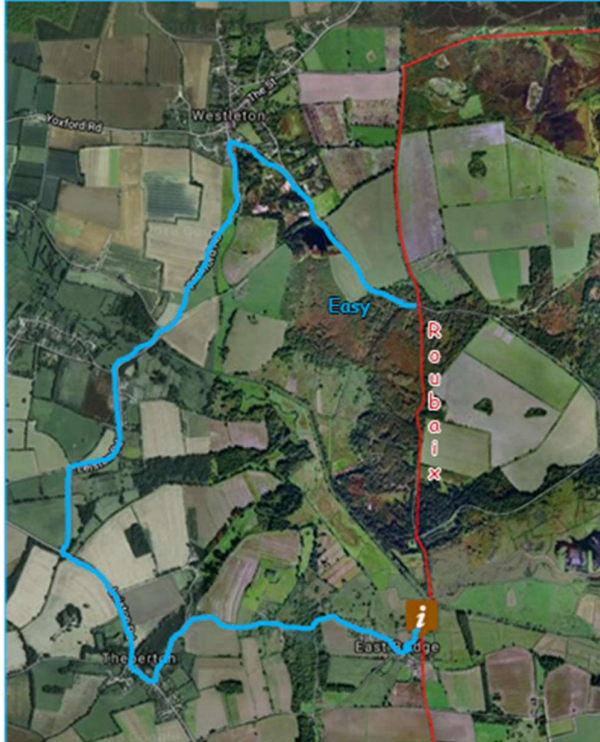


This shortcut is just 0.3 miles shorter before you re-join with the easy route.

SECTEUR 3 – 50 milers and Roubaix

At 9.9 miles, the course splits with 25 milers turning right. If you follow the easy (but longer) option – turn right.

Those made of sterner stuff can continue straight ahead.

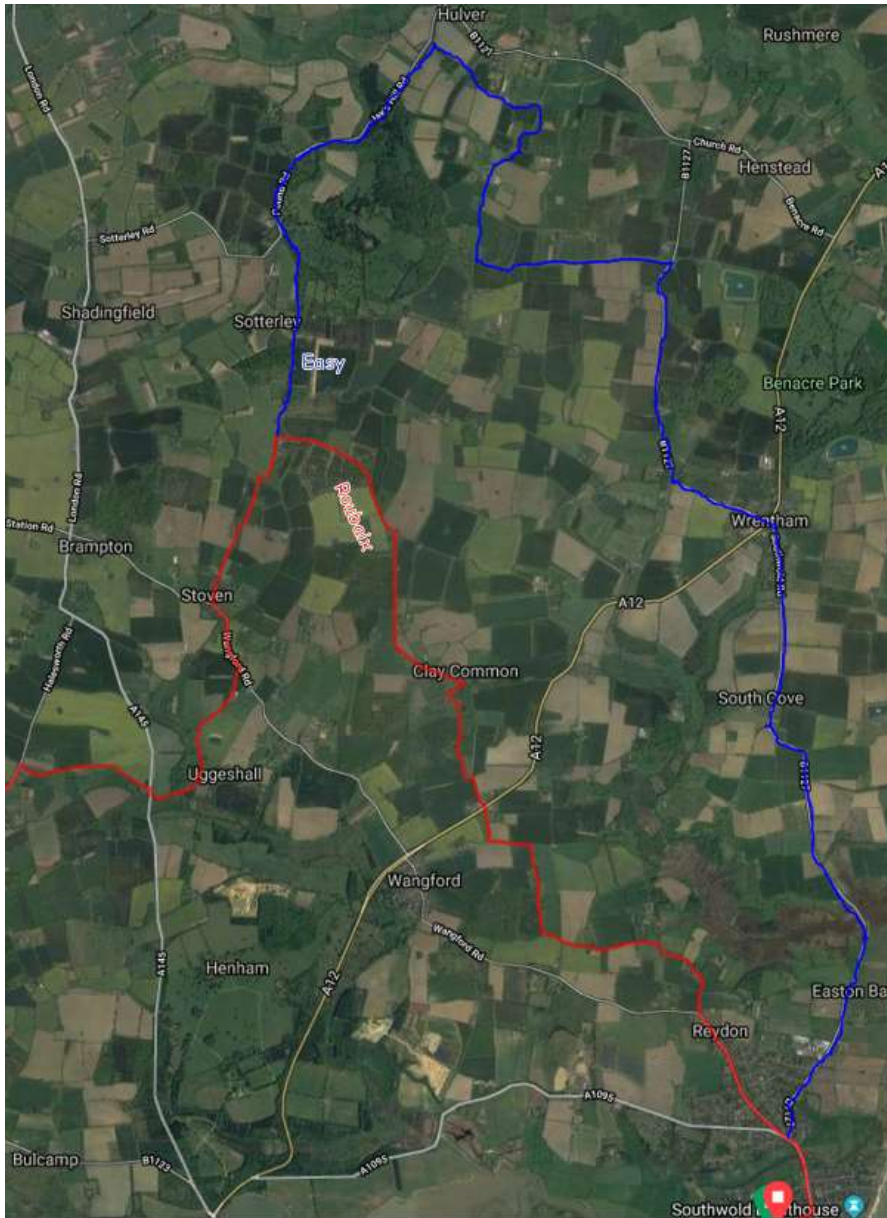


This is a really tough route with muddy puddles and is somewhat boggy in places, but still passable. There's room on the verges to go around the really boggy patches.

This shortcut will shave 4.3 miles off the route so you might just reach the Eels Foot ahead of those opting for a smoother road surface.



SECTEUR 4 – Roubaix



59.6 miles into the ride, turn right into Green Lane whilst those wanting an easier ride go straight.

This shaves a further 5.4 miles off the route.

This is a horse trail, so please **GIVE WAY TO HORSES.**



Should you be brave enough to follow all optional off road sectors, your total distance travelled will be 66.2 miles. Your medal will say 75 miles because that's what it'll feel like. Complete all 4 sectors for an extra prize at the finish. You'll have to prove it - if it's not on Strava it didn't happen....



Josh rode the route in early February with ice covering most of the puddles. This bike managed just fine along all the rougher off-road sectors. The tyres are only 26c.

He wasn't too muddy afterwards.

How to clean your bike

<https://www.youtube.com/watch?v=DvAZv-wiVkM>

How To Ride Mud Like A Pro

<https://www.youtube.com/watch?v=jVEhrGjjGIw>

How to ride a road bike Off-road like a Pro

<https://www.youtube.com/watch?v=QSs0weTujHA&index=23&list=PLUdAMIZtaV10FtlnU28cFVVTEq98S4Rng>

For inspiration, here's how the Pro's do it

<https://www.youtube.com/watch?v=oqHbGjgtmrE>