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#LetsRideBristol

8am–5pm
Sunday 8 July 2018
Bristol Grand Prix + Let's Ride

**A free festival of cycling –
watch the pro racers,
then ride the track**

I am proud to bring the Bristol Grand Prix and Let's Ride events to our city this year as part of a festival of cycling and sport.

With our partners, British Cycling and the Bristol Grand Prix, we're giving everyone in the city the chance to watch professional racing in one of the largest events of its kind in the country, followed by the chance to try out the same route at your own pace as part of the local HSBC UK Let's Ride event – all for free.

Not only does this day bring excellent elite sport to the city, it also gives everyone an opportunity to get involved, get active and participate.

To help you get the most out of your day we've created this booklet with everything you need to know about both events. Whether you're a keen cyclist or someone who wants to try something new, I hope you enjoy this great day of cycling in the centre of Bristol.

Marvin Rees
Mayor of Bristol



8.00am Bath Ales
Men's 3/4 race

The South West's best kick off the day on the new short circuit.

9.00am Hayes Parsons Insurance Brokers
Women's Bristol Grand Prix





We are proud to have premier women's racing in Bristol – an exciting event held on the short circuit.


10.30pm HSBC UK | Lobster Pictures
Bristol Grand Prix

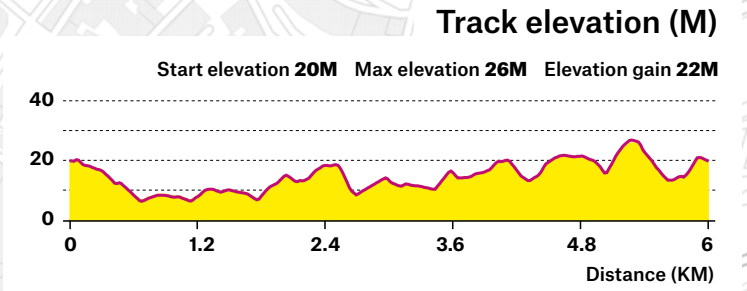
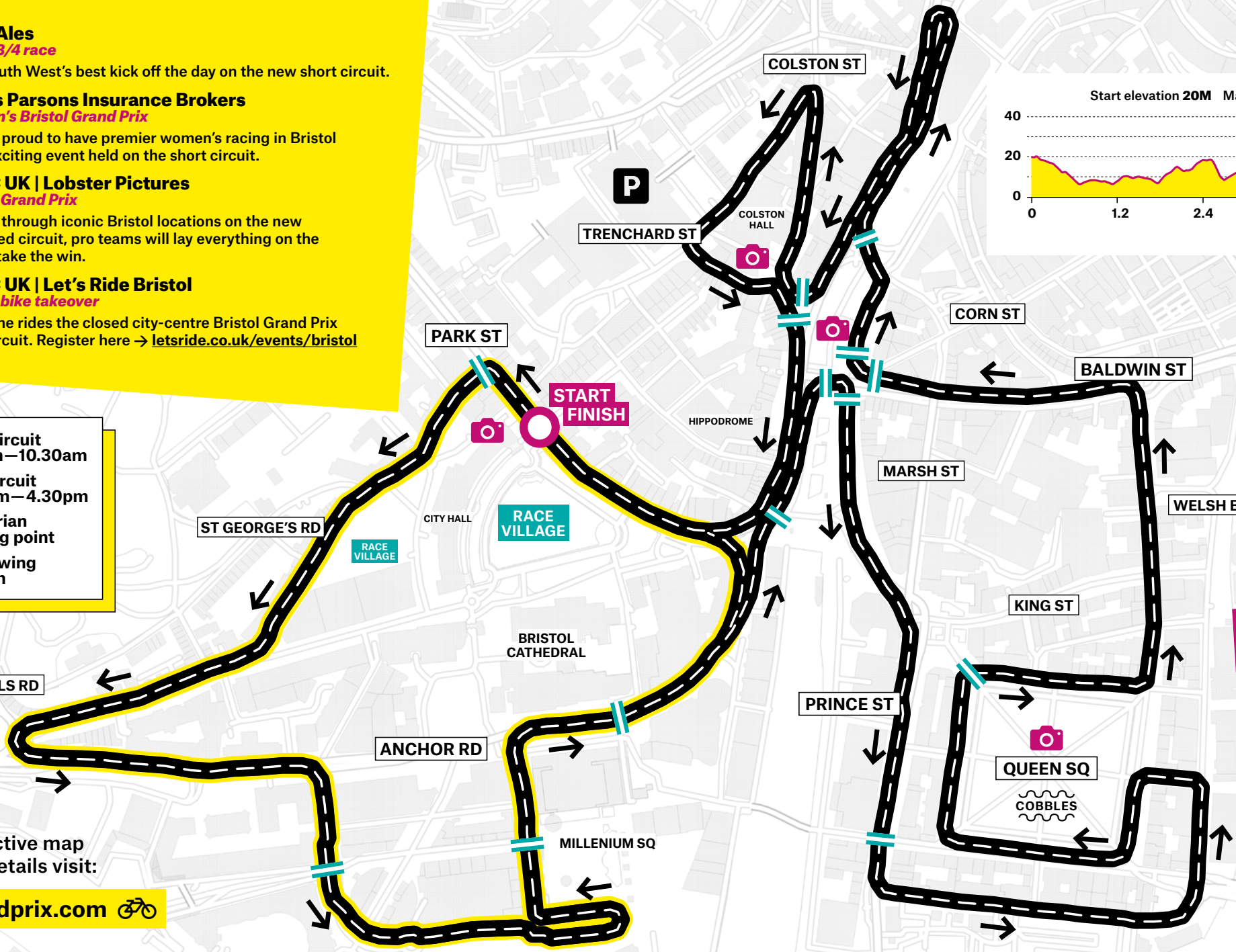
Racing through iconic Bristol locations on the new extended circuit, pro teams will lay everything on the line to take the win.

1.30pm HSBC UK | Let's Ride Bristol
Bristol bike takeover

Everyone rides the closed city-centre Bristol Grand Prix race circuit. Register here → letsride.co.uk/events/bristol

-  **Short circuit**
8.00am–10.30am
-  **Long circuit**
10.30am–4.30pm
-  **Pedestrian crossing point**
-  **Top viewing location**

For an interactive map and further details visit:
bristolgrandprix.com 



Gromit Unleashed 2

We're celebrating the opening weekend of the Gromit Unleashed 2 trail with an artist-led event on Park Street!

Several of the artists that decorated the Gromit Unleashed 2 trail sculptures will be working on live drawing and window dressing during the day. You'll also be able to see 14 of the real sculptures in the area!

Bristol Grand Prix in numbers

Course length 6 km	Total distance 100 km	Calories per racer lap 160 kcal	Total cost of pro bikes £1,500,000
Approx. lap time 9 minutes	Number of racers 140	Total collective calories 350,000 kcal	2017 winner Rory Townsend

Let's Ride in numbers

Number of riders 5,000	Total collective distance 1,000,000 km	Total cost of bikes on track £1,500,000
Average lap time 20 minutes	Total collective calories 2,500,000 kcal	

5 TIPS for your bike

Here are 5 things to check before you start pedalling!

- 1 Check your tyres are inflated to the correct pressure.
- 2 Look at the tyres for any tears, rips or holes.
- 3 Test both your brakes.
- 4 Lubricate your chain and other moving parts.
- 5 Pack a spare tube or puncture repair kit.

If you're not confident working on your bike, have it serviced at one of Bristol's many amazing bike shops.

5 TIPS for a safe group ride

- 1 It's not a race! Enjoy the ride at your own pace.
- 2 Some riders are faster than others. Let faster riders pass.
- 3 Give everyone space to enjoy the ride, and leave a safe distance while passing.
- 4 If you break down, pull over to the side of the road to fix your bike.
- 5 Point out obstacles to other riders.

Travel to the #BristolGP

To discover the best way to get to the event by bike, use the cycle planner at:

→ www.betterbybike.info

This is also a great place to discover more about cycling in and around Bristol, plus news and events, including our Family Cycling Centre in Hengrove!

The Bristol Grand Prix is free for spectators, with races starting at 8:00am.

Don't miss the headline 2018 *Lobster Pictures Bristol Grand Prix* at 10:30am.

We're closing the roads to traffic in Bristol on Sunday 8 July and hosting a street festival for anyone on a bike.

Everyone's invited — see you there!

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The Bristol City Centre Business Improvement District (BID) is delighted to support the delivery of this fantastic and unique cycling event in the city. It opens many opportunities for the 800+ businesses and all their staff to enjoy the traffic free environment and the fantastic racing that this event will bring.

We work to deliver significant improvements in the safety, welcome and look and feel of the city centre to improve the area for all.

Keith Rundle
Bristol City Centre BID