



tweedlove
bike festival

SATURDAY
12 JUNE 2021

RIDERS' NOTES:
Everything you need to know



GRITOPA

tweedlove





Welcome to Chain Reaction Cycles Gritopia, our off-road gravel adventure.

Gritopia will take you on a journey into the valley hinterland, leaving the traffic far behind and often far below you. Expect mile after mile of empty grit and gravel with stretches of quiet tarmac linking it all up. The main return up the valley floor on the B7062 is on tarmac.

Please follow all our Covid protocols and other rider safety instructions closely!

Thank you for joining us and for your help in making this a great, safe event.



JOIN THE CONVERSATION #...

#gritopia #tweedlovefest #tweedlove2021

Post-race, we'll be sharing images and results, so make sure you follow us on Facebook and Instagram



About the event

Event organised by the Hillside Outside / TweedLove crew.

The race takes place in the Forestry and Land Scotland's Tweed Valley Forest Park and Leithen Water Estate.

This is an adventure ride which takes in some seldom used trails and forest roads, so you should be prepared and self-supporting accordingly.

You will be given an electronic timing card to record your overall time, but it's most definitely NOT a race. While we don't want you to take all day out there, we do want you to enjoy the scenery, the solitude (maybe!), and most important, have a great day out on your bike.

The event is intended to be a kind of off-road sportive – where you can choose to do a long route or a shorter one, and at your own pace within reason (info on minimum speed **later in doc**).

Getting Here

The Event HQ address is Tweed Green, Peebles, EH45 8AR. Peebles is about 23 miles south of Edinburgh. It's within easy reach of Edinburgh, Glasgow, Newcastle, the Scottish central belt and the north of England.

Parking

Please note, there will be no parking available at Tweed Green itself.

Car parking in Peebles – Edinburgh Road car park EH45 8AY, Kingsmeadows Road car park and Hay Lodge car park are the advised parking for event entrants.

These are a short distance from the event village. There is extensive free parking on many side streets around town, but please park responsibly and courteously. [Click here](#) for info on lots of places to park in Peebles or use this map.



What sort of bike?

The event is aimed at adventure/gravel/CX style bike riders, but xc mountain bikes will work well too. Long travel MTBs will be hard work, while full-on road bikes are unlikely to cope with either the terrain or gradients, both up and down.

We think this course really demonstrates what's great about gravel bikes – they can handle all kinds of surfaces and terrain, but still put in a fast shift on the tarmac.

A couple of specifics:

Low gears will be very welcome on some of the climbs

Bigger volume tyres will make a massive difference. Don't be tempted by inflating to high pressures – this is likely to tire you out and will not be efficient or comfortable. A tubeless set-up is ideal.

Course Info

The full course is 73km long with 1300m ascent. See page 6.

After 27 km you have the choice to head back to the event finish or carry on for the full distance. Turn right for home, left for lots more riding.

The feed station is situated near this junction too so you can visit it twice if you're doing the long course.

Course summary

You will be given a waterproof route map at Registration, but the course is clearly marked with white arrows on a blue background throughout.

The course includes a number of tough climbs and fast descents. The climbs will be tough on your legs, descents on rough surfaces can be tough on your hands and arms! This is hill country and much of the route involves climbing or descending – there are limited truly level sections on these hill and forest tracks.

Please take extra care on the descents as they can be hazardous. Road surfaces change abruptly, and there may be sudden unmarked sharp corners in densely forested areas. It would be easy to lose your line and hit loose material or vegetation.

Always ride with caution, and always within your abilities.

IT IS NOT A RACE!

- Leaving Peebles and a big pull more or less straight up to 600m and the very top of Glentress forest. A fairly blunt introduction to the day, delivering you directly to the highest point in the course. You'll be riding right through the mountain bike trails area and will also encounter a technical singletrack climb on the way.
- High traverses and forest roads in Leithen Water estate are next, taking you far from the busy Glentress trails. It's a fast descent to the valley floor, so take it easy.
- The road opens out on the valley floor and then a gradual descent out to the B709 and then a tarmac cruise to Innerleithen. Watch out for traffic, and later, golf balls.
- Take care of the traffic on Innerleithen high street and if the queue's not too big you can pop in to Caldwell's for an ice cream. Bike shops and other provisions available here too if needed.
- Turn left off the high street and head south to Traquair and the feed station. After a well deserved break, get set for another stiff, mildly technical climb up the Southern Upland Way. Turn left and watch your speed on the next descent. There will likely be MTB riders coming up the hill.



Be careful, mountain bikes cross this road and riders may join the road at speed. Keep to the left as you ride through the mtb trails area.

CAUTION! Uplift Vehicles will be operating on these roads.

- Another forest road climb (watch out for bike bus and trailer operations along here) takes you to a left turn and a lovely high traverse with great views down the valley.
- This section includes many miles of undulating forest roads, sometimes deep-in-the-middle-of-nowhere-woods, sometimes with open spectacular views. There are fast descents, some long grinding climbs and even some joyous fast rolling level sections. Eventually you'll be spat out onto the tarmac just across the river from Thornielee, many miles downstream from where you began the day

in Peebles. By this point the fittest ones will be in full flow, with some others starting to feel just that little bit broken.

- To get back to the start it's a very pleasant ride on a classic cyclists' road – the B7062. After the roller-coaster on the way down the valley, some will find the tarmac a welcome relief. If you're lucky, the bluebell woods will still be on display for a mile or two and you can enjoy the awesome sight and smell of nature doing its thing.
- **As you get close to Innerleithen, be aware of the MTB uplift vans and trailers using this road.**
- Back to Traquair, and you can stop for food and water at the feed station on your way back. There'll be food stalls back at the event HQ too – not to mention other cafes and facilities in Peebles.

Sweepers will ride behind the last rider to ensure no-one is stuck or left behind, and for this reason, there is also a minimum speed requirement. This isn't a tough challenge for riders keeping a steady-ish pace, it's just to ensure marshals and event crew don't have to stay in position indefinitely, for example if a rider decided to stop in and visit a pal along the way, or ditch the ride and spend the afternoon watching ospreys instead of cycling!

Important: You will come to timing check points along the route. YOU MUST PUNCH YOUR ELECTRONIC TIMING CARD ON THESE CHECK STATIONS. That way we can record which sections you've completed and give you an overall time and set of results for the event.

Course marking

The course is marked by blue arrows throughout. Please always look out for signs at junctions. You'll also have a copy of the course map to guide you.

Please note that some sections of the course might be busy. Please be courteous to other users, walkers and riders at all times.



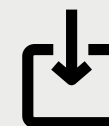
Always ride with caution!

CAUTION: There are several fast descents on this course. Take it easy and take care – it's not a race.

Loose and varying surfaces will be encountered throughout the route and there are sharp bends on some descents.

Cut off time for starting Grit 2: 13.00/1pm

This is to allow sufficient time to complete Grit 2 and return to HQ.



Download the gpx file and use it in your GPS device.

You can also access all the details on and Garmin:

STRAVA

GARMIN



Event Schedule

MONDAY 7 JUNE

- Registration and start times will be sent out. These are **MEGA IMPORTANT** for event day. Do **NOT** lose them!!
- Please check that your emergency contacts are still correct.

SATURDAY 12 JUNE

Registration: Please arrive at your pre-allocated time – this is a short time prior to your start time. Please wear a mask during the registration process. We'll check that you still agree with the terms & conditions and check your emergency contacts, and we may quickly take your temperature. Then you'll be good to start your ride. If registering an under 16, a parental consent form **MUST** be completed prior to registration; download a consent form [here](#), fill it out and send it to info@tweedlove.com.

08:30: Registration opens: your allocated time slot will be sent out to you on Monday 7 June.

09.00: First rider starts: your allocated start time will also be sent on Monday 7 June.

Day Breakdown

Here's a quick guide to what your day looks like:

GET READY. Don't forget drink, nutrition, essential tubes/spares, and a mask - in case you come within a 2-metre distance of someone else or you're in a group of people.

REGISTRATION. Turn up at Tweed Green at your allotted time. Wear a mask during the registration process.

TIMING. Go to the Timing tent and collect your Timing Chip. Say Hi to Moray.

EVENT START. Roll to the start at your allotted time. Wear a mask if you're not riding or in a queue/group.

EVENT FINISH. When you have completed the course, return to the start area, pass through the finish gate and then...

HAND IN TIMING CHIP. This must be returned to Moray, who will give you a printout of your results.

EXPO. Feel free to wander over to our Expo area where Chain Reaction Cycles, WTB, Cycle Law Scotland and Bspoke cycles are set up! If you're more a fan of eating, don't worry, we've got you covered with delicious coffee, cake and... Burritos!

What will the trail and route surfaces be like?

Surfaces include grit and gravel, smooth forest road and rough, stony forest roads, dirt tracks, grass tracks, smooth and rocky singletrack, tarmac – so pretty much everything! There are no steep technical descents, but there are steep climbing sections. Some descents will be potentially very fast, so check your speed and take care.

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

Clothing and Kit

Please make sure that you are well prepared for a day out on the hills. Because we're in Scotland, the weather and conditions can change in an instant, so carry enough of everything to stay warm, safe and hopefully dry!

You must have the following:

- **Helmet. Helmets must be worn & fastened at all times while you are riding your bike.**
- **Mobile phone (charged)**
- **Bar end plugs**
- **Suitable clothing for a day in the Scottish hills**
- **Innertubes/puncture repair kit**
- **Multi tool**
- **Basic, well maintained first aid kit**
- **Food and fluids**
- **Covid-19-safe face covering and hand sanitiser**



Hazards

TAKE CARE!

Please note that some of the descents are fast, but surfaces can be very unpredictable in places, with hazards in the form of loose gravel, slippery grass, bigger stones, unexpected wildlife, working vehicles and walkers all possibly making an appearance to throw a curve ball at your adventure ride.

Ride safely, please do watch out for and be courteous to hillwalkers and other forest users. And remember, part of the fun of this kind of riding is self-reliance and an ability to find your way round the backcountry. Which brings us onto...

Number boards

At registration you will be given your number board. Number boards must be fixed on the handlebars (we'll provide the zip ties) and must be readable throughout the ride.

Medical conditions and emergency contact details must be completed on the reverse of the number board.

No rider may use another rider's event number.

You cannot ride in this event without a number board. First Aid cover will be in place – call **07496 871220** if you need assistance. This number is also on your number board. Event officials will be in position throughout the course.

Timing

You will be given a timing card, which you must use at the start and finish, and **YOU MUST HAND IT IN AGAIN AT THE END TO GET YOUR TIMES**. These are all pre sanitised.

Wear it round your wrist and don't forget **YOU MUST** hold it up close to the card readers at the timing points (within 4 cm). This will record your time to this point in the course and register that you completed the various sections. Think of it as punching your card at the card reader, rather than swiping a credit card.

Timing cards must be returned to get results – you'll be given a print out of your times. Non-returned cards will be charged at £30 per card. You must hand in your timing card by 5pm latest,

or we'll be sending out people to look for you! The course sweeper will inform you if you're running late.

Retiring early?

If you retire for any reason please inform Event HQ on 07496 871220 – please program this number into your phone prior to the event as this will ensure that it is easily available to you.

Mechanical Support

Chain Reaction Cycles are providing mechanical support during the event. With spares in such short supply at the moment, we recommend you make sure your bike is in top condition before you start the ride. Don't leave repairs to the last minute and you treat your bike with the respect it deserves in the lead up to the event!

Mechanical support will be available in the start area and later at the Feed Station.

Feed Stations

There will be a feed station on course (see map). This will have energy products, water and locally produced cake. Due to Covid, this feed station will not be indoors.

There's coffee, cake and burritos available to buy at the event village. Peebles has also a good variety of cafes and other places to eat.



Important reminder!

Here's a link to all the event's terms and conditions, including your liabilities and acceptance of event/cycling risks.

Event Facilities

The Event Village/Event HQ will be located at Tweed Green, Peebles.

On-site there will be:

- Toilets. Showers not available.
- Mechanical support from Chain Reaction Cycles.
- The opportunity to shop for some goodies and chat to bike experts at Chain Reaction Cycles, WTB, Cycle Law Scotland and Bspoke Cycles.
- Aye Coffee, who offer a hot cup of coffee and a slice of cake and Bonnie Burrito, whose awesome output has to be one of the best post-ride snacks known to the human race.

Environment

Part of why we run events is to celebrate the beautiful natural Tweed Valley environment we're proud to call home, so here's just a few things you can do to help us protect it:

- Do not drop any litter, including gel wrappers and energy products
- Use correct bins provided
- Wash bikes to prevent spread of larch disease
- 'Leave no trace' and follow the countryside code
- Don't leave tubes and cable ties on the trails

Safety

Important Info

- 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 asked to leave the event. This is a condition of our event insurance.
- Make sure you and your bike are not causing an obstruction or danger.
- Roads, paths and trails remain open to the public, so stay vigilant at all times.
- Follow the highway code at all times when on roads.

First Aid

Medical support is supplied by Safe Hands Medical Service. There will be mobile units on the course, as well as a static First Aid station at Event HQ/Start & Finish area.

If you come across an injured rider – help if you can but let the nearest marshal know as soon as possible and we'll get help to them.

At any point if you need assistance, please call Event HQ on **07496 871220**.

If you need assistance there's a small injuries unit at Hay Lodge Medical Centre in Peebles, EH45 8JG.

The nearest A&E is at Borders General Hospital in Melrose.

In case of emergency, always call 999.



Have a great day and enjoy the ride!

COVID-19 GUIDANCE: MUST READ!

Pre-Event



Bring your own:

- Hand sanitiser



- Face covering



- Water bottle



- Food



Wash your hands with soap and water (20 seconds) before leaving home



Stay at home if you've experienced any of the Covid-19 symptoms in the 24 hours leading up to the race

At Registration



Arrive at designated registration time only. Super-keano early types are not cool. Ditto lazy always-late ones.



Have Parental Consent forms and emergency details ready



Prepare to have your temperature taken



If you have a high temperature you may not be allowed to take part



Do not move to start area until 10min before your start time

During Event



If you have to sneeze, cover your mouth and nose with a tissue if possible and then dispose of it in bin.



Even though we love them, let's skip handshakes, hugs, fist bumps and high fives for now



Use provided hand sanitiser stations whenever possible



Keep 2m distance unless overtaking



Wear face covering while queueing



Follow one-way systems in place



Do not share water bottles

After Event



Return timing chip



Apply hand sanitiser



There are no showers or changing facilities available



Avoid crowds gathering in the finish area and remember your distancing!

THROUGHOUT THE EVENT



Avoid touching surfaces with your hands, sharing equipment and touching your mouth and face.



This event is a participant only event and spectators will not be allowed. Parents/Guardians should not congregate.



If possible, download the Track & Trace app on your phone and turn your phone's Bluetooth on.



Face masks must be worn at Registration, in bag/pocket during ride (in case of an accident) and while handing in your Time chip.



There will be hand sanitiser in each loo and a hand sanitiser outside the loos. Please make use of this before and after you touch the door to the loo.



Avoid using public transport and car sharing—just come on your bike if you can!



Hand hygiene – ensure to wash your hands for 20 seconds using hand sanitiser or soap and water. Participants should wash/sanitise their hands after completing their ride or session.



Any participant developing symptoms after a session should immediately isolate and request a test straight away. You must notify the event organiser if you develop symptoms after the session.

Tel 01721 588050 email: office@hillsideoutside.com

PARTICIPANTS MUST NOT ATTEND IF:



They have Covid-19 symptoms (new continuous cough, a high temperature or a loss or change in taste or smell)



Someone in their household has Covid-19 symptoms



If they have been asked to self-isolate at home by the Scottish Government Test and Protect system



They have returned from a country which is not on the exemption from quarantine list in the last 10 days