

# York Rally 2018

23-24 June 2018  
Show Programme



£1.00

Free for Friends  
of York Rally

[www.yorkrally.org](http://www.yorkrally.org)



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# Welcome to the York Rally 2018



## Contact numbers

**York Rally mobile:**  
**07467 321 443**

This number will be manned 24 hours throughout the Rally. For all non-emergency enquiries.

**First Aid & Emergency:**  
**07596 831 541**

On-site emergency number, manned 24 hours throughout the Rally.

**Email:** [info@yorkrally.org](mailto:info@yorkrally.org)

**Website:** [www.yorkrally.org](http://www.yorkrally.org)

## York Rally 2019

The provisional dates for the next York Rally are:

**22nd - 23rd June 2019**

Unfortunately, until York Racecourse have finalised their calendar later this year, this remains subject to final confirmation. Please watch the website: [www.yorkrally.org](http://www.yorkrally.org) for any updates.

**Cover image:** The "C" ride leaves the York Rally 2017, heading out to Terrington in the Howardian Hills.

**Below:** Some of the York Rally Committee at a meeting in September 2014. Our meetings are open to all and everyone is welcome! See the website or contact us for details of upcoming meetings.



We're delighted to welcome you to the 2018 York Rally!

This is the fourth Rally for our hard-working all-volunteer team, and we're hoping it'll be just as enjoyable as the first three. This year we've boosted children's activities during the day (thanks especially to Yorkshire Wildlife Trust and iTravel York), we have more music, and we've made some changes to the site layout too, for better disabled parking. And we've introduced the Grand Arena Parades: let's all get together on bikes for a few turns around the arena.

This year we extend special thanks to York Racecourse, who have been most helpful in accommodating our needs as they revamped the toilet blocks in the Enclosure area.

Over the year preceding the Rally, we've become incorporated as a Community Interest Company, raised many thousands of pounds in National Lottery and other funding, and our team have once again run a successful Sportive ride, again to raise money for the Rally. The costs of staging this event are considerable: please do contribute generously, and consider joining our "Friends of York Rally" supporters' club - you'll see details in Rally HQ.

Your assistance over the weekend would also be invaluable: please do drop into HQ to sign up as a volunteer if you can spare an hour or two to help out.

Finally, thank you again for attending the Rally. This is a grass-roots, community event so please do take full part and help us make it the best it can be. We wish you a safe, enjoyable event and happy cycling before, during and after.

**Gerry Boswell**  
**Chairman**  
**York Rally Committee**



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## Info and what's on: Friday

### General Info

**RALLY HQ** Visit Rally HQ (see map, page 9) to volunteer, with any queries or problems, to buy Rally clothing & badges, and to find out about rides, talks and more. There'll also be an area for children to do colouring-in. Opening hours: Friday: 4 to 10 pm. Saturday: 9 am to 6 pm; Sunday: 9 am to 4 pm.

**RIDES** All rides are free of charge unless otherwise stated, and you can just turn up to join. Departure points are located along the fencing by the main tarmac road leading into the Rally: see map on page 9. Departure points for each ride, and any changes made since this programme went to press, will be displayed in the Rally HQ (where route details can also be found) and on each of the departure boards. Riders must satisfy themselves that they and their machines are capable of the pace, distance and type of the organised rides. The Rally Committee, organisers and ride leaders can not be held responsible for riders who fail to do so.

**SHOWERS** Opening hours: Friday: 4 to 10 pm. Saturday: 7 to 9:30 am, 2 to 5 pm, 7 to 9 pm. Sunday: 7 to 9:30 am, 12 to 3 pm, 5 to 6 pm.

**CATERING** Opening hours: Friday 6 pm to 9 pm. Saturday: 7 am to 11 pm; Sunday: 7 am to 4 pm.

**BAR** Opening hours: Saturday: 10.30 am to 11 pm. Sunday: 10.30 am to 4 pm. [brewyork.co.uk](http://brewyork.co.uk)



**AUCTION** The Auction is in the Lounge tent at 3 pm on Saturday, with seller registration from 12:30 am and viewing 2 pm. Please note:  
- This is a cash only sale: we have no card facilities and cannot accept cheques.  
- Any cycling related item is welcome.  
- There is a £2 fee per lot entered, payable by the seller in advance. In addition, 10% sellers and 10% buyer's fees will apply. So if hammer price is £100, buyer pays £110 and seller receives £90.  
- Payments to sellers will be from 11 am Sunday at Rally HQ.  
- Proceeds this year will be split 50/50 between the York Lions charity and York Rally funds. Our thanks to the York Lions Club for their kind assistance!

### DONATE YOUR UNWANTED KIT!

This year we have set aside a table at the Saddlebag Sale where we will sell donated items to raise funds for the Rally. Please leave anything you can donate at HQ, before 10 am on Sunday. Complete bikes will be sold in the Auction, so please donate by 10 am Saturday. Any unsold items will be donated to "Bikes in Need" who provide cycling kit to refugees.

**LOST PROPERTY** Please hand in any items to Rally HQ.

## Friday 24th June

**4.00 p.m. CAMPSITE:** Campsite opens!

**6.30 p.m. CHIPS & PUB RIDE:** Greenways/Sustrans evening pub ride to Deighton/Riccall, with fish and chips on the way! Leader Peter Huxford, a local Greenways volunteer, says "The route is along the Solar System Greenway and quiet country roads. It's about 8 miles each way. Lights needed!"

**7.40 p.m. SHORT PUB RIDE:** Short pub ride to the Carlton Tavern in Acomb - less than two miles. Lights needed. Leader: Malcolm Carline.

**11.00 p.m. CAMPSITE:** Quiet please after 11 pm.

## The Auction Sale (Saturday)

Buy or sell bikes with all the adrenaline of the auction format! Viewing starts at 2 pm Saturday and the sale starts 3 pm. Proceeds will be split between the York Lions charity and Rally funds. Please see left for further details.





# What's on: Saturday

## Saturday: Rides

Please note the general information about rides on page 3.

- 8.50 am** 'A' RIDE: Fridaythorpe, 61 miles, fast/medium pace 13-15 mph, aim to return 2 pm. Led by Lynn Bland.
- 9.00 am** 'C' RIDE: Easingwold, 41 miles, medium pace. Estimated return 2 pm. Leader: Gary Knighton.
- 9.00 am** **100k AUDAX RIDE:** 114 km. £7.50 entry fee. Registration required, available at Rally HQ on Friday 6-10 pm. Check in at Rally HQ from 8 am. For those who like a challenge and to get a badge for it. Audax UK regulations apply. Estimated return 3.40 pm.
- 9.10 am** 'D' RIDE: Stamford Bridge, 37 miles, medium pace, estimated return 2 pm. Leader: Andrew Richardson. (York Wednesday Wheelers: [www.wyork.org](http://www.wyork.org))
- 9.20 am** 'E' RIDE: Slow/family ride to Riccall, where the Methodist Hall will be open with refreshments from 10 am to 1 pm. 19 miles, estimated return 1:30 pm. Leader TBC or may be self-led (ask for a map at HQ).
- 10.00 am** **YORK GREENWAYS/SUSTRANS RIDE:** Super easy 'Eco' family ride to Naburn. "Traffic free eco ride to Naburn along the Solar System Greenway with stops to see York's unique iridescent Tansy Beetle habitat, and Urban Buzz's wild flowers. Mid morning coffee and cakes at Brunswick Organic Nursery cafe. About 5 miles each way." Leader: Peter Huxford. Visit [www.yorkgreenways.org](http://www.yorkgreenways.org) for more details.
- 11.00 am** "BOOST YOUR CONFIDENCE" **WOMEN-ONLY RIDE:** To Clifton, just 3.5 miles each way. Return approx 2 pm. Easy and very beginner friendly! Leader: Jacqueline Mountford-Green.
- 11.30 am** **YORK GREENWAYS/SUSTRANS RIDE:** A gentle ride on the 'Way of the Roses' to the National Trust's Beningborough Hall, 9 miles each way – largely traffic free but with a couple of miles on road. Lunch there, back about 3.30 pm. Leader: Ken Groom.
- 1.30 pm** **RSF RIDE:** To Dunnington (and maybe beyond!): about 20 mainly flat-ish miles using cycle tracks, bridleways and quiet lanes. We will have to cross some main roads. Refreshment stop en-route. Expected return 4.30 pm, leader Rob Newton, RSF.
- 6.00 pm** 'VV' PUB RIDE: Easy pub ride (under five miles each way, almost traffic free) to the Blacksmith Arms, Naburn. You will need lights, and to find your own way back! Maps provided, leader Howard Yeomans.



## Saturday: Activities

- 10.30 am** All activities open:  
**TRADE SHOW**  
**CLUB DISPLAYS**  
**CHILDREN'S ACTIVITIES**
- 12.30 pm** **AUCTION:** Seller registration open.
- 1.00 pm** **GRASSTRACK:** British Schools Cycling Association Grasstrack racing starts. Details: see opposite.
- 1 & 2 pm** **TALKS:** see opposite
- 2.00 pm** **AUCTION:** Viewing (until 3 pm)
- 3.00 pm** **AUCTION:** Selling starts! Expected to end by 5 pm.
- CHILDREN'S ACTIVITIES** close
- 4.00 pm** **GRAND ARENA PARADE.**  
**NEW!** All can join: see opposite
- 5 to 7 pm** **TALKS:** see opposite
- 6.00 pm** All activities close:  
**TRADE SHOW**  
**CLUB DISPLAYS**
- 7.30 pm** **THE FORESTERS:** Live folk music until around 10:30 pm in the main marquee.
- 11.00 p.m.** **CAMP SITE:** Quiet please after 11pm.

**Live music** We're delighted to welcome **The Sonics Rock and Roll Band** to the 2018 Rally! Three keen cyclists, they will play two sets on Saturday morning, from 10:30 am and 12 noon. Legendary folk band **The Foresters** will also play their traditional session from 7.30pm.



**Fancy joining a ride?** All rides (except the Audax) are free to join – just turn up at the designated start point, which will be listed at Rally HQ. Please just make sure you and your bike are up to the ride: if in doubt, please do ask at HQ!

## NEW: Children's activities

We have extra activities for children this year on both Saturday and Sunday – please turn over for full details!

## BSCA Champs at the Rally!

We are delighted to be hosting the British Schools Cycling Association's National and Yorkshire Regional Championships 2018.

**SIGN ON:** from 12:00 noon  
**STARTS:** from 1:00 pm

Racing will be Omnium format, pursuit, sprint and massed start. All racers must be pre-entered.



For full details, rules of racing and how to take part, please visit the BSCA website:  
[www.britishschoolscyclingassociation.com](http://www.britishschoolscyclingassociation.com)

## Saturday: Talks

Many thanks to all of our speakers! Talks take place in the main marquee: see p.9.

### 1 pm: Electric bikes Q&A

Find out all about new electric-assist technology with John from the Electric Transport Shop in York. A tailwind for your bike!

### 2 pm: A new type of rubber tyre

Richard Adams of Gecko Rubber introduces a new UK-made puncture proof tyre made from pure recyclable cellular rubber, and explains how e-bikes and bike sharing are shaking up the tyre market.

### 5 pm: Bicycle poetry workshop

Join **Bernie Cullen**, former Director of York Bikerescue and now Poet in Residence at Yorkshire Arboretum, for a relaxed poetry workshop, including readings of her poems and the opportunity to write your own. Paper and pens provided – just bring your imagination!

### 6 pm: Tips from touring Europe

Experienced touring cyclist and author of the "...on a bike called Reggie" books **Andrew Sykes** offers hard-won advice from many miles in the saddle all across Europe.



**NEW!**

## GRAND ARENA PARADES

Everyone on site with a bike is welcome to join the Grand Arena Parades!

At 4pm on Saturday and 3pm on Sunday we'll gather in the racing arena for a few circuits - with delicate historic cycles going first, followed by other groups or perhaps just a mass ride depending on turnout.

**If you're there – please join in!**

## Refreshments at Riccall

Rides passing through Riccall, a few miles south of York via the Greenway, usually stop off at the Methodist Hall, where a local team have for many years offered a traditional spread to delight any Rally-goer's appetite.

We were saddened to hear that Richard Moody, who organised these Riccall refreshments for many years, passed away recently. However, his widow Olive informs us that any passing rider is again very welcome to stop by this year, from 9.30 am to 1 pm on Saturday.

Many thanks to all involved – please do continue to support the Riccall team with your appetite and donations!

Photo: Dave Dodwell



# What's on: Sunday

## Sunday: Rides

Please note the general information about rides on page 3.

**8.45 am RIDE TO NABURN CHURCH:** An all age worship service will take place at St Matthew's, Naburn, at 9:30 AM, with the sermon delivered this year by the Bishop of Selby. A ride to the church will leave from the cycle path across the racetrack from the Knavesmire at 8.45 am sharp - see map on page 8. There will also be a marshalled ride back after the service.

**10.00 am RSF RIDE:** The Solar System from the Sun to Pluto - and back - all in an morning! A gentle easy going ride along York's famous Solar Cycle Path mainly on cycle tracks and a few quiet lanes. Meet at 10 am - back for lunch! About 8 miles each way. Refreshment stop en-route. Leader Geoff Smith.

**11.30 am CAFE CYCLING RIDE:** Café cycling ride to Naburn, kindly co-hosted by York Bike Belles and York Greenway. A leisurely jaunt down the Greenway to explore the cafés of Naburn - one at Brunswick Organic Nursery, a Trust Hut and one at Naburn Marina. All welcome. More on both at: [www.fb.com/yorkbikebelles](http://www.fb.com/yorkbikebelles) and [www.yorkgreenways.org](http://www.yorkgreenways.org)

**12.15 pm YORK GREENWAYS/SUSTRANS VELODROME RIDE:** Ride to York's Sports Village where we hope to see some action on the velodrome. We'll also stop at the cafe. 5 miles or so each way, largely traffic free. Route back is along the Foss Islands Greenway via the St Nicks Environment Centre: [www.stnicks.org.uk](http://www.stnicks.org.uk)



Photo: Robert Johnstone

### Saddlebag Sale

Our cycle jumble is traditionally known as the Saddlebag Sale. Sellers set up from 10 AM, buyers enter from 11 AM. Entry is free with this programme, otherwise £1. This year, donations of items to be sold for Rally funds are welcome: see page 3 for details.

## Sunday: Activities

**10.00 am SADDLEBAG SALE:** Sellers setting up. Tables £10, can be booked in advance at HQ.

**10.30 am** All activities open:  
**TRADE SHOW**  
**CLUB DISPLAYS**  
**CHILDRENS' ACTIVITIES**

**11.00 am SADDLEBAG SALE:** Opens to buyers. Entry free with show programme, else £1.

**11.30 pm CYCLO CROSS:** Under 8s

**12.00 noon CYCLO CROSS:** Under 10s, Under 12s

**12 -3 pm TALKS:** see opposite for details.

**12.30 pm CYCLO CROSS:** Under 16s

**1.30 pm CYCLO CROSS:** Juniors (U18), Seniors (U40), Veterans (over 40) and Womens' races

**3.00 pm GRAND ARENA PARADE. All welcome to join - see page 5!**

**CHILDREN'S ACTIVITIES** close

**4.30 pm TRADE SHOW** closes  
**CLUB DISPLAYS** close

**8.00 pm SURVIVORS' GATHERING:** DIY get-together in the central trade area for anyone still on site. Bring a BBQ if you have one!

**11.00 pm CAMPSITE:** Quiet please after 11 pm. Please depart by 10AM on Monday morning.

### Church service ride

This year the Bishop of Selby will deliver the sermon at St Matthew's, Naburn, after the Sunday church service ride, an easy and almost completely traffic-free 5 miles.



Photo: Dave Dodwell

## NEW: Children's activities

We have extra activities for children this year on both Saturday and Sunday, 10:30 am to 3 pm!



**Yorkshire Wildlife Trust**



Join the Yorkshire Wildlife Trust in Rally HQ for fun and educational activities!

**Owl pellets:** discover what owls like to eat by investigating their pellets!

**Poo quiz:** be a poo detective and work out which poo is which!

**iSpy sheet:** who lives on the Knavesmire? Take one of our treasure hunt sheets and see if you can find racecourse inhabitants! Bring your treasure hunt sheet back and get a prize!



**Plus:** Visit the iTravel York and Get Cycling stands for smoothie bikes and other cycling activities!



## Sunday: Talks

Many thanks to all of our speakers! Talks take place in the main marquee: see map, page 9.

### 12 pm: The bicycle: history and future

Former owner of component maker Middleburn, Darin Palmer, muses on the development of bicycles and cycling from pre-history to modern times, and the vital role bikes must play in our future.

### 1 pm: Flying Gates and framebuilding: Q&A

Liz Colebrook of Beaumont Bicycle welcomes your questions on the iconic Flying Gate design, her work as an artisan framebuilder, and offers insights into cycle ergonomics and comfort.

### 2 pm: Electric Bikes Q&A

Find out all about the new electric-assist technology with John from the Electric Transport Shop in York. A tailwind for your bike!

## Sunday: Yorkshire Cyclo-Cross

We're delighted to once again host the Yorkshire Cyclo-Cross Association and a round of the spectacular *Eleconline Summer Series* at the Rally. Entries are available on the day. Racing starts 11 am.

[www.yorkshirecyclocross.com](http://www.yorkshirecyclocross.com)



Photo: York Bike Belles

### Join the York Bike Belles

York Bike Belles is York's cycling community for women. They're taking a gentle ride down the Solar System Greenway on Sunday, exploring cafes as they go. All, of any gender, are very welcome to join. Find out more at: [www.yorkbikebelles.community](http://www.yorkbikebelles.community)

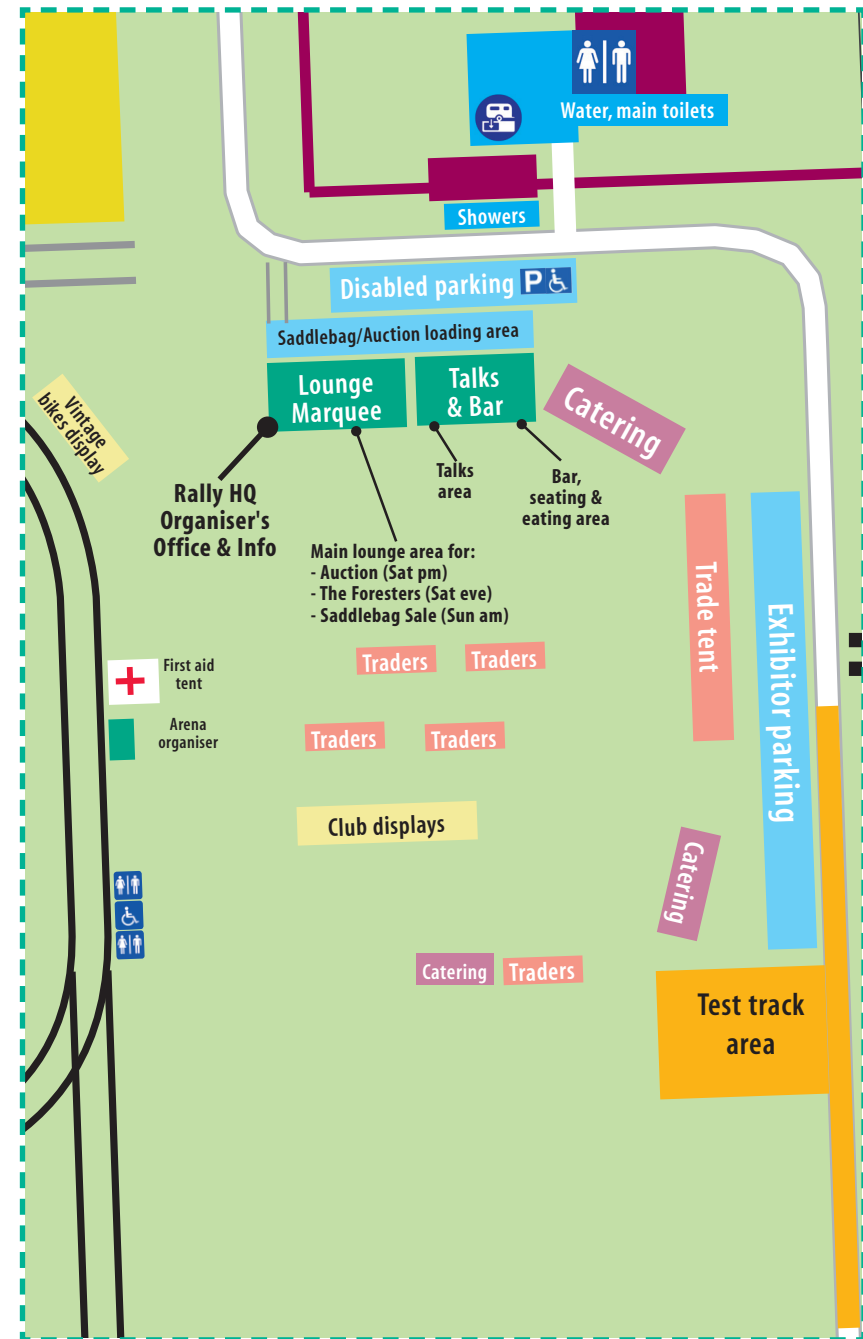
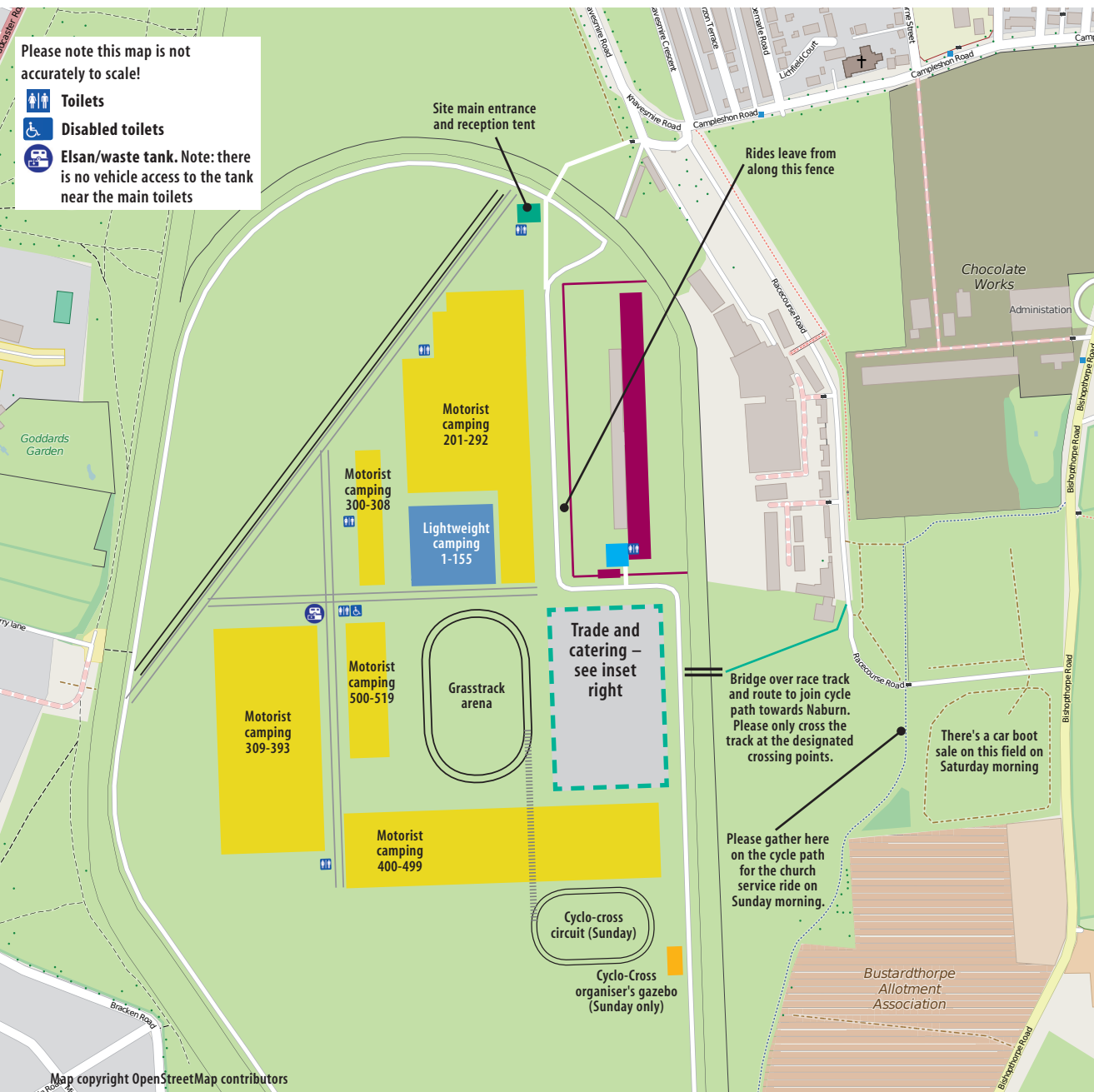


### Rough riding with the RSF

The RSF (Rough Stuff Fellowship) is an off-road cycling club: visit their display or join a ride to find out more. Their rides from the Rally on Saturday and Sunday use cycle tracks, bridleways and quiet lanes. [www.rsfo.org.uk](http://www.rsfo.org.uk)



# 2018 York Rally site plan



## Cycle club and charity displays



Photo: Peter Eland

Our thanks to the following clubs for supporting the Rally with their displays:



**British Human Power Club**  
Website: [www.bhpc.org.uk](http://www.bhpc.org.uk)



**Bygone Bykes (Yorkshire) Club**  
Website: [www.bygonebykes.weebly.com](http://www.bygonebykes.weebly.com)  
E-mail [bbyc1967@btinternet.com](mailto:bbyc1967@btinternet.com)



**National Association of Veteran Cycle Clubs**  
Tel 01530 833 521 Website: [www.navcc.co.uk](http://www.navcc.co.uk)



**National Clarion Cycling Club 1895**  
Contact Charles Jepson. Tel 01254 51302  
E-mail [clarioncc@yahoo.co.uk](mailto:clarioncc@yahoo.co.uk)



**Northern Counties Veteran and Classic Cycle Club**  
E-mail [info@ncvccc.co.uk](mailto:info@ncvccc.co.uk) Website [www.ncvccc.co.uk](http://www.ncvccc.co.uk)



**Tricycle Association**  
Website: [www.tricycleassociation.co.uk](http://www.tricycleassociation.co.uk)



**RSF Off-road cycling club (Rough Stuff Fellowship)** Website: [www.rsf.org.uk](http://www.rsf.org.uk)

### Plan ahead:

**Mildenhall Rally** is now the Mildenhall Cycling Festival and back at 3 days: 25-27 August 2018. See [www.mildenhallfestival.bike](http://www.mildenhallfestival.bike)

**Coxwold Cyclists' Service:** Another historic Yorkshire cycling fixture, held in mid-May every year. Search for it online or call Judy on 01904 761 112 for details.

### Recycling: many thanks to St Nicks!

A big thank-you to the recycling team at St Nicks, whose recycling boxes, cargo trike and electric vehicle you may see on site helping manage the Rally's waste. They're part of the St Nicholas Fields eco charity, based at York Environment Centre, which the 'Velodrome ride' will visit on Sunday. Find out more at: [www.stnicks.org.uk](http://www.stnicks.org.uk)



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FIND OUT MORE AT OUR WEBSITE

[icetrikes.co](http://icetrikes.co)



Come Off - Road Cycling with the RSF -  
the world's oldest off - road cycling club.

Join us on one of our rides at the York Rally.

Visit our stand in the marquee

Find us at [www.rsf.org.uk](http://www.rsf.org.uk)



## List of Exhibitors & Advertisers

**Our thanks to the following companies for supporting the Rally with their displays:**

**Beaumont Bicycle inc. TJ Cycles** Colebatch Farm, Shropshire SY9 5JY. Tel: 07729 591 479  
Website: [www.beaumontbicycle.com](http://www.beaumontbicycle.com)

**Black Bikes** 28 Beeston Road, Sheringham, Norfolk NR26 8EH.  
Tel: 01263 822255 Website: [www.black-bikes.co.uk](http://www.black-bikes.co.uk)

**Discount Cycle Wear** Unit 1b, Chase Farm, Vicarage Lane, North Weald, Essex CM16 6AL. Tel: 01992 524 545  
Website: [www.discountcyclewear.co.uk](http://www.discountcyclewear.co.uk)

**Fibrax Ltd** Queensway, Wrexham LL13 8YR. Tel: 01978 356 744  
E-mail: [info@fibrax.co.uk](mailto:info@fibrax.co.uk) Website: [www.fibrax.com](http://www.fibrax.com)

**Gecko Rubber Ltd** Unit 14, The Midlands Ind. Est, Holt, Wiltshire BA14 6RU. E-mail: [enquiries@geckorubber.co.uk](mailto:enquiries@geckorubber.co.uk)  
Website: [www.geckorubber.co.uk](http://www.geckorubber.co.uk)

**Get Cycling** 22 Hospital Fields Road, York YO10 4DZ. Tel 01904 636812. Email: [office@getcycling.org](mailto:office@getcycling.org) Web: [www.getcycling.org](http://www.getcycling.org)

**iTravel York** City of York Council. Website: [www.itravelyork.info](http://www.itravelyork.info)

**Inspired Cycle Engineering** Unit 15 Tregoniggle Industrial Estate, Falmouth TR11 4DH. Tel: 01326 378848 E-mail: [sales@icetrikes.co](mailto:sales@icetrikes.co)  
Website: [www.icetrikes.co](http://www.icetrikes.co)

**K2 Trading** 86 Hykeham Road, Lincoln, Lincolnshire, LN6 8AB.  
Tel: 01522827349

**Margaret Allen Thermals** They trade only at events.

**Poetry in Motion Cycles & Yourspokes**  
Unit 1 Franklins Yard, 28a Fossgate, York, YO1 9TA. Tel: 07917698749  
E-mail: [info@pimcycles.co.uk](mailto:info@pimcycles.co.uk) Website: [www.pimcycles.co.uk](http://www.pimcycles.co.uk)

**Raleigh UK** Find your closest dealer on [www.raleigh.co.uk](http://www.raleigh.co.uk)

**Spa Cycles** 48a Camwal Road Harrogate HG1 4PT.  
Tel: 01423 887003 E-mail: [sales@spacycles.co.uk](mailto:sales@spacycles.co.uk)  
Website: [www.spacycles.co.uk](http://www.spacycles.co.uk)

**Sven Cycles** 167a Portland Road, Weymouth, Dorset DT4 9BQ. Tel 07908 798668 E-mail: [info@svencycles.com](mailto:info@svencycles.com) Website: [www.svencycles.com](http://www.svencycles.com)

**The Electric Transport Shop (York)** 32 Walmgate, York, YO1 9TJ. Tel: 01904 623515. E-mail: [tetsyork@gmail.com](mailto:tetsyork@gmail.com)  
Website: [www.electricbikesales.co.uk](http://www.electricbikesales.co.uk)

**Tudor Sports** PO Box 10397, Leicester LE8 8WF. Tel: 07710 095 297 E-mail: [info@tudorsports.co.uk](mailto:info@tudorsports.co.uk) Website: [www.tudorsports.co.uk](http://www.tudorsports.co.uk)

**Yellow Limited** Bury Bank, Stone, Staffordshire ST15 0QA. Tel 01785 811810 E-mail: [info@yellow-limited.com](mailto:info@yellow-limited.com)  
Website: [www.yellow-limited.com](http://www.yellow-limited.com)

**BELOW: Visitors browse the trade show at the 2016 York Rally.**



### Buy a badge

2018 badges are on sale at Rally HQ. York Rally clothing, badges and more are also for sale in the trade tent, with thanks to Margaret Allen who is handling this for us. After the Rally you can order online at [yorkrally.org](http://yorkrally.org)



### York Greenways - thank you!

The Rally benefits hugely from having the Solar System Greenway on its doorstep. Working in partnership with Sustrans, City of York Council, businesses on the path and users, York Greenways is the all-volunteer team who maintain and develop the path and its ecology. Many thanks to them for all of their work, help, and for leading many of our most family-friendly rides!

See: [www.yorkgreenways.org](http://www.yorkgreenways.org)

**YORK**  
Greenways

LEFT: Rally-goers and racers have made their mark on the 'global heat map' produced by fitness tracking company Strava. It shows where users have travelled: more popular routes have more intense colours. The Knavesmire perimeter track and the cyclo-cross circuit both show up clearly, but look closer and even the grid layout of the Rally campsite is evident from the tracks of Strava users. Sustrans Route 65 (which heads south towards Selby via the York Greenway) is so well used it's shown in black. Many thanks to Lee Wakefield for telling us about this interesting map.



## Local info

### Rally contact numbers

**York Rally mobile:**  
**07467 321 443**

This number will be manned 24 hours throughout the Rally. For all non-emergency enquiries.

**First Aid & Emergency:**  
**07596 831 541**

On-site emergency number, manned 24 hours throughout the Rally.

### Useful numbers

Emergency: 999

Non-emergency police: 101

NHS advice service: 111

York Hospital: 01904 631313

Samaritans: 08457 90 90 90

### Local services

Pharmacies: The one with longest opening hours is at Tesco Extra, YO24 1LW: open

Sat: 8am to 9pm. Sun: 10am to 4pm. See map. Follow the arrow for another.

Filling gas cylinders: There are several York area Calor Gas stockists but the closest is probably Morrisons supermarket petrol station on Foss Islands Road, YO31 7UL. Open 6am-10:30 Fri, Sat; 8am-8pm Sun.

Vets: Tower Vets have a surgery nearby (YO23 1NZ, see map) but it's only open 8:30-11am on Sat. Other branches in York open until 12 on Saturdays. Closed Sunday. Phone 01904 653961 or see [www.towervets.co.uk](http://www.towervets.co.uk)

### Local cycle shops and cafes

Cycle shops: Too many to mention in York but the closest are probably:

- **Cycle Heaven** on Hospital Fields Road, across the Millennium Bridge (branches also at the train station and Bishopthorpe Road). Tel 01904 636 578, [www.cycleheaven.co.uk](http://www.cycleheaven.co.uk)
- **Get Cycling** are also close by on Hospital Fields Road: Tel 01904 636 812. Specialists in all abilities cycling. [www.getcycling.org.uk](http://www.getcycling.org.uk)

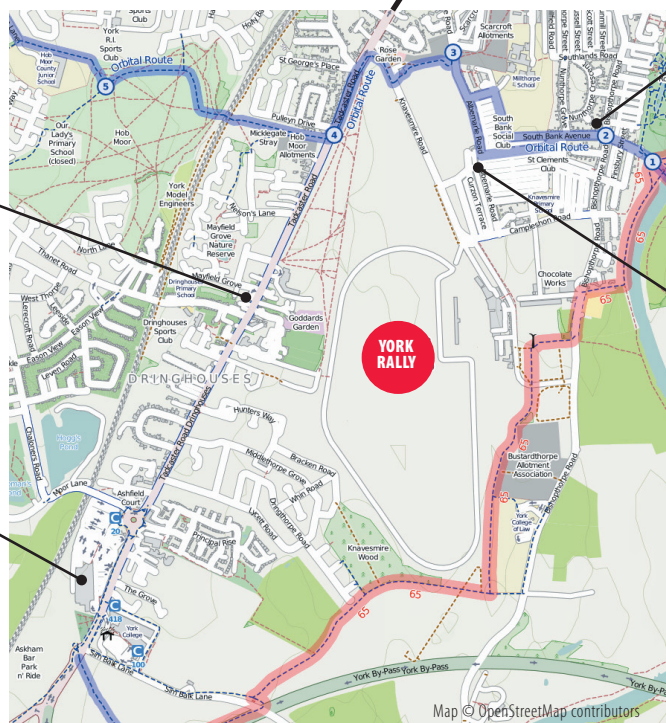
Cycling cafes: We recommend **York Bike Shed** just inside Micklegate Bar or **Cafe 68** at **Cycle Heaven**, Hospital Fields Road.

Follow Tadcaster Road into town and there's a Sainsbury's local supermarket on your left just before the cinema, with a cash point outside. There's also a pharmacy just across the road from Sainsbury's. The train station is in this direction too.

Blue track is York's orbital cycle route.

Petrol station and late opening shop, Tadcaster Rd. There's a post office in a shop just north of it on Tadcaster Road, and a good fish and chips just to the south.

Tesco Extra super-market with pharmacy, petrol station and cash points. By car, approach from roundabout on Tadcaster Road. By bike you can also use the pedestrian ramp opposite York College, making the ride from the Rally (via Route 65) entirely off road.



Red track is NCN Route 65 (York Greenway) towards Naburn and Selby

Tower Vets South Bank surgery.

Red track is Sustrans NCN Route 65 towards city centre.

The Millennium Bridge

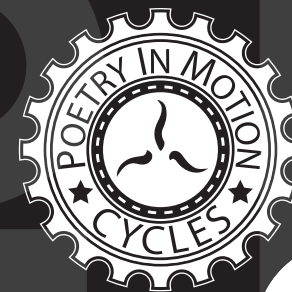
Knivesmire shops: The corner shop opens late and will be the closest place to get milk etc. There's also a baker, butcher, (both open Sat only) and a fish & chip shop (open 4:30 - 9:30 pm Sat & Sun) and a pub.

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