

# GLENTRESS SEVEN





# tweedlove bike festival

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Edinburgh Napier  
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## MEMBER ORGANISATION



## VENUE PARTNER

Forestry Commission Scotland  
Coimisean na Coilltearachd Alba

## ACCOMMODATION PARTNER



## TRAIL CLEAN UP PARTNERS



## DESIGN PARTNER

hillsideagency

## PHOTOGRAPHY



## PRINT PARTNER

Allander  
PRINT UNLIMITED

# Welcome to the

# GLENTRESS SEVEN

10am, Saturday 25 May

Glentress Forest

The Glentress Seven is TweedLove's famous endurance mountain bike event - now - firmly established as one of Scotland's most popular MTB events. It's a great day's riding and racing for everyone, with the emphasis on great trails and a friendly, fun atmosphere.

Expect some nice climbs, fantastic singletrack, great descents and a whole lot of fun - you can go as hard, or easy, as you like. The main descent is a total classic and not open for riding the rest of the year.



With Special Thanks to  
Glentress Forest Lodges



## **WHEN**

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The race starts at 10am on Saturday 25 May. You must register beforehand to collect your race number and course information. You can collect your timing chip on the morning of the event.

## **WHERE**

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### **Race start/finish and registration:**

Glentress Upper Overflow (Osprey) Car Park, Peebles, EH45 8NB

The event will be signposted from the A72 main road - Glentress is between Peebles and Innerleithen.

The race takes place in the **Forestry Commission Scotland's** Tweed Valley Forests.

## EVENT SCHEDULE

### Friday 24 May

17:30 – 19:30: Registration

### Saturday 25 May

7.30am – 9.30am: Registration

7.30am – 9.30am: Timing chip collection

9.40am: Solos and team captains meeting  
(mandatory)

10am: Race start

4.30pm: Last lap start (if you finish your lap prior to 4.30pm then you or your team mate can start the next lap)

5.27pm approx: Last lap finish  
(cut-off time for lap to count)

6.15pm: (or earlier if possible) Prize-giving

All results will be posted on the event website asap after the event.

If the race is stopped or delayed for any reason, timings will be adjusted accordingly.

Please note there is no course practice prior to the race start.

## REGISTRATION

Emergency contact details of all riders will be checked at registration, so make sure you have this info with you when registering (and if you're registering a team, you must have this info for your team mates too).

## TIMING CHIP COLLECTION

Timing chip collection is on Saturday morning before the race, from 7:30am-9:30am. One timing card per team or solo rider.

## A SEVEN HOUR RACE – HOW IT WORKS

The aim is to complete as many laps as you can in the seven hour time limit. Teams ride in relay – there's only one team member on the course at any one time. Timing is via an electronic card which is worn by the team member on course. When a rider crosses the lap finish line their time is recorded, and they then pass the card onto the next team member and so on.

Riders can do as many laps as they want/can manage in the time. The transition/timing/ team change-over area is in the event village. The course is marked out all the way round and there are marshals at all key positions.

Riders can go as hard or easy as they like, and there's always the lure of a nice cake and a bit of a social down at the event village. There's also a cake, energy product and water station at the top of the course.

**Last lap info: Depending on track conditions, riders will be able to go out for their final laps until (approx.) 4.30pm, but laps completed after (approx.) 5.30pm won't count. Timings will be confirmed on the day.**



## CATEGORIES

### Solo

- Female Under 35
- Female 35-49
- Female Over 50
- Male Under 30
- Male Under 40
- Male 40-49
- Male Over 50

### Pairs

- Female Pair Under 75
- Female Pair Over 75
- Male Pair Under 75
- Male Pair 75-89
- Male Pair Over 90
- Mixed Pair Under 80
- Mixed Pair Over 80

### Trios

- Female Trio
- Mixed Trio
- Male Trio Under 120
- Male Trio Over 120

Plaques will be given to all category winners. Prize giving will start within 60 minutes of the race finish.

## TIMING CARD USE

You will be given a timing card, which you must use throughout the race. **YOU MUST HAND IT IN AGAIN AT THE END TO GET YOUR TIMES.**

Timing cards should be worn on your right wrist and although they do not actually need to be inserted into the card readers, they do need to be placed very near to the readers (within 4 cm) and the timing station will beep to confirm that it has registered your time. Think of it as punching your card at the card reader, rather than swiping a credit card.

### You need to dib as follows:

- At the start/finish of every lap.
- At the end of the race, before you hand in your card at the Timing Tent - when you'll be given your results.

### Please Note:

- All riders' times are logged and available at the finish. On handing in your dibber, you will be given a print-out of all your times.
- A fine of £30 will be applied if you do not return your card - and you won't get your times!
- A sweeper will go round the course at the end.
- If you retire for any reason please inform an event official - either let a marshal on course know, or call Event Control on 07496 871 220 (this phone number will be on the back of your number board).

## PARKING

Exclusive competitor parking is accessed from the lower car park area. You will be directed on arrival to a parking space. Parking fees are £4 for the whole day. You'll be given a parking pass which must be displayed in your car (on dashboard) at all times. Please note: It's a condition for the event that we use the allotted parking area only and not the other Forestry Commission parking spaces at the Glentress Peel etc, please respect this arrangement.

The poster features a yellow background with a stylized mountain range in the center. At the top, it says 'TRASH FREE TRAILS' in a diamond shape and 'TREK' to the right. The main title 'SPRING TRAIL CLEAN TOUR' is written in large, bold, white letters. Below the title, several white callout boxes with arrows point to specific events:

- TWEEDLOVE TRANSCEND BIKE FESTIVAL, INNERLEITHEN** 7TH, 8TH + 9TH JUNE
- GRIZEDALE FOREST** 21ST APRIL @ 11AM
- DALBY FOREST** 20TH APRIL @ 11AM
- COED - Y - BRENIN** 15TH APRIL @ 11AM
- LADY CANNINGS** 18TH APRIL @ 6PM
- LLANDEGLA** 17TH APRIL @ 11AM
- BIKE PARK WALES** 13TH APRIL @ 11AM
- LEIGH WOODS** 14TH APRIL @ 11AM

At the bottom, the website [WWW.TRASHFREETRAILS.ORG](http://WWW.TRASHFREETRAILS.ORG) is listed.

## CAMPING

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New for this year – a limited number of camping spots for vans or tents will be available in marked areas within the parking field. Toilets are available in the field. Showers are available in the Peel Centre during daytime opening hours.

Camping and pods close by at Glentress Forest Lodges are now sold out.

**There is NO access to Glentress Forest Lodges facilities - please respect this!**

All camping must have been pre-booked there will be no on the day bookings available due to Forestry Commission restrictions.

## IN THE EVENT VILLAGE

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The event village will be in the Upper Overflow car park across from the Peel cafe and Alpine Bikes. There'll be burgers, other hot food, coffee and cakes to ensure that you are fully fed and watered. There are toilets here too, while showers, changing and more toilets are located nearby in the Glentress Peel buildings.

**Retail and mechanical support** provided by Alpine Bikes.

### Food and drink by...

Aye Coffee – coffee, tea, hot chocolate, soft drinks, cakes, crisps...

Prime Street Food

### Breakfast

- Ayrshire bacon rolls
- Vegan sausages
- Free range scrambled egg
- Porridge with honey

### All Day

- Slow cooked pork with apple and pear chutney coleslaw
- Cajun chicken with a lime aioli
- Chickpea, bloody mary ketchup, Vegan mustard mayo
- Handmade steak burger, caramelised onions, mature cheddar, red pepper mayo
- Cajun fries with slow cooked pork sour cream and spring onion
- Burgers from £6

Tempest Brew Co – beer! TweedLove's official brewery partner will be joining us again at GT7 with their fresh craft beer designed and built in the Scottish Borders.

Loulabelle's are stocking up on cake and will be with us all day to keep you going.

Peebles Physio will be providing support at the Glentress weekend to provide physiotherapy and massage therapy treatments to runners and riders taking part and are fantastic at what they do. They've saved the day and some serious pain for a number of riders in the past.

Fresh drinking water will be available on site. Bike wash available at Glentress car park above Alpine Bikes. Please use the litter bins provided. Thanks.

## PITS

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### Competitor & Team Pits Area

A limited area of spaces for team base camps will be available around the event village – it's strictly first come first served, and these spaces will be available from 5:30pm on the afternoon before the race (Friday 24th), in the upper car park area. **You must get permission from an event official on site, before setting up in a space.** These spaces will mostly be big enough for a single ez-up or similar. **Strictly no vehicles are allowed in the event village** except for official event/emergency vehicles, so you'll need to bring your gear up from the main event car park. Please stay within a 3m x 3m space or less for your team area. Strictly no camping in this car park. Ez-ups etc are left at your own risk. Pits areas are only allowed in the event arena areas, and not in the Glentress Forest Lodges ground.

Pit area tents and ez-ups may also be set up in the parking field, but please be thoughtful of others and don't take up too much space.

### 'SOLOS ONLY' PITS AREA

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There will be a designated area beside the race track (in the event village area) for the use of solo riders, where they can leave food and supplies, preferably in a clearly marked plastic box, with a lid. There will be marshals and event staff in the area but items are left at the owners' own risk. There is not space for solo riders to have ez-ups/tents/gazebos etc.

## THE COURSE

As the previous year's route was so popular we are sticking with the same again for 2019 with a couple of tweaks. As is the way at Glentress, there's some proper climbing and some even more proper descending. The course leaves the event village and heads up, cross country style, to the path above the Red Squirrel car park, where it joins walkers' trails and then the main trail up towards the Buzzard's Nest car park. After that there's a further climb before a steep chute abruptly announces you're at the high point and it's mostly downhill from here.

Overall you can expect a nice mix of natural and man-made trails, some great singletrack, a tough climb or two and some fantastic descents that will put a big smile on your face. The course will also feature some natural, rooty descents which can certainly provide a technical challenge, especially if it's wet.

We've got permission to re-open some sections for the event, but please note these will be closed again immediately afterwards. There are also some sections of walking path included, but again, these are available for riding on the day of the event only. The course is all ride-able.

Last year the fastest riders were completing the course in approximately 35 minutes, with many riders taking around 55 minutes. This year, the final lap cut off time will be 57 minutes which is an average lap time. This may be adjusted according to conditions/circumstances on the day.

## FOOD AND WATER

There will be a feed station about half way round the route - you will pass it once on each lap. Water will be available here, with Stoats Porridge Bars, bananas, awesome cake from Big Bear Bakery, and some gels etc from High Five. All riders should also ensure that they have enough provisions for the event.

## THE FIRST EVER GT7 AFTER PARTY!

AFTER PARTY - you are invited to celebrate at the official GT7 after party - Loam Club@The Glentress Hotel. With live DJ's, great home cooked food and more Tempest! Music will be 6-11pm, food will be served until 8pm so book your tables ASAP ([www.glentresshotel.com](http://www.glentresshotel.com)).

## FIRST AID

Medical support is provided by the Tweed Valley Mountain Rescue Team. There is no better first aid cover available for this area. No-one is more experienced here and no-one knows the land, access issues and how these events work better than the TVMRT. As organisers, we believe you are in the best care possible and we take safety considerations very seriously. On race day there will be mobile units on the hill, as well as a static First Aid station at Event HQ.

TVMRT and the event are also supported on the day by the Tweed Valley Bike Patrol.

Helping you be at your best, every ride.

[www.highfive.co.uk](http://www.highfive.co.uk)



HIGH5, your on-course nutrition partner, are committed to creating nutritious products with amazing natural flavours and are passionate about helping you achieve your goals.

HIGH5 are delighted to support you at Glentress 7 2019 and will provide you all with great tasting Energy Gels, Energy Drinks and Energy Bars on the day.

Use coupon code **OUTSIDE** to get 50% off the HIGH5 Cycle Pack (excludes P&P) to help you be at your best, every ride. Shop now!

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## HOW TO GET HERE

Glentress is situated between Peebles and Innerleithen on the A72, about 26 miles south of Edinburgh. It's within easy reach of Edinburgh, Glasgow, Newcastle, the Scottish central belt and the north of England. The postcode for the event village is EH45 8NB for sat navs.

## ACCOMMODATION AND LOCAL FACILITIES

The Tweed Valley is a beautiful and interesting place to visit at any time. Please go to the TweedLove website for info and links to accommodation providers.

## RULES AND IMPORTANT INFORMATION

**Please read this information carefully. It's important that all riders arrive in good time, register promptly and listen to announcements made at registration at the race briefing. The organisers may change this information at any time, so please listen and look out for announcements at the event.**

You must ride safely, in control and within the limits of your ability at all times - this includes when overtaking.

**HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.**

Any rider failing to comply with this will be disqualified.

## THE RULES

1. All team captains/leaders and solos must attend the pre-race meeting - 9.40am Saturday, in/near the TweedLove marquee. The team captain is understood to be no.1 on the entry form, and they are responsible for attending the race meeting, picking up registration packs, making sure team members have the correct numbers, ensuring the team has a timing chip etc.
2. Each team or solo is responsible for their timing and following the relevant instructions in relation to it. All teams/riders are given a timing card which is worn around the right wrist. One timing card per team or solo rider.

By entering **TWEEDLOVE20** at the checkout, users will receive a 20% code on eatstoats.com



3. For their laps to be recorded and timed, riders must pass through the transition area and timing station. Riders MUST WALK with their bike through the transition area. Solo riders can remain on their bike while passing through the timing station. PLEASE OBEY ALL SIGNAGE and slow down through the transition/timing station area to ensure that all laps are counted and the area is always safe.
4. For team riders, the timing card must be passed on to the next team rider, who then puts it around his/her right wrist. If you ride without the timing card, your lap won't count. If a team member wishes to do two or more laps in a row, they must still pass through the timing station.
5. Waiting riders should always check in with transition officials prior to starting their lap. Strictly NO RIDING in transition areas.
6. Every team member and solo must complete at least one lap, except in the case of injury which must be reported to a race official who will make a final decision.
7. If a team member cannot complete his or her lap, the team has the option of starting the lap over with a new rider. In this case they will lose the distance and time of the uncompleted lap. The replacement rider must check in with timing official prior to starting their lap.
8. Teammates may cannibalize each other's bikes or swap if necessary. Riders may accept mechanical support on the course by any other registered rider. At the transition area and in the event village is the only area where assistance from support crews is acceptable.
9. Riders may accept food and water from anyone on the course.
10. We strongly suggest that each team and solo rider have a support crew who are not taking part to assist with various jobs such as organizing transitions, food and assisting with mechanical problems and bike fettling.
11. For obvious safety reasons there is no reverse riding on the course.
12. Only riders officially entered in the event or designated as Official Course Marshals may ride the designated race course. Such marshals and event officials will normally be wearing official TweedLove event clothing.
13. Wearing a buckled helmet is mandatory anytime you are on your bike in the race area (not just when it is your lap). Gloves are advised.
14. Ignorance of any rule will not be accepted as an excuse.
15. TweedLove and the Glentress Seven are all about having a good time. Foul riding or poor behaviour will not be tolerated. Unsportsmanlike behaviour is totally unacceptable and this includes the use of foul or abusive language. Anyone who violates this rule shall be disqualified from this and any future TweedLove events.
16. If you want to pass someone while riding, please do it politely by calling 'passing on your right/left'. Intimidating behaviour to make others stop or move aside will not be tolerated.
17. Shortcutting the course can be grounds for automatic disqualification of the solo rider or the entire team. If a rider makes a mistake and they report to officials before it is discovered, a time adjustment will be applied rather than a disqualification.
18. Riders who are riding their bikes have the right of way over those who are pushing their bikes, up a steep climb for example. Where practicable riders pushing should stay on the least rideable portion of the path when being passed.
19. All protests must be made by a team captain to an event official, who can be found in the event village area. You will be directed to the appropriate official to deal with your issue. Such protests can be made throughout the event and up to 15 mins after the final results are posted. It would be appreciated if any protests could be made respectfully to the officials. The event officials' say is final in all protests.
20. Safety on the course is the top priority. If you come across an injured rider or a potentially unsafe situation, you are encouraged to stop and assist. If you stop to give assistance for a health and safety related reason, you should report your number to a passing rider who will turn it in to the transition official so that your team's next rider can start their lap. You must then complete your lap and then report to the transition official - describing the nature of the assistance you provided and an approximate duration of your stop. You will be assigned a lap time in accordance with you or your team's average times - which ever is faster.

**NB Time adjustments are made by an event official are final. NOTE This rule applies to ONLY health and safety concerns and not mechanical failure.**

tweedlove  
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BIKE FESTIVAL

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Enduro, expo, demos, gravel, uplift, e-bikes, kids & family events, food, drink, music, camping.  
Easy access to the trails at Innerleithen, Glentress and Golfie.

**7-9 June 2019** Transcend Farm, Innerleithen, Tweed Valley, Scotland

Tickets and full menu at [tweedlove.com](http://tweedlove.com)

Weekend Festival Ticket  
**£10**  
Under 16s  
FREE

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## JOIN THE CONVERSATION

#glentress7 #gt7 #tweedlovest

We'll be sharing images and results from the event, make sure you follow us on Facebook, Twitter and Instagram.

We also want to hear from you, use #glentress7 #gt7 #tweedlovest and share:

- Your best event memories
- Your favourite training and event photos and videos
- And of course a photo with you!

## TWEEDLOVE BIKE FESTIVAL

Join us again over 7-9 June for the TweedLove Transcend Bike Festival - Ride, race, demo a new bike, or just hang out at the UK's best bike festival! #tweedlovest [www.tweedlove.com](http://www.tweedlove.com)

*Have a great day and enjoy the trails!*

GLENTRESS HOTEL  
RIDE EAT RELAX REPEAT

GT7 AFTER PARTY

**LET'S KEEP THE PARTY GOING WITH LOAM CLUB @ THE TRESS**

LIVE DJ'S FROM 6-11PM

FOOD SERVED TILL 8PM, SO RESERVE YOUR TABLES NOW! CALL 01721 720100

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