

twweedlove[♥] **LOCAL ENDURO**

Saturday 22 May 2021
Glentress Forest, Peebles EH45 8NB

RACE NOTES

Everything you need to know

ORGANISED BY
hillsideoutside



RACE INFORMATION
SATURDAY 22 MAY 2021

tweedlove
**LOCAL
ENDURO**

**Welcome to TweedLove Local Enduro,
our first ever locals-only event -
and the perfect way to kick off the
2021 race season.**

This event was created as a way to allow some racing to happen during Covid lockdowns last year, but it's taken a long time before we actually got the green light to make it happen.

Though the situation has changed, the Covid safety protocols we originally designed and consulted on with all the authorities will still be in place for the race. It's fantastic news that things are looking so much better at the moment but since we don't know what's around the corner, we still need to do this 100% right to help get life back to normal as soon as possible.

Please help us show that the Tweed Valley MTB community are able to responsibly host and compete in race events while upholding Covid safety measures. We'd like to prove to everyone - riders, local communities, landowners and authorities - that they can trust us all to do things right and keep everyone safe.



JOIN THE CONVERSATION #...

#local #tweedlovest #tweedlove2021

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

Front cover pic: Finlay Anderson. Other pics Ian Linton. Design/graphics: Hillside Agency

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SMITH

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Scotland
The Perfect Stage

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Course Info

This is a one day race with no practice. Everyone taking part is local and should already be familiar with the trails in Glentress. It might be an unusual, one day enduro race format, but the course is still a belter. It'll be kept under wraps until Thursday 20 May at 19.00 during our online rider briefing so keep your eyes peeled for it dropping into your inbox. Schedule details below.

Please stick to the plan and follow all the timings provided.

The course is around 23km with 900m of ascent across 5 stages. Short course riders have 20km, 760m and 4 stages. The course is not suitable for a novice.

All the stages are closed to the public for the entire day, but the transitions will be open so be courteous to other trail users.

IMPORTANT! On Monday 17 May you will receive registration information and your start times.

Full course info released after 7pm Thursday 20 May.



Trail Considerations and Weather

At the time of going to 'print' the forecast was looking pretty decent but keep your eye on it and choose the right tyres and kit accordingly. There's a big mix up of trail surfaces including, unsurprisingly, steep, rooty, hand-dug trails.

Getting Here

Being local, you won't need this but the address and postcode is; Glentress Forest, Peebles, EH45 8NB. If you do need this you're probably an imposter.

Parking

The Official Car Park will be signposted and is the overflow field car park located on your first left as you turn off the A72 into Glentress. Parking is charged at £5 for the day and you must pay at the Forestry parking machine. FLS staff will be checking for parking tickets as usual at weekends. Repeat **YOU MUST BUY A PARKING TICKET** from the machine!



Event Summary & Covid Precautions

Normally at our events we try to create a pleasant atmosphere in the event village, often with food stands, a bar, music etc... you know, the kind of place you might want to hang out and catch up with your pals. Socialising is a huge part of our events and a big part of what makes enduro so special.

But, sadly, this time it's different. We need to do everything we can to avoid groups of riders hanging out – it's still going to be a lot of fun but this event has to be different, and has to run like clockwork. You turn up, register, race, and return home. The plan is simple, but safe.

Event Schedule

MONDAY 17 MAY

- Registration and start times will be sent out. These are **MEGA IMPORTANT** for race day. Do **NOT** lose them!!
- Please check that your emergency contacts are still correct. You can check and change this yourself on your SIEntries page.

THURSDAY 20 MAY

7pm: Rider briefing and course map released

- **The mandatory rider briefing will be hosted online on our YouTube channel at 7pm.** It will be accessible afterwards too.
- **The race course will be released via a weblink after you've watched the video.** [YouTube link is here](#)
- Important: Event officials will be out on course completing final prep. Anyone seen riding the stages on Thurs/Friday will be disqualified. Remember, it's the Local and we probably know you!!

SATURDAY 22 MAY

- **Lower Overflow Car Park, Glentress Forest, Peebles, EH45 8NB**
- **Registration & Timing Chip Collection**

Please arrive at your pre-allocated time – this is 45 minutes prior to your race start time - and with a clean bike. If you arrive in a car, we'll complete the registration process without you having to get out of it. You must register, agree to the terms & conditions and check your emergency contacts. We'll quickly take your temperature, and then you'll be given your number board etc. Please wear a mask during the registration process. If registering an under 16, a parental consent form **MUST** be completed prior to registration. As soon as you've registered you can go and park, get ready to race and then head for the start **at your allotted time.**

08:15: Car park opens

08:15: Registration opens: **your allocated time slot will be sent out to you on Monday 17 May**

09:00: First rider starts:

11:10: Last rider out

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Your Day at The Local

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

GET READY | Don't forget drinks, nutrition, hand gel and a mask - in case you're ever in a group of people.

REGISTRATION | Turn up at the Glentress lower overflow car park at **your allotted time**. Masks on at registration. You'll be registered in-vehicle if you came in one.

PARKING | Park in the field as indicated and don't forget to pay for your parking (FLS machine).

RACE START | **Roll to the start at your allotted time**. Everyone heads off one at a time - not in waves or groups.

RACE STAGES | **Keep to your schedule**. Wear a mask if you're in a queue (not when racing though, it's already hard enough!)

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

SMILE - PHOTO! | Used for virtual podiums on the socials - only if you were fast enough obv.

HAND IN TIMING CHIP | This must be returned to Moray, who will give you a print out of your results. You'll then be given a...

GOODIE BAG | If you're over 18 this will contain a very pleasant treat from Tempest Brew Co. If you're not it'll contain something else. Surprise!

HOME TIME | Soz no apres. Normally we love it when everyone hangs out and enjoys a bit of apres. Not this time, we need you to head for home and away from the race finish ASAP please.

PODIUMS? | Alas nope, not this time either. We'll upload the results onto the event website and socials and then create virtual podiums via social media, so keep an eye on Insta and FB.



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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 race.

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 race 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*

Mandatory Rider briefing

There will be a video rider briefing sent out to you on Thursday 20 May rather than a briefing given on the day. You **MUST** watch this briefing before the event.

Timing

You will be allocated timings/race schedule on Monday 17 May.

Please get in touch if you do not receive these by emailing info@tweedlove.com.

The event uses SI Air System timing, no dibbing needed, and you will collect your timing card between 08.15 and 11.00 at the start line (not at registration). You must wear this on your right wrist throughout the race. In order to get your times at the end, YOU MUST hand this back.*

Make sure to stay away from timing beacons around stage starts and finishes as your timing card is a sensitive bit of equipment and this can lead to false times being recorded. All timing beacons will have taped exclusion zones around them, so stay out of these sterile areas at all times.

At registration, you will receive a sticker with your start times, which includes a start time for each stage. Stick it on your top tube. You must do your utmost to keep to this time schedule – it's been put in place as a Covid protocol to avoid crowding at stage starts etc. This is important – we never want people waiting in long queues, and especially with Covid-19.

The time schedule will give you enough time to complete stages, take a breather and rehydrate. The overall time you need to complete the full course within is 3 hours 30 minutes

This time limit allows time for stops, mechanicals etc.

*A fine of £60 will be applied if you do not return your timing card (yes they're expensive)—and you won't get your times either, doh.

Important Info

- There is enough slack in the overall time allowance for the whole course that an averagely fit and fast rider will have spare time for food stops and will not have to totally beast themselves to get around the course.
- However, delays caused by accidents or other circumstances will be taken into consideration, but these **MUST BE NOTIFIED TO MARSHALS** during the event – not just at the finish.
- Your timing chip will record all your stage start and finish times.
- **Wear your chip on your right wrist.**
- You can only ride each stage once.
- All riders' times are logged and available at the finish. On handing in your timing chip, you will be given a print-out of all your times.
- If you have unforeseen delays or issues which will affect your ability to complete the course in time, please notify a marshal or race official.
- If the race is stopped or delayed for any reason, timings will be adjusted accordingly.
- A sweeper will go around the course at the end.
- If you retire for any reason, please inform an event official.
- All results will be posted on the event website asap after the event.

RACE INFORMATION

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Categories

Categories for the TweedLove Local are;
Ages are based on rider's age on 31 December 2021.

MALE

- 16-17
- 18-23
- 24-34
- 35-44
- 45-54
- 55+

FEMALE

- 16-17
- 18-23
- 24-34
- 35-44
- 45-54
- 55+

OTHER CATEGORIES

- eMTB Male
- eMTB Female
- Hardtail Male
- Hardtail Female

Short Course

The short course will be one stage less than the full version of the course. It's aimed at riders concerned about the fitness challenge of the entire enduro course, and for the 14-15 age group riders.

- Male 14-15
- Male 16+
- Female 14-15
- Female 16+
- eMTB Male
- eMTB Female

Protest

Protests against the result or disqualifications should be addressed to the Event Organisers within the 30 minutes following the end of the race. Use the phone number on your number board.

Who wins?

The total time over the race stages will be used to work out who has won. All stages will be included.

1st, 2nd and 3rd fastest in each category will receive a prize. Prizes for 2021 are made up of;

- Stunning helmets and eyewear from SMITH
- Borders' best beer from Tempest Brewing Co.
- R&B's delectable Tweeddale Whisky
- Cool merch

In the event of a tie for any categories the highest placed rider in the final stage of the race will be awarded a higher placing.

The winners will be announced on our website, our Facebook and our Instagram ASAP after the last rider has finished the course. The winners will later receive an email with the details of the delivery or collection of their prizes.



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 disqualified.
- Make sure you and your bike are not causing an obstruction or danger.
- Trails used for the race stages are closed to the public. However, please remain vigilant in case someone strays onto the course who shouldn't be.

FIRST AID

Medical support is supplied by Safe Hands Medical Service. There will be mobile units on the hill, 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.

HEAD INJURIES

There's increasing awareness of the big problems surrounding head injuries, so we have new measures in place. Race marshals and riders will all be expected to play their part in looking out for head injury incidents, and if following a crash anyone is suspected of a bad head knock they may be asked to pause until they can be assessed.

The EWS has produced a lot of info on this – please check it out:

<https://admin.enduroworldseries.com/uploads/documents/RIDER%20EWS%20Concussion%20Guide%20A6%20FINAL%20WEB.pdf>

Here's a short part of that guidance:

Visible signs of concussion for riders/riding buddies/support staff

- The presence or development of any one or more of the following visible signs may indicate a concussion injury has occurred. If concussion is confirmed or suspected the rider should stop riding/racing immediately and not return to riding for the rest of that day.
- Changing level of consciousness or responsiveness
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet/ balance problems or falling

over/incoordination

- Grabbing/clutching of head
- Dazed, blank or vacant look
- Obvious facial injury and/or head trauma
- Disorientation or confusion and an inability to respond appropriately to questions

MARSHALS

It's very important that you try to keep moving efficiently round the course – if everyone keeps to their stage start times, there should be very little queuing at stage starts. Some stages start in high and exposed spots, so we want to make sure nobody gets cold waiting. You must follow all marshal instructions.

SWEEPER

A sweeper will go around the course behind the last riders to ensure no one is left on course.

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.

Shuttling

Anyone shuttling/using vehicle transport during the race will be instantly disqualified and not permitted to start any further stages.

Please note that the forest will be busy. Please be courteous to other forest users, walkers and riders at all times. Transition sections between stages are all open to the public for riding as usual.

Mechanical Support

Alpine Bikes will be open as usual, based on site with a store and workshop right next to the Peel Café. Spares and repairs are available from here and they will do everything they can to solve any mechanical issues and get you back on the hill ASAP. With spares in such short supply at the moment, we recommend you don't leave repairs to the last minute and you treat your bike with big respect in the lead up to the race!

Course marking

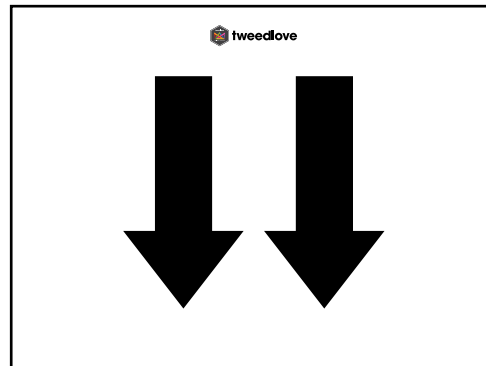
The course will be marked with tape throughout. Some sections where there are no optional lines or crossings will be left relatively free of tape, except for the occasional tags. All junctions or crossings will be clearly taped off. Signage will be in place as required.

Transitions will be marked with a combination of arrows, tags of tape and/or small flag markers beside the road or trail.

All hazards on the course will be identified with warning signs;

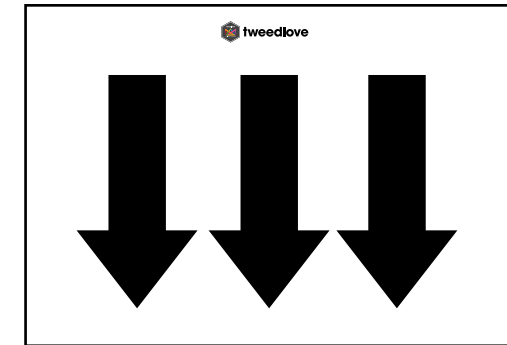
DOUBLE DOWNWARD ARROW

This indicates a steep or technical section/trail hazard.



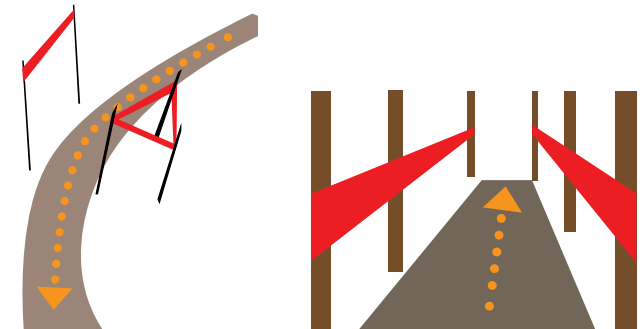
TRIPLE DOWNWARD ARROW

This indicates the most difficult or most severe technical sections on the course.



GATES

On some more open sections, tape 'gates' will be used. This will involve a set of taped posts on either side of the track, which form a gate. Anywhere there is tape on both sides of the track, the rider must pass between the two sides of the gate. Failure to do so will lead to disqualification.



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Feed Stations

Due to Covid-19 you will receive a High 5 bar and gel at registration. There will be one water station that will be marked on the map when you receive it on Friday. You should make sure that you have enough snacks to last you the day. It's a big day so pack accordingly.

Stage starts

Try not to get to stage starts late or too far ahead of time. If you're in a queue please put on a mask. The gap between riders is 45 seconds. If you wish to go straight after your pal who is faster than you, just ask the start marshal. If you know the person behind you is super fast, let them go first. You can ask the marshal for extra time too. They will help if they can but may be under instructions from Race Control to control event flow.

THIS RACE IS NOT SEEDED.

PLEASE LET FASTER RIDERS START STAGES IN FRONT OF YOU IF YOU CAN.

LET FASTER RIDERS PASS ASAP!

IF YOU KNOW WHO'S FASTEST, SORT OUT YOUR START ORDER TO MINIMIZE OVERTAKING! COMMON SENSE APPLIES.

Clothing and Kit

Please make sure that you are well prepared for a day out on the hills. Being local you know what the weather and conditions can be like, so carry enough of everything to stay warm, safe and hopefully dry!

YOU MUST HAVE THE FOLLOWING:

- Helmet (Open or full-face). **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

STRONGLY RECOMMENDED:

- Knee pads
- Elbow pads
- Gloves
- Eye protection (glasses or goggles)
- Front mudguard
- Full body cover and waterproof jacket if conditions cold/wet Suitable backpack
- Emergency blanket

Alpine Bikes have an epic range of clothing, kit and accessories if you forget anything or fancy something new.

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Event Facilities

Event HQ will be located at the Lower Overflow Car Park, Glentress Forest, Peebles, EH45 8NB

ONSITE THERE WILL BE:

- Mechanical support from Alpine Bikes as well as the opportunity to purchase some goodies
- The usual bike wash station at the car park that can be used for a small charge (coins only)
- Onsite parking – as detailed earlier, ticket from FLS machine
- Toilets
- The Peel Café and nearby Glentress Hotel will be open but will have their own Covid regulations in place.
- There is no specific event catering in place for this event.
- Showers not available

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:

- Use correct bins provided.
- No tear-offs.
- 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.
- **Do Not Drop Gel Or Nutrition Wrappers!**

Cameras

We acknowledge that many racers decide to use an onboard camera such as a GoPro to record events. It is the policy to allow for cameras to be worn on either bike attachments, chest and body mounted positions or on protectives. However, camera equipment must not be attached directly onto the main body of the helmet, but can be attached to the visor. In using the equipment, the rider is fully aware and conscious of the potential risks that are then exposed to them as a result. This concerns incidents of injury, accidents or damage to equipment.

Conduct

- **IMPORTANT**
Remember Covid rules (see more below)
- Keep your distance – 2m
- Sanitise your hands often
- Face covering in queues
- Keep to your time schedule
- Be polite to other riders, marshals and staff. We're all locals in this one so if you're rude or shouty, word will get round fast and probably back to your mum.
- Use correct warnings on trails and roads: e.g. "Rider on your right".
- Patience and queueing in an orderly fashion.
- Let faster riders pass
- Course cutters will be disqualified and shamed. And we'll make a point of telling your mum.
- Avoid connecting with other riders on trails and roads.
- Follow the highway code on all roads.
- Do not stop on trails and roads in inconsiderate or dangerous positions.
- Riders are responsible for their own safety, the safety of those around you and the condition of personal equipment.

Rules & Event Regulations

- The organisers shall have unlimited rights to publish pictures and video images of the participants; to forward these photos to press representatives and to use them for marketing activities. By taking part you are agreeing to be photographed or recorded for video purposes. You are also agreeing to potential video recording by drones, at any location around the event and course. Any drones operated on behalf of the organisers will be piloted by legally registered and qualified operators. Photography and video recordings may be used for promotional and publicity purposes.
- The organisers retain the right to change rules, terms and conditions as required.
- You must provide an emergency contact number.
- Under no circumstances will aggressive riding or behaviour towards other riders be tolerated. Any race entrant found to be discourteous in any way to other riders will be disqualified from the race and future events.
- Attending/viewing race briefings is mandatory
- Anyone caught course cutting will be disqualified and banned from future events
- The course features climbs and descents on a wide variety of trail surfaces. All riders must complete the entire course on the same bike – frame, suspension (rear and front) and wheels.
- Marshals and riding marshals will be on duty throughout the course, and anyone found to be changing equipment/wheels etc. will be disqualified. New tubes are fine of course.
- In case of a mechanical failure leading to the need for major equipment replacement, a race official should be informed.
- No electric bikes to be used in non ebike categories.
- Signage will be in place along the entire course warning traffic of the event, but riders are always responsible for their own safety.
- The transition/linking sections may include public roads with traffic present, where you must ride responsibly and considerately, and follow the Highway Code at all times.
- Every rider is responsible for their bike and equipment. The condition, quality and construction should be suitable to ensure the safety of riders or other persons. Riders must carry sufficient spares for their own use. Mechanical support will not always be available on course.
- All equipment used at an event must be fit for purpose and ridden / used at riders' own risk.
- Riders must be courteous and aware of other cyclists around you. Slower riders must allow faster riders to pass by pulling over at a suitable place to enable a safe overtaking move. Riders catching the rider in front must clearly (and politely) indicate which side they wish to pass on.
- Foul or abusive language and poor behaviour will not be tolerated and will mean disqualification from this and possibly other future TweedLove events. Everyone's here to have a good time.
- Intentional moving of any posts, markers or course marking tape will result in disqualification from the event.
- The race is open to all riders, and no licence is required.
- Riders must obey all event marshals' and event officials' instructions.
- Riders cannot accept support (e.g. spares, repairs) from a non-racer, except official race mechanical support.
- Please don't drop any litter – marshals will have bin bags!
- Failure to comply with gear regulations will result in disqualification.
- All riders must adhere to Covid-19 regulations put in place.

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Responsibilities

Riders attend the event on their own account and at their own risk. The rider is responsible for the safety of his bike, equipment and clothes. The organisation is not responsible and cannot be held responsible for any injuries, losses and/or damages as results of any action during the event.

The organisers reserve the right to disqualify any rider in breach of any of these regulations.

This agreement starts with the entry. The organisation reserves the right to make any necessary changes or even to cancel the whole event according to safety problems at any time, official orders, government laws or other unforeseen events.

The organisers will endeavour to give all entrants a time derived from the electronic timing chip system provided. However, they are not responsible in the unlikely event of fault in the electronic timing system.



Waiver of liability

Every rider understands and admits that his participation in the event is voluntary. He/she assumes full responsibility for any injuries or damages from his/her participation in the event.

He/she recognises and understands that mountain biking and the activities associated with this event may be hazardous, that his/her participation is solely at his/her own risk and that he/she assumes full responsibility for any resulting injuries and damages that may occur.

Every rider affirms that he/she is in good health and hasn't shown any Covid-19 symptoms in the last 24 hours. He/she declares that he/she is physically fit and capable to participate in the event. Every rider understands it can be a strenuous day out with significant amounts of climbing and distance to be cycled in order to complete the course.

Every rider has to acknowledge that he/she has read and understand this entire waiver of liability and agrees to be legally bound by it.

COVID-19 GUIDANCE: IMPORTANT!

Pre-Race

Bring your own:



- Hand sanitiser



- Face covering



- Water bottle



- Food



Wash ya filthy hands with soap and water (for 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 Race



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



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 queuing



Follow one-way systems in place



Do not share water bottles

After Race



Return timing chip



Apply hand sanitiser



There are no showers or changing facilities available



Do not hang around the finish area – just get yer ass back home!

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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, if you're in a queue, kept handy in bag/pocket during race (in case of an accident) and while handing in your Timing 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—the local is a great opportunity to just come on your bike!



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.

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

**Have a great day, good luck
and enjoy the race!**

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