



# THE LCL BIKE RIDE

## SUNDAY 6 JULY

### RIDER INFORMATION



H<sub>2</sub>O origin  
Refills



In partnership with



Supporting



# PEDAL FOR PURPOSE



Thank you for signing up for this year's ride! Your participation plays a key role in supporting groundbreaking cancer research right here in our region.

Living in the North West, we are 25% more likely to be diagnosed with cancer than anywhere else in the UK.

That's why North West Cancer Research is dedicated to putting our region's cancer needs first, funding pioneering research and education to tackle the cause, improve the care, and find the cure for cancer.

Every mile you cycle brings us closer to a world where cancer no longer has such a devastating impact.

If you haven't done so yet, we encourage you to set up your own fundraising page for North West Cancer Research. Whether you're looking to raise funds from friends and family or through workplace support, every donation helps us fund life-saving research projects.

Start your fundraising journey today by visiting  
[northwestcancerresearch.enthuse.com](https://northwestcancerresearch.enthuse.com)



# In Partnership with Home Bargains

*“As a retailer with strong roots in Merseyside and the wider North West, it made complete sense to us to back such an iconic event and help make its return possible.”*

*“The work that North West Cancer Research does to fight the disease in our region and help to lower rates is incredible, so we’re delighted to be part of their latest project to champion the health of local people.”*

— Matt Morris, Head of Charity  
Home Bargains









# WHAT'S IN YOUR PACK



Your official rider pack will include: Bike number (attach this to the handlebars of your bike) and an official LCL t-shirt to wear on the day (if requested).

This year, we continue to use a safety measure by colour coordinating every route to the bike numbers.

You **MUST** have your bike number attached to your bike at all times. You can attach the bike numbers to your bike using zip ties or twist ties. Please ensure that the **bike number colour matches the route distance** you have chosen to complete (as indicated in the route pages).

Remember to make a note of this number in case you lose it during the event.

If you have any questions or any items missing from your pack, please contact us by email:

[liverpoolchester@nwcr.org](mailto:liverpoolchester@nwcr.org)

# YOUR BIKE CHECKS



If you are not sure about the condition of your bike, visit your local bike shop and ask to have it checked.

As a minimum, ensure the following:

- the brakes work effectively
- the tyres are properly inflated and in good condition
- the wheels are not buckled
- the saddles are not new i.e. they need to be a little worn in
- your bike is comfortable and check your saddle height - your leg should have only a slight bend with the ball of your foot on the pedal when the pedal is at its lowest position.

If you are cycling on a new bike or have not used your bike for a long time, please ensure you have done a few conditioning rides to get used to the bike.



# Trusted insurance for your ride

Whether you're chasing your PB or exploring off the beaten path, enjoy the confidence having trusted protection brings.

★ Trustpilot ★★★★★ 'Excellent'  
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or scan the QR code



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# 5 MILE TUNNEL RIDE



Families get ready to unite through some pedal power! The super fun and engaging 5 mile family tunnel ride provides an epic experience with the unique opportunity to cross under the famous Mersey river through Liverpool's Queensway tunnel traffic-free!

**Rider Number Colour:** Light blue



**Start Time:** 09:00-09:15

**Start and Finish Location:**

Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

**Finish Festival Village:**

Exchange Flags, Liverpool, Merseyside, L2 3YL.

**Route Map:** [Click to see GPX file](#)

*\*Map correct at time of publication.*

**This route will start and finish at the same location for the safety of young children, where you will receive your medal. You can then make your way to the finish festival via Dale Street.**



# 25 MILE LIVERPOOL TO CHESTER



The route is a great way to challenge yourself and allows you to cycle traffic-free right through the toll booths in Birkenhead. Then passes through the Wirral, and onto Neston where cyclists can stop for a snack or just to catch their breath.

**Rider Number Colour:** Green



**Start Time:** 8.30am - 9am

**Start Location:**

Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

**Finish Location:**

Upton Heath Primary School, Upton Lane, CH2, 1ED

**Route Map:** [Click to see GPX file](#)

*\*Map correct at time of publication.*

# 50 MILE CHESTER CHALLENGE



This route has some great climbs and explores the scenic Cheshire lanes heading North towards Frodsham. The route continues towards Norley where cyclists can stop for a snack before riding through the beautiful Delamere Forest to return to the finish to enjoy the buzzing Event Village.

**Rider Number Colour:** Red



**Start Time:** 8am - 8.30am

**Start Location:**

Upton Heath Primary School, Upton Lane, CH2, 1ED

**Finish Location:**

Upton Heath Primary School, Upton Lane, CH2, 1ED

**Route Map:** [Click to see GPX file](#)

*\*Map correct at time of publication.*



# 50 MILE LIVERPOOL CHESTER LIVERPOOL



This route is the most popular and THE original route out of all 5 routes available. It's perfect for both keen cyclists and beginners looking for a true challenge.

The ride allows you to whizz traffic-free right through the toll booths in Birkenhead. The route loops through North Cheshire, with the opportunity to stop at the Sports Field at Dale Barracks Chester, where cyclists can enjoy a lively atmosphere and a variety of services, refreshments, and entertainment. The route then takes cyclists back through the tunnel, to the finish at Exchange Flags in Liverpool.

**Rider Number Colour:** Yellow



**Start Time:** 7.45am - 8.30am

**Start Location:**

Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

**Finish Location:**

Exchange Flags, Liverpool, Merseyside, L2 3YL

**Route Map:** [Click to see GPX file.](#)

*\*Map correct at time of publication.*

# 100 MILE CHALLENGE



This is the double-trouble challenge! This is the most challenging ride out of the 5 routes available.

The ride starts in Liverpool and allows you to cycle traffic-free through the tunnel. The route loops through North Cheshire, with the opportunity to stop at the Chester event village where to enjoy a variety of services, refreshments, and entertainment. The route then heads North, towards Frodsham, with some challenging climbs worth tackling to take in the picturesque Mersey view! It continues towards Norley where cyclists can stop for a bite to eat before riding through Delamere Forest. Finally, cyclists ride back through the tunnel, to the finish.

**Rider Number Colour:** Pink



**Start Time:** 7am - 7.45am

**Start Location:**

Queensway Tunnel, Old Haymarket, Liverpool, L1 6ER

**Finish Location:**

Exchange Flags, Liverpool, Merseyside, L2 3YL

**Route Map:** [Click to see GPX file.](#)

*\*Map correct at time of publication.*



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cancer research



**BTR**

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# ON THE DAY - YOUR RIDER NO.



Please arrive 15 minutes before your route's allocated start time and our friendly staff will direct you to the waiting area and start line.

Due to ongoing works at the tunnel entrance causing space limitations, you will not be able to collect your pack on the day.

If you have lost your rider number, or want to change routes, please arrive 30 minutes ahead of your start time and head to the registration tent.

***\*Unfortunately we will not be able to facilitate 'walk up' or on the day registration this year and urge everyone to sign up online prior to the event.***

*There's still time to register online, so tell your friends and family to sign up and join us on the start line!*  
[liverpoolchesterliverpool.com/register/](https://liverpoolchesterliverpool.com/register/)



# ON THE DAY - GETTING HERE



## PARKING

There are no dedicated event car-parking facilities at the start areas, please visit [www.en.parkopedia.co.uk](http://www.en.parkopedia.co.uk), [www.liverpool.gov.uk](http://www.liverpool.gov.uk) or [www.cheshirewestandchester.gov.uk](http://www.cheshirewestandchester.gov.uk) for car parks in the area. Please note that parking charges apply on Sundays.

## TRAVEL BY TRAIN

The nearest train stations are:

- Liverpool: Moorfield / Liverpool Central
- Chester: Chester / Bache

Call 0151 330 1000 for further information on public transport or visit [www.merseytravel.gov.uk](http://www.merseytravel.gov.uk).

## BAGGAGE FACILITIES

There are no baggage or changing facilities at Liverpool or Chester, so please come dressed appropriately and ready to start the ride.

# TUNNEL TIMES



The Queensway Tunnel will be fully closed to traffic between the hours of **06:00 and 13:00** on Sunday 6th July.

- All cyclists entering the tunnel before **13:00** will experience a traffic free\* Queensway Tunnel.
- At **13:00**, 2 lanes (A and B) will open to traffic travelling from Liverpool to Birkenhead.
- 2 coned lanes (Lane C and D) will be in place for LCL participants returning from Birkenhead to Liverpool.
- All routes will finish at the finish festival villages either at Exchange Flags, Liverpool or at the Sports Field at Dale Barracks, Chester.
- Entry from the Birkenhead side of the tunnel for participants returning to Liverpool will close at **15:45**.

Please ensure you have entered the tunnel before **15:45** to return to Liverpool finish site.

The tunnel will be **closed** to all participants at **16:00** to allow the cones to be collected and for all lanes to be re-opened to traffic as soon as possible.

Should you miss the **15:45** deadline to enter the tunnel, staff will be on hand to direct you to the ferry terminal.

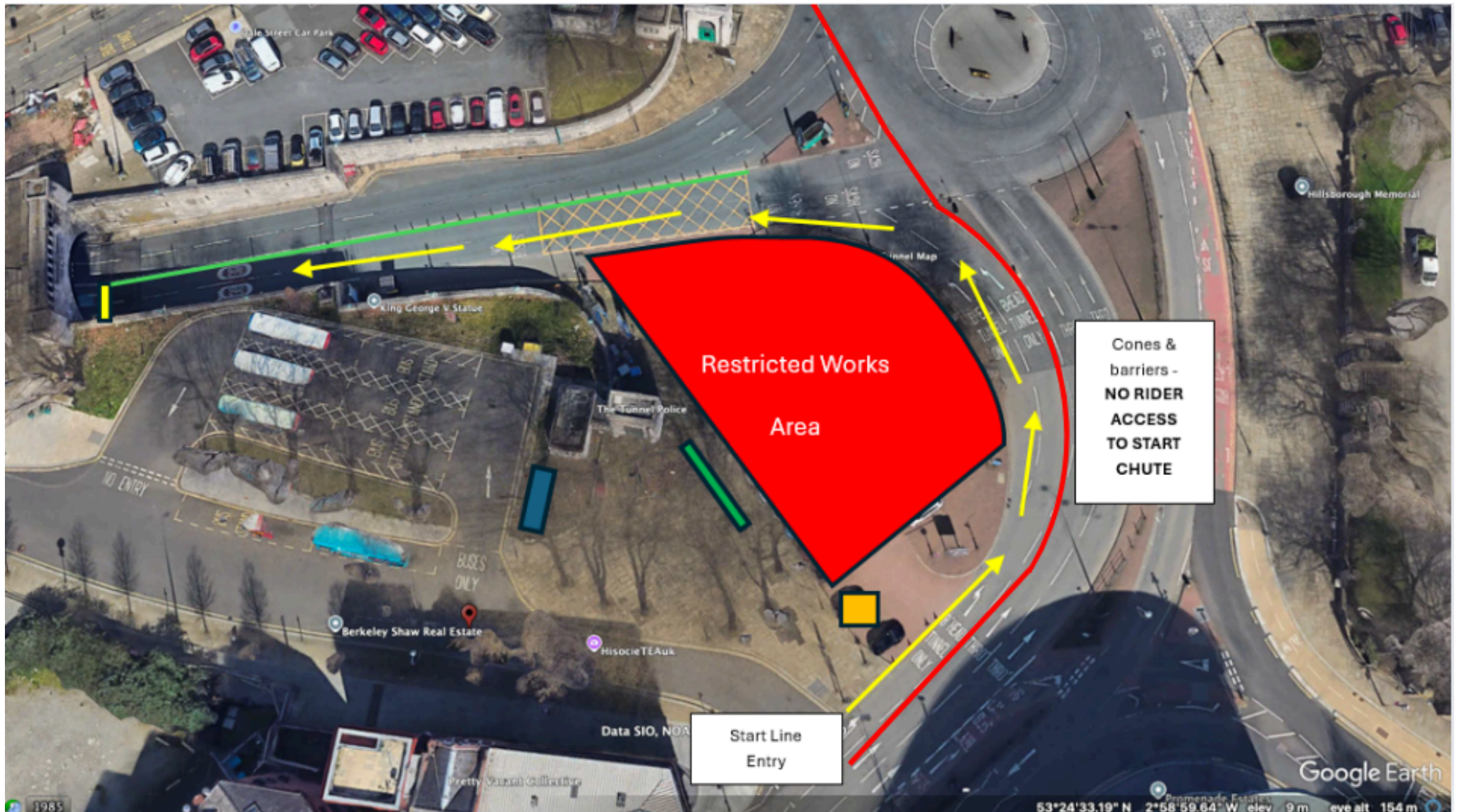
Participants who wish to return to Liverpool via the ferry, the ferry timetable is available to view [here](#). If you wish to use this service, please ensure you have some change for the ferry.



# LIVERPOOL START

If your ride starts at Liverpool, please follow the below plan for access to the the start line.

Due to ongoing works at the tunnel entrance, there will be a one way system in place and you will only be able to access the start via Dale Street and onto Old Haymarket.





# KIT INVENTORY



## OUR RECOMMENDED MINIMUM KIT LIST IS:

- Bike Number
- Event T-shirt
- Helmet (to be worn throughout the ride - Snell, ANSI or CE approved)
- Waterproof cycle jacket
- Hand sanitiser
- Cycle jersey, cycle shorts – padded, and cycle shoes
- Bike lock
- Drinks bottle and personal snack items
- Sunglasses and sun cream
- Casual clothes and change of footwear for before/after the ride
- Carry a spare inner tube, tyre levers, brake cables, puncture repair kit and pump Bring sufficient layers of clothing with you – bright coloured, visible clothing to boost motorist awareness
- Spare gear hanger suitable for your bike

We recommend that you learn/know how to repair a puncture and get your bike serviced before the event day.

Don't be embarrassed at stopping during the ride to push your bike.

Take minimal valuables with you and those you do take (e.g. camera, mobile phone) are kept with you at all times.

**We cannot accept any liability for any loss or damage to any items.**



# FEED STATIONS



## SERVICE AREAS INCLUDE:

- Upton Heath Primary School (Chester)
- Neston Community Youth Centre (outward route from Liverpool to Chester)
- Wirral Rugby Club (route from Chester to Liverpool)
- Norley Village Hall (Chester Challenge route)

On behalf of the town, Neston Community Youth Centre welcomes the Liverpool Chester Liverpool bike ride to the service area at Neston. At approx. 13 miles into your journey from Liverpool, they will be providing everything you need for a well-deserved stop, getting you refreshed before seeing you back on track.

Hot and cold food will be available to buy, including cakes, energy drinks and confectionery. Refreshments will also be available to purchase at Norley Village Hall and Wirral Rugby Club, so don't forget to bring some cash and enjoy a snack or two!

Toilets and mechanics are available at each service area and at the start areas.

# ROUTE SUPPORT



The route will have standard directional signage ONLY, to allow you to find your way. Please ensure you keep a look out for the route arrows. We also recommend that you download the GPX file onto your mobile, Garmin or similar device, as although it's unlikely, it is possible for riders to miss turnings or for signage to be interfered with during the course of the day.

Should you require assistance there will be route support and mechanics around the route to help.

**Note: A puncture is NOT an emergency, you should start the ride prepared and carry puncture repair kits.**

*\*Please ensure to bring spare tubes, brake cables and repair kits specific to your bike as the mechanics will have limited stock which may or may not be suitable for your bike.*



# MEDICAL AND CODE OF CONDUCT



## MEDICAL

It is important that you inform us of any existing medical conditions or illnesses ahead of the event that you may not have already disclosed to us when registering online. There will be a final chance to do this at the gazebo at the start sites. If your emergency contact details have changed since you registered online, please inform the registration desk on the day. You will need to bring and be responsible for your own personal medication.

First Aid will be positioned at the start/finish areas, service areas and on call for the duration of the event. If you require any medical assistance during your ride, please phone the **rider support contact number 07355 988 939**.

## CODE OF CONDUCT

Rider safety is very important to us.

All participants must follow the Highway Code when on public roads and pathways. For open road events all traffic signals and road signs must be obeyed.

We highly recommend that you wear a helmet.

We ask that you follow the simple steps outlined within our terms and conditions to ensure all riders stay safe during the ride.

# CAPTURE YOURSELF IN ACTION



## OUR OFFICIAL PHOTOGRAPHY PARTNERS - MARATHON- PHOTOS WILL BE CAPTURING YOUR EXCITING MOMENTS THIS YEAR.

Marathon-Photos are the leading race photography company in the world photographing over 900 events in over 70 countries.

You will find your photos within 24-48 hours of completing the event.

For a fixed price, they will supply all the identified photos of each rider in a ready-to-print or download onto mobile phones or computers, in the following formats:

- Photo certificate
- Commemorative photo
- Original camera file
- Web ready image

To purchase your photos, all you have to do is search for your photos by entering either your bike number or family name by clicking here.



# PHOTOGRAPHY AND VIDEOGRAPHY

By registering for this event, each participant has assigned and granted the right and permission for North West Cancer Research and the associated event partners to use and publish any photographs, film, video and/or sound recordings of the participant on any North West Cancer Research activity.

The participant hereby releases North West Cancer Research and their event partners from any and all liability from such use and promotion. The participant authorises the reproduction, sale, copyright, exhibit, and broadcast, electronic storage and/or distribution of said photographs, film, video tapes, electronic representations and/or sound recordings without limitation at the discretion of North West Cancer Research.

The participant specifically waives any right to any compensation they may have for appearing in any of the photographs, film, video and/or sound recordings of the participant at a North West Cancer Research event.

H<sub>2</sub>Origin™  
Refills

GO  
FULL  
BOTTLE



Get hydrated at Upton Heath  
CoE Primary School and Neston  
Community Centre en-route

Join the ride [www.h2originrefills.com](http://www.h2originrefills.com)



# Pre-Ride Check: Tune Up for a Safe Ride!

Before you hit the road for the ride, make sure your bike is in top shape! A quick bike check can save you from unexpected surprises and keep you cruising smoothly.

## Tyres

- **Check pressure:** Inflate to 90-120 psi
- **Inspect for damage:** Look for nicks or sharp objects. Replace worn tyres

## Gears

- **Test shifting:** Ensure gears shift smoothly with no skipping
- **Check chain and cassette:** Look for wear or debris

## Chain

- **Clean and lube:** Wipe and apply chain lube
- **Check for slack:** Tighten or replace a loose chain

## Brakes

- **Test brake pads:** Ensure pads are aligned and not too worn
- **Check brake levers:** Make sure they feel firm and responsive

## Wheels

- **Check wheel alignment:** Ensure wheels spin straight without wobbling
- **Inspect hubs:** Tighten hubs if needed

## Quick Releases and Bolts

- **Check quick releases:** Ensure they're secure
- **Tighten bolts:** Double-check all bolts on handlebars, pedals, and wheels

## Lights & Reflectors

- **Check lights:** Make sure front and rear lights work
- **Reflectors:** Ensure they're visible

**A quick pre-ride check can make all the difference for a safe and smooth training session. Tune up your bike, check these essentials, and get ready to ride like a pro!**

# Safety First: Ride Smart, Ride Safe

Get ready to ride confidently and safely with these quick, easy-to-remember safety tips!

## Road Etiquette: Be Seen, Be Safe

- **Wear Bright Gear:** Stay visible with bright or reflective clothing
- **Use Lights:** Front and rear lights are a must—especially in low light
- **Follow Traffic Laws:** Ride with traffic, obey signals, and use hand signals
- **Stick to Bike Lanes:** When available, always use bike lanes

## Group Riding: Keep it Smooth

- **Ride in Formation:** Stick to single or double file depending on traffic
- **Communicate:** Use hand signals and verbal cues—let others know if you're slowing or stopping
- **Keep a Safe Distance:** Leave 1-2 bike lengths between you and the rider ahead
- **Stay in Line:** Avoid weaving or zig-zagging through the group

## Stay Aware

- **Look Over Your Shoulder:** Always check before changing lanes or turning
- **Watch for Hazards:** Keep an eye out for potholes or debris, and call out any hazards
- **Respect Traffic:** Always give cars space, especially at intersections

## Weather Ready

- **Rain:** Ride cautiously, avoid puddles, and ensure your brakes work well
- **Wind:** Stay steady in gusty conditions—hold a straight line and stay alert
- **Sun:** Wear sunscreen, sunglasses, and stay hydrated

## Gear Up

- **Wear Your Helmet:** Always wear a properly fitted helmet
- **Comfortable Clothing:** Choose breathable, cycling-specific clothes for the ride

## Stay Hydrated & Energized

- **Drink Regularly:** Sip from your water bottle throughout the ride
- **Grab a Snack:** Keep energy gels or bars handy for quick fuel

## Be Prepared

- **Carry Essentials:** Bring a pump, spare tube, and a multi-tool for emergencies
- **Phone & Emergency Info:** Have your phone charged with emergency contacts saved



# Fuel Up: Pre-Ride Nutrition Tips

Proper pre-ride nutrition helps prevent fatigue, keeps you hydrated, and ensures you have the stamina to complete your ride. Follow these tips to fuel up the right way!

## Eat a Balanced Meal Before You Ride

Aim to eat 2-3 hours before your ride, focusing on:

- **Carbohydrates** – Your main source of energy (oats, whole grain toast, bananas, rice, or pasta)
- **Protein** – Helps with muscle support and recovery (eggs, Greek yoghurt, lean meats, or nut butter)
- **Healthy Fats** – Provide sustained energy (avocado, nuts, or seeds)

## Don't Skip Breakfast!

If you're riding in the morning, a good breakfast is essential:

- Porridge with fruit and honey
- Whole grain toast with peanut butter and banana
- Scrambled eggs with whole wheat toast
- A fruit smoothie with protein

## Caffeine Can Help – But Use it Wisely

A small cup of coffee or tea before your ride can boost focus and endurance, but avoid overdoing it to prevent dehydration.

## Snack Smart for Extra Energy

If you need an energy boost 30-60 minutes before your ride, try a small, easy-to-digest snack:

- A banana
- An energy bar
- A handful of dried fruit and nuts
- A slice of toast with jam

## Avoid Heavy or Sugary Foods

- Stay away from greasy, heavy meals that could cause sluggishness
- Avoid too much refined sugar – it can lead to energy crashes mid-ride

## Hydration is Key

- Start hydrating well before your ride – aim for 500ml-1L of water in the hours leading up
- Consider an electrolyte drink if you sweat a lot or if the weather is hot

# Recover Like a Pro: Fuel Up and Recharge

Post-ride nutrition is key to replenishing energy, reducing soreness, and preparing for your ride.

## Rehydrate

Start by drinking 500ml to 750ml of water within 30 minutes to replace lost fluids. If your ride was long or intense, add an electrolyte drink to replenish sodium and potassium.

## Keep Hydrating

Continue to drink water throughout the day. Your urine should be light yellow to ensure you're properly hydrated.

## Refuel with Carbohydrates

Consume 1-1.2 grams of carbs per kilogram of body weight within 30 minutes to restore glycogen stores. Great options include fruits, toast, or a smoothie.

## Healthy Fats

Incorporate healthy fats like avocado, nuts, or fatty fish (e.g., salmon) to help reduce inflammation and muscle soreness.

## Protein for Muscle Repair

Eat 15-25 grams of protein within 30-60 minutes to support muscle recovery. Lean meats, fish, eggs, or Greek yogurt are excellent choices.

## Rest and Sleep

Sleep is crucial for muscle repair. Aim for 7-9 hours to allow your body to recover and prepare for the next ride.





# DISCLAIMER AND LIMIT OF LIABILITY

The information provided in the this rider pack and the training guide is designed to provide helpful information on the subjects discussed. This guide is not meant to be used, nor should it be used, as a professional weight loss or fitness regime. For diagnosis or treatment of any medical problem or injury, consult your own GP.

North West Cancer Research is not responsible for any specific health or injury needs that may require medical supervision and is not liable for any damages or negative consequences from, or to, any person reading or following the information in this guide. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

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