



tweedlove
bike festival



POWER IS NOTHING WITHOUT CONTROL

Glentress 7

SATURDAY 19 JUNE 2021

RIDERS' NOTES:

Everything you need to know



Welcome to the Glentress Seven!

The Glentress Seven is TweedLove's famous endurance mountain bike event – 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.



JOIN THE CONVERSATION

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 **#tweedlovefest**
#tweedlove2021 and share:

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



What's changed for 2021

Well in the current climate you wouldn't expect everything to be the same as usual, would you!?

Full arrangements follow below, but to summarise:

- The event village/pits/transition is at Buzzards Nest car park (the top car park at Glentress).
- Due to landowner issues the course does not finish through the usual fields with the slalom section, instead we've added a section near Buzzard's Nest. Overall, the course will be slightly shorter, so more laps!
- Everyone (teams and solos) will be allocated into Start Waves to create participant bubbles. These will be based on your race category eg Solo Female Under 35. Your Start Waves are relevant throughout the day so don't forget them.
- Waves will be colour coded, with a colour sticker on your race number board, and coloured signage indicating relevant wave areas.
- Your wave is relevant for what time you come to registration, where you assemble before the start, your position on the start grid and where your pits are.
- At registration you'll be given a plastic box for your pits supplies, we'll take it up the hill for you, along with your other pits equipment* (within reason!).
- Pit Boxes sizes are:
 - Solo: 64 Litres (600mm x 400 x 368)
 - Team: 80 Litres (710mm x 460 x 368)
- The road up to Buzzards nest will be closed from GoApe upwards. It can only be used by official event vehicles and riders.
- The Event Village and HQ will be car-free except for official event vehicles, so you'll need to make sure you have all you need for your pits supplies.
- There's no Friday evening registration or early access to the pits area.
- Event Parking is all in the Overflow field – you are responsible to buy and display a FLS parking ticket if you have not already bought pre-paid parking. The parking machine only takes coins.
- There is NO CAMPING on site.
- There will be no podium presentations, due to Covid Restrictions.

When

The race starts at 10.00 on Saturday 19 June. You must register beforehand to collect your race number and course information. You'll collect your timing chip on the morning of the event too.

You'll be allocated a set time to come to registration. Please keep to this time, it's important and part of our Covid protocols allowing this race to go ahead.

Where

Race registration and Pits Boxes:

Glentress Overflow Car Park Field, Peebles, EH45 8NB

Solos and Team Captains' Briefing:

Main Glentress Forest Road, near

Race Start:

Main Glentress Forest Road, near the Ponds (beyond GoApe facilities)

Transition & Pits:

Buzzard's Nest Car Park

Please note: You cannot drive to Buzzard's Nest.

Kit Boxes:

Collection and Return: Event Registration in Parking Field

Box Zone 1:

Lower Overflow Car Park

Box Zone 2:

Event Village, Buzzard's Nest

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

Event Schedule

MONDAY 14 JUNE

19.00: Riders Notes emailed to all participants

TUESDAY 15 JUNE

19.00: Rider Waves and Registration times announced and emailed out.

SATURDAY 19 JUNE

07.30 – 09.10: Registration (you will be sent a registration time in advance) Masks required. Timing chips will be included in your registration envelope.

07.30 – 09.10: Box Zone 1 (car park) open. Masks required.

09.30: All solos and lead team riders assemble in your waves - Upper Overflow Car Park. Masks required.

09.40 Solo & lead team riders (captains) briefing (mandatory) Upper Overflow Car Park. Masks required.

09.45 Riders move to start, remaining 100% in your waves. No Masks required!

10.00: Race start (you will be started in distinct waves).

13.00 – 17.30: Box Zone 2 in Event Village open.

14.00 – 17.30: Kit Box van shuttles running (returning pit boxes and kit to Box Zone 1 at the car park).

16.30: Last lap start (if you finish your lap prior to 4.30pm then you or your teammate can start the next lap).

17.20TBC: Last lap finish (cut-off time for lap to count).

19.00: Road to Buzzards reopens.

No podiums!

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.

The race takes place in the Forestry & Land Scotland's Glentress Forest.

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 at the timing posts, 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/pits area. The course is marked out all the way round and there are marshals at all key positions.

There's also a cake, energy product and water station at a suitable position on 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.) 5.20pm 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 80
- Female Pair Over 80
- 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



Race/Event Waves: IMPORTANT

Male under 30	Wave 1	Purple
Male 30-39	Wave 1	Purple
Female under 35-49	Wave 2	Blue
Male 40-49	Wave 2	Blue
Female under 35	Wave 3	Green
Female over 50	Wave 3	Green
Male over 50	Wave 3	Green
Pairs Female under 75	Wave 4	Yellow
Pairs Male under 75	Wave 4	Yellow
Pairs Mix under 80	Wave 4	Yellow
Pairs Male over 90	Wave 5	Orange
Pairs Female over 75	Wave 6	Red
Pairs Male 75-89	Wave 6	Red
Pairs Mix over 80	Wave 6	Red
Trios Mixed	Wave 6	Red
Trios Female	Wave 7	Pink
Trios Male under 120	Wave 7	Pink
Trios Male over 120	Wave 7	Pink

A Day At The Races

Here's what your day at the Pirelli Glentress 7 looks like.

PARKING

The Event Car Park is in the Overflow Parking Field and accessed from the lower car park area. You will be directed to a parking space on arrival. Parking fees are £5 for the whole day. If you have not already paid you will need to pay at the parking machines (they only take coins). If you have paid in advance, you'll be emailed 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.

REGISTRATION

Once you're parked up head over to the Registration tent. Only solo riders and team captains should come to Registration. Please wear a mask. The Reg Team will check your emergency contact details (of all the riders in your team), so make sure you have this info with you. You may be asked to do a temperature check and/or asked some Covid-related questions.

You'll be given your Registration Pack with number board, cable ties, High 5 products and a new 2021 TweedLove neck tube.

You will also be given a Pit Kit box (more info below).

GET READY

Get your number boards onto your bikes, check you've got everything you need with you or in your pit box and drop it at Box Zone 1 (more on next page).

Solos and Team captains (first lap riders) get ready to go to the race briefing, other team members start heading up to the village to set up your pits.

What Wave Are You In?
Don't Forget It!



PIT KIT BOXES

Teams get a big box, solos a smaller one. All boxes will have your race and wave number on them. Place all your food and other items in your box, and leave your closed box, label side showing, at the Pit Kit Drop Zone. You can leave other items – a shelter and camp chair in this area too. This will all be transported to the Pits area for you. Track pumps etc. should be **CLEARLY** labelled with your rider number to be sure they remain with your other pit kit.

SOLO PITS

We'll pick your box up from the Drop Zone and drive it up to Buzzards Nest. It will be left in position as shown on the Pit Plan (previous page). The position of your pit is determined by your Wave and Race Number.

Once you've finished racing, please discard any rubbish into the skip and recycling into recycling bags. Anything you want to keep goes back into your box. When you're ready, close it and drop the box at the Box Zone 1.

If you finish early don't worry - from 14.00 regular van shuttles will be returning your boxes back down to the Event Car Park.

Then you can ride back down to the bottom and pick up your stuff. Please return your empty box to Registration. Unreturned boxes will be charged at £35 each.



TEAM PITS

We'll pick your team's box up from the Drop Zone, along with any other items (e.g. a shelter and a couple of folding chairs) and drive it all up to Buzzards Nest. Team kit will be left in the Box Zone 2. We **STRONGLY RECOMMEND** marking your kit clearly with your Rider Number so you can identify it as yours.

While your lead rider gets set to start the race, other team members should pedal up the road to Buzzard's, collect their kit and set up their pits area. They should make sure they're set up and ready to swap over from their glorious lead rider as they return from a tough first lap.

Team Pit Zones will be organized by your Wave number (colour-coded signs will be in place). See the Pit Plan for a guide to where your Pit space is located in the event village. Remember to maintain social distance if you're waiting for your kit.

Once you've finished racing for the day, please discard any rubbish into the skip and recycling into recycling bags. Anything you want to keep goes back into your box, and when you're ready, close it and drop the box back at Box Zone 2. Dismantle your other equipment and leave it here too.

If you finish early don't worry – from 14.00 regular van shuttles will be returning your kit and boxes back down to the Box Zone 1 at the Event Car Park.

Then you can ride back down to the bottom and pick up your stuff. Please return your empty box to Registration. Unreturned boxes will be charged at £35 each.

RACE BRIEFING

All solos and team captains (this must be your first lap rider) must get themselves ready to race and assemble in their waves in the Upper Overflow Car Park – look for the colour coded notice boards. Other team members should be well on their way up to the Buzzards Nest event village by now.

There will be a short race briefing and then we'll all ride – remaining in our waves – up to the start line area. This is just beyond the ponds and the Go Ape facility.

There will be a starting grid which has a start line for each wave, these are colour-coded too, so make sure you're in the group that corresponds to the sticker on your number board.

RACE START

The race is scheduled to start at 10.00. When the horn blows to start the race, the waves will roll off one after the other, with Wave 1 at the front. Each race category will start together.

The first lap is the steepest

Lap one will take you directly up the forest road, and straight through the event village and pits area without stopping. It will then join the course above Buzzards Nest, and complete a full lap from there. In effect Lap 1 will be around 1.6km longer and have an extra 115m of climbing, than the other laps, and there will be no pit stops until the end of the lap.

TRANSITION AND PITS

As you come into the event village area you must punch/dib your timing card at the card readers at the timing posts. If you don't your lap and time will not be recorded.

After the first lap you can settle into the routine for the day and teams can get familiar with the transition process, where the current rider hands the timing chip on to the next team member to go and smash out a fast lap.

The race course snakes and zig zags through the entire event village allowing access to each of the waves' pits areas.



There is no set transition area (in order to avoid crowding). Instead, you will pull to the side off the track (NEVER BLOCK THE RACE TRACK) and swap over your timing card next to your wave's pits areas.

THERE IS A SPEED LIMIT IN THE PITS AREA. RIDE CAREFULLY AND COURTEOUSLY THROUGH THE PITS AND EVENT VILLAGE.

Anyone riding dangerously through the village will be penalized by a lap, or in extreme cases, disqualified. Once you exit the village you can hit the afterburners.





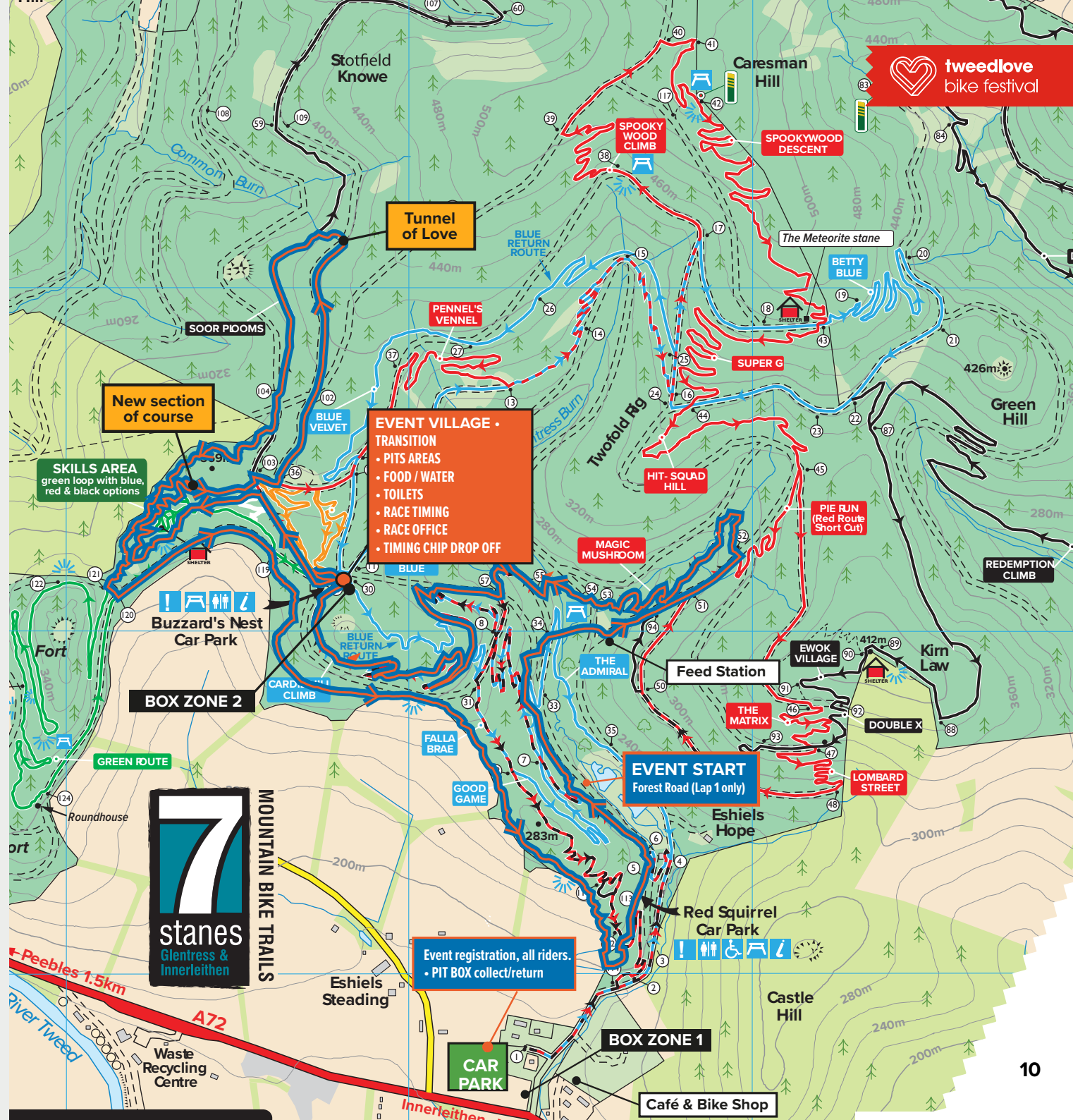
Glentress 7

EVENT INFO

Saturday 19 June 2021



tweedlove
bike festival



IN THE EVENT VILLAGE

As well as transforming Buzzards Nest car park into a sprawling pits ghetto, the event village will contain:

- Card or cash
- Mechanical support from Bspoke Bikes.
- Pirelli
- Food and drink by Peebles Hydro Hotel (Peel Café) with coffee, tea, hot chocolate, soft drinks and snacks plus hot food. (See full menu)
- 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
- Portable toilets
- First aid tent
- Race office
- Timing tent
- Please use the litter and recycling bins provided. Thanks.

A bike wash available at Glentress car park above Alpine Bikes, down at the bottom of the hill.

MENU

Breakfast rolls (served until 12)

Bacon – Sausage – Egg- Veggie Haggis

Selection of tray Bakes

Muffins

Cakes

Korean chicken leg

Buttered corn on the cob/Korean slaw

Smoked Hotdog

Cool mustard/Ketchup/Crispy onions/

Brioche bun

6oz Scottish Burger

Pickles/Cos/Tomato/Seeded Bun

BBQ Philly Cheesesteak

Sliced green and red peppers/Spring onion

Vegan Burger

Cos/tomato/Korean slaw/Seeded Bun

ADD cheese

ADD Treacle and Beer cured Bacon

Drinks

Americano

Tea

Cappuccino

Flavoured tea

Latte

Hot Chocolate

Add Marshmallows OR

Cream

Mocha

Espresso

Juice Cans

Water 1.50



FOOD AND WATER ON COURSE

There will be a feed station on the lower part of the course, near the climb up towards the Magic Mushroom trail. Water will be available here, energy products from High Five, and awesome cake from Wild Dining (who also run the fab café at Traquair house).

Please note: all riders should also ensure that they have enough provisions for the event.

LAST LAPS

Times may vary on the day subject to conditions, but you or your team member will be able to start a final lap up until 16.30. The 7-hour event time runs out at 17.00 but we'll extend the cut off time to approx. 17.20, so any laps started before 16.30 and finishing before 17.20 will be included in your results.

RESULTS AND PRIZES

Due to Covid and a desire to reduce waves mixing in the village, there will not be a live timing screen, but you will be able to see live results updates on your phone. Link to be advised.

Final Results will be announced via social media shortly after the event.

There is no podium prize-giving.

Prize plaques and prize vouchers from Pirelli can be collected from our office (if you're able to collect) or we'll post them out to you.

When you're ready to head home

Please clear your pits area and make sure no litter is left. Return your Pit box to Box Zone 2 and we'll take it back down the hill for you.

Then you can have one final ride down the hill (avoiding the race course), back to your car and collect your kit.

The best way down is to follow the waymarked Blue route from Buzzards Nest back to the bottom of Falla Brae and the trailhead area.

You can collect everything at Box Zone 1 at the Event Car Park. Return your box to the Registration tent (unreturned boxes charged at £35).

Kit Box shuttles will be returning kit from 14.00 so there's no problem if you're finishing early.

TIMING CARD USE

You will be given a timing card, which you must use throughout the race. **YOU MUST**



What tyres?

Well this is always quite a debate for this race - rolling resistance versus grip? Is it going to rain?

From our point of view, this year it's easy though. We're very pleased to have Pirelli as our title partner and having enjoyed trying a few different examples over the last few months there's no doubt about how good they are. Pirelli are global tyre legends, but fairly new to the MTB sector. Expect to see them develop a major presence in the mountain bike and race worlds over the next few seasons, they're doing it their way and it works.

Come and speak to Mike on the Pirelli stand on Saturday and have a look for yourself.

Here's some info on their line-up for XC flavoured duties:



Pirelli Scorpion XC tyres are available in a range of different tread patterns to suit every condition and style of rider. Whether you're competing at the highest level as part of the Trek-Pirelli UCI XC team on the race-focussed Scorpion XC RC tyre, or looking for a little more bite in softer conditions with the Scorpion XC S, there's a Pirelli tyre for your needs.

The tyres come in 5 different tread types and in their ProWall casing, featuring exceptional puncture protection from its multi-layer 120tpi carcass, or LITE sidewalls for the ultimate lightweight race tyre.





Scorpion XC RC: This tread pattern is designed to handle mixed terrains normally encountered on demanding XCO courses, from man-made technical features to natural loose sections.



Scorpion XC M: For the ultimate all-rounder, the mixed conditions tyre from Pirelli strikes a brilliant balance over grip and rolling resistance in all weathers over a variety of terrain featuring medium profile tread height and spacing.



Scorpion XC S: Designed for riding in softer conditions, the taller centre and side knobs are widely spaced and designed to cut into soft terrain and muddy conditions when maximum grip is key.



Scorpion XC R: The rear-specific tread pattern pairs perfectly with the Scorpion XC M to provide a faster rolling rear tyre with excellent braking characteristics thanks to its ramped, medium profile centre tread.



Scorpion XC H: The H (or hardpack) tyre features low profile, compact tread spacing for maintaining maximum speed over hardpack terrain such as manmade trails and long marathon courses.



If you're looking for something to use around the valley after Pirelli Glentress 7 – then take a look at the Scorpion Trail tyres. The range features the same tread patterns as the XC tyres, but with a beefed up tread and sidewall protection to give extra grip, puncture protection and support for more challenging terrain, whilst still maintaining excellent rolling resistance properties.

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 2021 and will provide you all with great tasting Energy Gels, Energy Drinks and Energy Bars on the day.



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.

You DO NOT need to dib your card before starting the race – times go live at 10am.

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 07495 6871220 (this phone number will be on the back of your number board).

The organisers are not responsible for kit, bikes or clothing going missing. Please be re-assured the event village has no public vehicle access from Friday evening until Saturday evening.

THE COURSE

The classic GT7 course has been given a couple of tweaks to accommodate the new arrangements.

As is the way at Glentress, there's some proper climbing and some even more proper descending.

Need some more course info

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.

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.

CAMPING

We are not offering the opportunity for camping on site. There is NO access to Glentress Forest Lodges facilities - please respect this!

All pre purchased camping has been refunded.

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.

COVID: SPECTATORS AND SUPPORT CREW RULES

Spectators are not currently permitted at competitions unless supporting a child or vulnerable person.

This means support crew are not currently permitted at most events, including this one. Sorry, those are the Scottish Government's rules.

The only way around this is to be part of the event crew. If you'd like to do this contact us on volunteers@tweedlove.com

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.
3. For their laps to be recorded and timed, riders must pass through the transition area and timing station. Riders MUST RIDE SLOWLY through the timing post area. PLEASE OBEY ALL SIGNAGE and slow down through the pits/transition/timing station area to ensure that all laps are counted and the area is always safe.
SAFETY IS THE NO 1 PRIORITY. RIDE SLOWLY AND SAFELY THROUGH THE ENTIRE PITS/EVENT VILLAGE AREA
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.
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.

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



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and enjoy the trails!

