

23 – 24 March 2019



tweedlove bike festival

VALLELUJAH



COURSE MAP

Hello, Vallelujah Racers!

The moment you've been waiting for: the course map!

First, a quick weather update. It's looking cold with temperatures struggling to get over 8 or 9c°. We should be lucky with the rain though, only light showers to pass through on both days. A moderate breeze is going to make it chilly at the top. Make sure to pack a warm layer for the feed stop and any waiting you have to do before dropping into a stage. As always dress for the conditions, take spare layers, eat and drink well and enjoy an awesome weekend's riding.

E1 & E2 riders must complete all four stages

E3 riders miss out Stage 2 (Laura Kuenssberg's)

Under 16s must bring a completed Parental Consent form to Registration before riding. This can be [downloaded here](#).

You can download a bigger map [here](#)



THE STAGES

S1 No Hard Border: 2.2km / -215m

Starting with a pedal along the flat start of Spooky Wood you then duck down the push up track. This is rough and a good way to wake you up for the rest of the stage. You then take Shallow Grave back on to Spooky Wood, following this trail centre classic to the second last berm. Going through the wall the trail joins on to Betty Blue for some more trail centre fun before a sharp exit right down a ramp. The trail finishes by linking on to Broon Troot. A challenge to get your head into the game for a different type of riding in the tight, rooty, natural Broon Troot.

S2 The Laura Kuenssberg Tribute Stage: 0.9km / -244m

Buack up to the top of Glentress to take in an off piste classic. B-side/Trail Fairy Plan is steep with roots and rocks adding to the challenge. Around half way down there is a steep and deep rut (think gully). Be careful not to catch a pedal or bar end and keep going to the fast lower section. Turning right onto a fire break the trail picks up the pace, a couple of bus stops prevent speeds getting silly and then you're at the end and halfway through the race. Flat out fast, flow and tech.

Feed Station

On the way from S2 to S3, a well-deserved refuelling stop. As well as High 5's top quality

nutrition, energy bars and gels, Big Bear Bakery are delivering the goods again. Banana Bread, brownies and lemon drizzle should give you a delicious boost into the second half of the day.

S3 Deal (Or No Deal): 3km / -332m (including mid-stage link)

For the first time we are 'neutralising' a section in the middle of a stage. We know you didn't sign up to Vallelujah to test who can sprint a fire road the fastest. Halfway down the stage after completing Five Year Plan your stage time will be put on pause. You will then have a maximum of 3:45 to pedal the fire road to the final section of trail down Mild Peril where your time will start again to give an overall stage time.

This section of fire road is 1.2 km and has an overall altitude drop of 24m. No need to sprint to make the time but don't stop for a blether and an energy bar either. You'll need to keep moving and pedalling at a reasonable pace.

Best bet is giving it a try on Saturday and find a pace that you are certain you'll make the section in time. Penalties will be handed out to those that don't make it in time.

This stage starts on the Boundary Trail for a decent amount of pedalling to warm you up and burn off some cake. The trail then heads into the trees to take on Five Year Plan. Steep up the top with some fairly sizeable steps it then straightens out in the middle for some proper

warp speed riding. Towards the end it steepens again with some tricky stepped corners. We then hit the fire road for the neutralised mid stage link. A pedal will take you along to Mild Peril, a trail built as a collaboration by FES and the biking community and you can tell. Fast well built turns and loose soil, go as quick as the grip of your tyres allow. The trail runs out onto Deliverance for a full tilt finish section.

S4 The Backstop: 0.9km / -196m

Final trail of the day starts off on Ewok Wall. Flat and tight at the start before steepening up and becoming rootier as it goes on. Then into Double X for some classic black trail centre. Fast, a bit rough, some tight turns, it's a good one. A quick sprint along the fire road takes you to The Bitch for some sweet turns and a rocky chute. Steep exit and hard into Ponduro, its alternate name "Supersteep" gives you an idea of what to expect. Tight turns and some big steps make this a difficult one to keep your momentum on, keep it smooth and don't force it. We've taped it wide at the end so have a look on Saturday and see what you think the fastest line on the second to last turn is. Then over the line to finish your Vallelujah adventure.

That's a wrap, back to the carpark to hand in your timing chip and get the results.

Full Riders' Notes are **here**.



Start S2

STAGE 2 (NO E3)

B SIDE: A TRAILFAIRY PLAN

S2 Finish

FEED STATION

Start S3

Start S1

BOUNDARY TRAIL

STAGE 3 (E1/2/3)

FIVE YEAR PLAN

MID STAGE LINK:
3m45s TIME LIMIT APPLIED

STAGE 1 (E1/2/3)

SPOOKY WOOD

MILD PERIL

S1 Finish

DELIVERANCE

STAGE 3 (E1/2/3)

Start S4

STAGE 4 (E1/2/3)

EWOK WALL

S4 Finish

EVENT HQ



tweedlove
TRIPLE CROWN
VALLELUJAH
2019

VOID



Alpine Bikes
Generated up for cycling

Tweedlove Endurometer

