

PIRELLI

tweedlove
**KING & QUEEN
OF THE HILL**

RIDERS' NOTES:
Everything you need to know

SATURDAY 31 JULY –
SUNDAY 1 AUGUST 2021



tweedlove
TRIPLE CROWN

hillsideoutside



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RIDERS' NOTES

Please read this info carefully – it contains important things you need to know for the race.

**Welcome to the
PIRELLI KING & QUEEN
OF THE HILL 2021**



**The race is round two
of the Pirelli TweedLove
Triple Crown enduro
series.**

Event organised by Hillside Outside Ltd
and TweedLove Bike Festival.

Covid arrangements

We have to adhere to current Covid Protocols in order to host this race.

Please help us deliver a safe event by complying with all of the processes and arrangements described here.

A strict timetable is in place and everyone is given a time to register and start the race.

You must keep to these times and this arrangement throughout this event.

Please note, Podium presentations are not currently permitted under Scottish Government regulations.

**Race registration,
start and finish**

**SATURDAY 31 JULY –
SUNDAY 1 AUGUST 2021**

**Victoria Park,
Innerleithen EH44 6QX**

The race takes place in Forestry & Land Scotland's Tweed Valley Forest.

Prizes from Pirelli, Muc-Off, R&B Distillery and Sixth Element.

Race course groups

E1: Seeded riders with mandatory registration and start times for every stage in the race. Full course.

E2: Non-seeded riders with mandatory registration and start time. Guide times for subsequent stage starts. Full course.

E3: Non-seeded short course riders. Mandatory registration and start time. Guide times for subsequent stage starts.
E3 course misses out Stage 2.

Front Cover photo: JERERY TATTON
Others: BLAIR KEMP, JERRY TATTON



**JOIN THE
CONVERSATION**

Post-race, 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 **#kingandqueen #tweedlovest #tweedlove2021 #bikevalley** and share:

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





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Course summary

Approx 31.4km / 1300m ascent

Five Race Stages

All course info and the map will be revealed on Thursday 29th at 19:00.

The course is not available for practice until Saturday 31st at 09:00. You can only practice with a number board attached to your bars.

As Round Two in TweedLove's Pirelli Triple Crown enduro series, the course contains some steep and technical trails which are not suitable for novices. Saturday is practice day to allow riders to inspect any trail hazards and choose preferred riding lines. You must walk any steep or technical features before riding.

The race stages are all closed to the public on both Saturday and Sunday. Transition stages remain open to the public at all times. Please be courteous to other trail users!

And as always, allow faster riders to pass.

Trail considerations and the weather

Keep an eye on the weather and choose your tyres accordingly. There's a big mix of trail surfaces including some steep hand-cut trails, which are normally wet in places. Sniper roots come as standard.

E-bikes

There are no e-bike categories in this race.

E-bikes are not permitted for either practice or racing, and anyone using an e-bike on the course will be disqualified from the race.





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Event schedule

Friday 23 July: Seeded Racers Only

Rider Seeding List published on event webpage. The link to the webpage: <https://tweedlove.com/events/pirelli-king-queen-of-the-hill/>

With so little racing over the last year or so, accurate seeding is challenging. If you disagree with your seeding position you can make a case (with evidence) for moving your position. You have until 19.00 on Sunday 25 July to submit this by email to info@tweedlove.com. All requests will be considered but changes are not guaranteed. No requests for alterations to the revised seeding list will be accepted.

Wednesday 28 July

Due to Covid-19 you will receive set registration and your start times on Wednesday 28th July. Please ONLY register and start at your allocated time – this is to keep all of us safe. Your times are MEGA IMPORTANT for race day. Do NOT lose them!!

Please check online in advance that your emergency contacts are still correct. You can check and change this yourself on your SIEntries page.

Revised Seeding List Published

The revised seeding list will also be published on the event webpage. The link to the webpage: <https://tweedlove.com/events/pirelli-king-queen-of-the-hill/>

Thursday 29 July

19:00: Course map released by email. A video preview of the course will also be available on the Street Pigeon MTB YouTube channel.

https://www.youtube.com/channel/UCdlqFfODQX_moEh9V5oOv2g

Friday 30 July

All day: Course closed for marking and preparation.

Important: on Friday, all stages will be closed. Event officials will still be working on stages and anyone riding will be disqualified. For reasons of safety and fairness practice is not allowed until after you have registered on Saturday.

Saturday 31 July

08:30 – 12:00: You must register at your pre-allocated time. Don't turn up early, or late.

Event registration is at Victoria Park, Innerleithen. Please wear a mask during the registration process.

If registering an under 16, a parental consent form **MUST** be completed prior to registration; download a consent form here: <https://tweedlove.com/wp-content/uploads/2021/07/Parental-Consent-Form-.pdf>

to avoid cues at registration. If you wish to register for a friend, you must have their order confirmation with you.

09:00 – 17:30: Event practice (mostly unmarshalled). Officials will be on the course on Saturday – final course prep may be ongoing, so please be vigilant while practicing.

No practice 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. Wear a mask if you find yourself in a group of riders. Observe social distancing at all times.

Course closed from **17:30**

Sunday 1 August

08:15 – 12:15: Riders start and timing chip collection. Arrive at the start 10 minutes before your allocated start time. No earlier, no later. You will receive your timing chip as you're queueing up for that start. You cannot collect your timing chip at any other time.

Wear a mask if you find yourself in a group of riders. Observe social distancing.

10:30: Feed station opens.

17:15 – 18:00: Prize collection. We aim to confirm the results and give out prizes between 17:15 and 18:00. You can collect your prize from the Pirelli tent in the Event Village/Event HQ in Victoria Park. If anything changes, we'll keep you up to date on our social media feeds. Prizes must be collected in person - we are not able to post them out afterwards.

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.

Please note: We strongly recommend that all race stages are practiced prior to the race itself.



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Getting there

The Event HQ, registration and start is in Victoria Park, Innerleithen. It's within easy reach of Edinburgh, Glasgow, Newcastle, the Scottish central belt and the north of England. The nearest postcode for the event village is EH44 6QX for sat navs.

Parking and shuttling

Please use the car parks at Memorial Hall (EH44 6HZ) and the Forestry Trail Head Car Park at Traquair (EH44 6PW, £3/day). There is also an overflow car park located on Traquair Road. The car parking machines take coins ONLY. All are a short distance from the event village. There is extensive free parking on many side streets around the town but please park responsibly and be courteous to the local Innerleithen residents.

Do not try to park anywhere near the Golfie (Caberston).

There is NO shuttling.

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

Please note: the forests will be busy as it's a weekend – please be courteous to



other forest users, walkers and riders at all times. Transition sections, between the race stages, are all open to the public for riding as usual.

Watch out for any specific trail use info in the course update.

Please do not ride on the pavements in Innerleithen at any time.

Event facilities

THE EVENT VILLAGE / Event HQ will be in Victoria Park on both Saturday and Sunday. Pirelli and Sixth Element will be there so feel free to stop and have a chat with these bike brands and their experts.

Loulabelle's Sweet Treats (an awesome local business) will provide a full range of hot drinks (including dairy free alternatives) and a large array of sweet treats (including vegan and gluten-free options).

Mechanical support will be provided by BSpoke (normal charges apply).

There will be portable toilets and fresh drinking water on site.

Bike wash. Subject to arrangement with Scottish Borders Council a hose and MucOff products will be available.

Please use the litter bins provided. Thanks.



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First aid

On both days, 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.

Please note: on practice day, take it easy on the trails, get familiar with the course, but save the hard charging for race day.

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





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Safety

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.

On practice day, while inspecting the tracks, **DO NOT** stop in the middle of the track. Make sure you and your bike are not causing an obstruction or danger.

Trails used for the race stages are closed to the public for both practice and race days. However, please remain vigilant in case someone strays onto the course who shouldn't be there - particularly on practice day.

Number boards

Every rider will get a number board. Number boards must be fixed on the handlebars (we'll provide the zip ties) and must be readable throughout the competition.

Medical conditions and emergency contact details must be completed on the reverse of the number board (make sure you have these details with you!)

No rider may use another's rider's event number.

Timing / seeding

Due to Covid-19 protocols, you cannot change the start times sent out to you on Wednesday 28 July. We hope you understand.

At Registration you will be given a sticker showing your start times and the times when you need to be at stage starts, which must be attached to your bike (top tube).

SEEDED RIDERS:

Seeded riders have pre-set start times for every stage of the race and face penalties if they miss their race or stage start times. Being seeded means you will have much less chance of encountering traffic while on the race course, and less likelihood of queuing at stage starts.

Seeding is based on previous results in both our and other events. Given the lack of racing over many recent months, accurate seeding is more challenging than ever.

Rider Seeding List is published on event webpage. The link to the webpage: <https://tweedlove.com/events/pirelli-king-queen-of-the-hill/>

If you disagree with your seeding position as published on 23 July, you can make a case (with evidence) for moving your position. You have until 19.00 on Sunday 25 July to submit this by email to info@tweedlove.com. All requests will be considered but changes are not guaranteed. **No requests for alterations to the revised seeding list will be accepted.**

Penalties for late or missed starts:

- Up to 5 minutes late = 1 minute penalty
- 5+ minutes late = 5 minute penalty
- 30+ minutes late = DSQ

NON-SEEDED RIDERS:

If you have told us you wanted to ride with your mate, we have tried our very best to put your timings together. You can ride with your friends as long as you keep a steady pace round the entire course.

You must finish the complete course within 5h 15min. This time limit allows lots of time for stops and mechanicals etc., but you will be faster than this if you stick to the times on your sticker.

Timing card use

The event uses the SI Air system timing (no dibbing needed).

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

Timing chips should be worn on your right wrist.

PLEASE NOTE:

Stay away from timing beacons around stage starts and finishes, as your timing chip is a sensitive piece of equipment, and this can lead to false timing recording. All timing beacons will have taped exclusion zones around them, so stay out of these sterile areas at all times.

Start 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. You must follow all marshal instructions.



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Important Notes

- 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 round 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.
- You can only race 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 fine of £60 will be applied if you do not return your timing 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.
- All results will be posted on the event website asap after the event.





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What tyres?

Keep an eye on weather on the days running up to the event, but there are steep natural, loose, muddy and rooty trails involved – so choose tyres according to the level of grip you want. Hardpack, fire road sprints and climbs are in there too.

Pirelli Scorpion mountain bike tyres are available in a range of different tread patterns and sidewalls to suit a range of conditions and riding style. The Scorpion Enduro features Pirelli's HardWALL casing that gives unparalleled puncture protection and support for riders pushing their bikes to the limits. For lighter riders or those looking for a more all-round tyre, the Pirelli Scorpion Trail provides a lighter, more supple carcass whilst keeping the large, widely spaced tread of the Enduro S.



Scorpion Enduro 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. Suitable for use on both the front and back, and available in 27.5" and 29", in 2.4 and 2.6" widths.



Scorpion Enduro R: The rear-specific tread pattern pairs well with the Scorpion S when conditions are drier, and riders are looking for a faster rolling rear tyre with excellent braking characteristics thanks to its ramped, medium profile centre tread. Available in 27.5" and 29", in 2.4 and 2.6" widths





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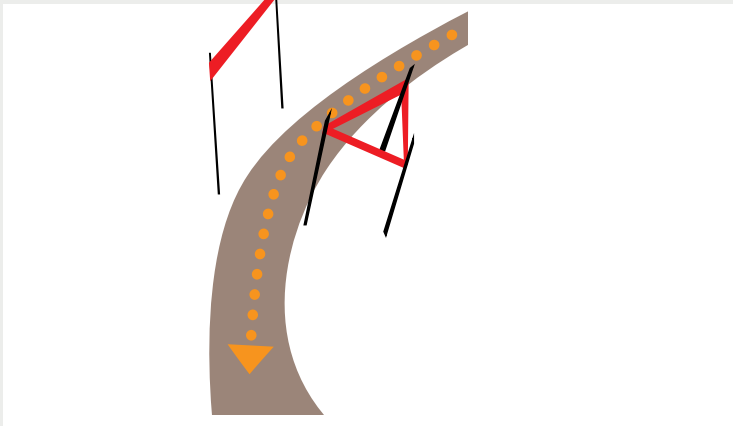
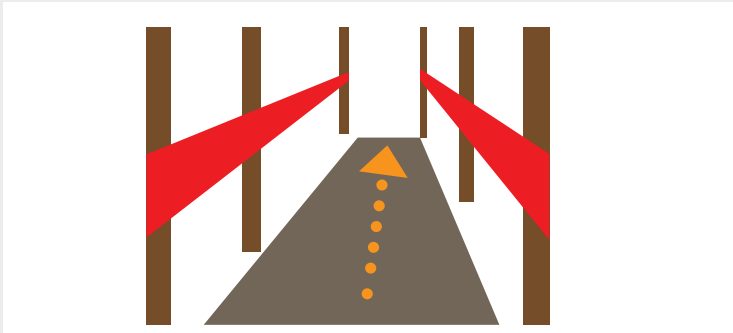
Course marking

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. All junctions or crossings will be clearly taped off. Signage will be in place as required.

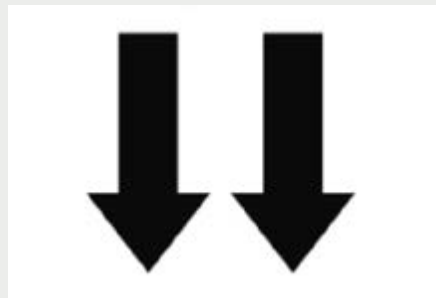
Transitions will be marked with a combination of arrows, tags of course tape and other markers beside the road or trail.

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.

IMPORTANT: 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 be regarded as course-cutting and lead to disqualification.



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Food and water

A feed and water station will be marked on your route map. There will be water gels and snack bars from High Five and awesome, locally baked fresh cake from Traquair Café based Wild Dining.

Feed station is positioned:

Between Stage 3 and Stage 4. All riders should also ensure that they have enough provisions for the event, which will be a proper day out in the Scottish hills, so pack accordingly.

Mechanical support

Our official Tech and Retail Partner for this event is BSpoke. They are on site, with a small store and workshop at the event HQ. Spares and repairs are available from there, and the BSpoke mechanics will do everything they can to solve any mechanical issues and get you back out there as quickly as possible.

Normal parts and repair charges apply.

Clothing and kit

Please make sure that you are well prepared for a day out on the hills. Remember you'll be out exposed to the elements for several hours and must be prepared for delays if required.

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
- Face mask

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
- Innertubes/puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Food and fluids

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

- 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.
- 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.
- Follow the highway code on all roads.
- Riders are responsible for their own safety, the safety of those around you and the condition of personal equipment.



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Course practice

Course practice is on Saturday 31 July. This practice is not fully marshalled, though event staff and marshals will be present at locations throughout the course. We strongly recommend that all riders practice each stage and allow themselves time to look at all features on route prior to the event. As above, all course hazards, such as drop-offs etc. will be clearly marked with double arrows, or for more severe hazards, triple arrows.

Walk technical features before you ride them. Be aware wet rock can be slippery. Exposed roots will become a familiar sight during the weekend, and yes, they may be slippery too! Take care and ride within your abilities. You may lose a lot of time and break your bike if you crash, so a steady but upright run might be the best way to go. Ride safely at all times.

No e-bikes.

Spectators

Due to Covid-19, we still have to discourage any spectators from coming along to our events.

Categories

All entries are solo – no team/combined entries.

Full Course

Male:

- Junior Under 18
- Under 21
- Senior 21–29
- Master 30–39
- Vet 40–49
- Grand Vet 50 and over

Female:

- Junior Under 18
- Under 21
- Senior 21–34
- Master 35–45
- 45+

Unisex:

- Hardtail

Short Course

Male:

- Youth 14–15
- Over 16

Female:

- Youth 14–15
- Over 16

No racers under 14 years old (age on 31 December 2021)





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Rules & event regulations

RULES, TERMS & CONDITIONS AND EVENT INFORMATION

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.

- No electric bikes either during practice or race day
- You must provide an emergency contact number.
- Practice is only permitted on the sections of course indicated and race number boards should be attached to your bars at all times during practice.

- Please note that practice on the various stages is unmarshalled and there may be other riders using the trails.
- Practice is only allowed at the times notified in the Race Notes.
- Under no circumstances will aggressive riding or poor 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 or 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
- 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. For riders from abroad, please remember to ride on the left.
- 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 may 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.
- Riders going through or under/over course tape and short-cutting the course will be disqualified.
- The race is open to all riders, and no licence is required.
- Riders must obey all event marshals' and event officials' instructions.
- Riders can not 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.



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Who wins?

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 of the categories will receive a prize.

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

Protest

Protests against the result or disqualifications should be addressed to the Event Organisers within the 30 minutes following the end of the race.

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 and/or damages as results of any action during the event, or during practice for 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, or practice for, 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. 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.

Accommodation and local facilities

Have a look at the accommodation page on our website www.tweedlove.com if you are looking for somewhere to stay. We're very grateful to Macdonald Cardrona hotel for being our official accommodation partner – so they should be your first choice for somewhere to stay!



MACDONALD
CARDRONA HOTEL
GOLF & SPA

Other accommodation in the area can be found at www.bestoftheborders.co.uk/peebles/peebles_taccommodation.htm





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



tweedlove
**KING & QUEEN
OF THE HILL**



tweedlove
TRIPLE CROWN

NEXT RACE:

Pirelli Tenduro
17 – 19 SEPTEMBER



tweedlove bike festival

Join us again 17–19 September
for the TweedLove Bike Festival!
Ride, race, demo a new bike, or just
hang out at the UK's best bike festival!

tweedlove.com

[#tweedlovefest](https://tweedlovefest)

Look after our forest

You must wash your bike and tyres thoroughly after riding, to reduce the risk of forest diseases, which currently (and seriously) threaten larch, ash and other species throughout the UK. Thanks for your help.

The bike wash at Glentress is free for this reason – please use it!

More info here:

<https://scotland.forestry.gov.uk/keep-it-clean>



**Discover
the HIGH5
Cycle Pack**



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 Pirelli King & Queen Enduro 2021 and will provide you all with great tasting Energy Gels, Energy Drinks and Energy Bars on the day. Find out more about how nutrition can help you at <https://highfive.co.uk/introduction-to-sports-nutrition/>



**Have a great
day and enjoy
the trails!**