

chain
reaction

GRITOP A



tweedlove

POWERED BY



tweedlove
bike festival

28 May 2022 Riders' Notes

**IMPORTANT EVENT INFORMATION.
PLEASE READ!**



Index

1. Schedule

2. Getting there

- 2.1 Getting There
- 2.2 Parking
- 2.3 Accommodation
- 2.4 Event Facilities

3. Rider info

- 3.1 Registration
- 3.2 Day Breakdown
- 3.3 Number Boards
- 3.4 Timing
- 3.5 Clothing & Kit
- 3.6 Cameras

4. Course

- 4.1 Course Info
- 4.2 Course Summary
- 4.3 Course Marking
- 4.4 Food & Water
- 4.5 Mechanical Support
- 4.6 What Sort of Bike?

5. Event Regulations

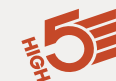
- 5.1 Terms & Conditions
- 5.2 Cancellation Policy
- 5.3 Rules & Regulations
- 5.4 First Aid
- 5.5 Environment

Click the headings above to go straight to the info you need

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

EVENT SPONSORS

A special shout out to the guys who supported us to make this happen, our sponsors;



EVENT ORGANISERS



Photography FINLAY ANDERSON

1. Schedule

Thursday 26 May

REGISTRATION TIMES SENT OUT

The registration times will be issued in order of purchase and are mainly there to avoid queueing.

Saturday 28 May 08:30 onwards

REGISTRATION

Please arrive at your pre-allocated time. If registering an under 16, a parental consent form **MUST** be completed prior to registration; download a consent form [here](#), fill it out and send it to info@tweedlove.com.

Saturday 28 May 09.00 onwards

RIDERS START



2. Getting There

2.1 Getting There

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

What 3 Words: [///shoving.salary.loses](#)

2.2 Parking

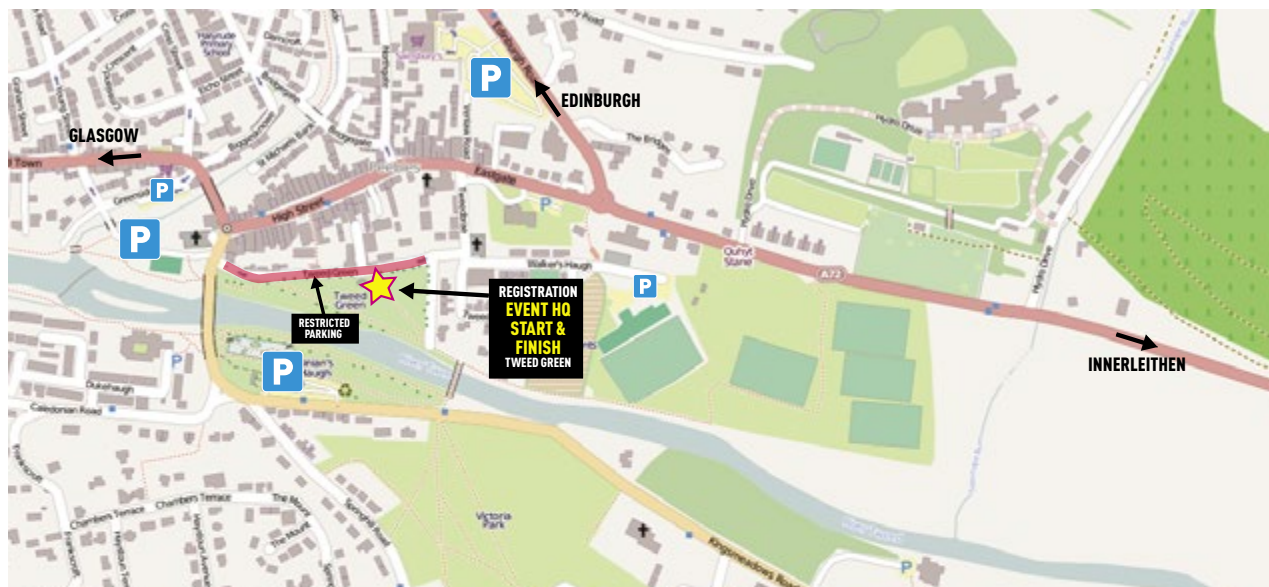
PLEASE NOTE, THERE WILL BE NO PARKING AVAILABLE AT TWEED GREEN ITSELF.

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

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

2.3 Accommodation

There's no official TweedLove camping for this event. If you're still looking for a place to stay, please have a look at our accommodation webpage [here](#).



2.4 Event Facilities

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

On-site facilities:

- Toilets. Showers not available.
- Mechanical support from Bspoke.
- The opportunity to chat to bike experts from Pirelli, Cycle Law Scotland and Bspoke Cycles.
- Hot and cold drinks, hot and cold food.



3. Rider Info

3.1 Registration

Please arrive at your pre-allocated time. If registering an under 16, a parental consent form **MUST** be completed prior to registration; download a consent form [here](#), fill it out and send it to info@tweedlove.com.



3.2 Day Breakdown

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

GET READY

Don't forget drink, nutrition, suitable kit and clothes, essential tubes/spares.

REGISTRATION

Turn up at Tweed Green at your allotted time.

TIMING

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

EVENT START

Roll to the start and head off on the adventure when the start marshal gives you the word.

EVENT FINISH

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

HAND IN TIMING CHIP

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

EXPO

Feel free to wander over to our Expo area where Pirelli, Cycle Law Scotland and Bspoke cycles are set up! If you're more a fan of eating, don't worry, we've got you covered there too.

3.3 Number Boards

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

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

No rider may use another rider's event number.

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

3.4 Timing

You will be given a timing card, which you must use at the start and finish, and various check points on the route. **YOU MUST HAND IT IN AGAIN AT THE END TO GET YOUR TIMES.**

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

3. Rider Info (cont.)

Timing cards must be returned to get results – you'll be given a printout of your times. Non-returned cards will be charged at £30 per card. You must hand in your timing card by 5pm latest, or we'll be sending out people to look for you! The course sweeper will inform you if you're running late.

Retiring early?

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

3.5 Clothing & Kit

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

You must have the following:

- Helmet. **HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.**
- Mobile phone (charged)
- Bar end plugs

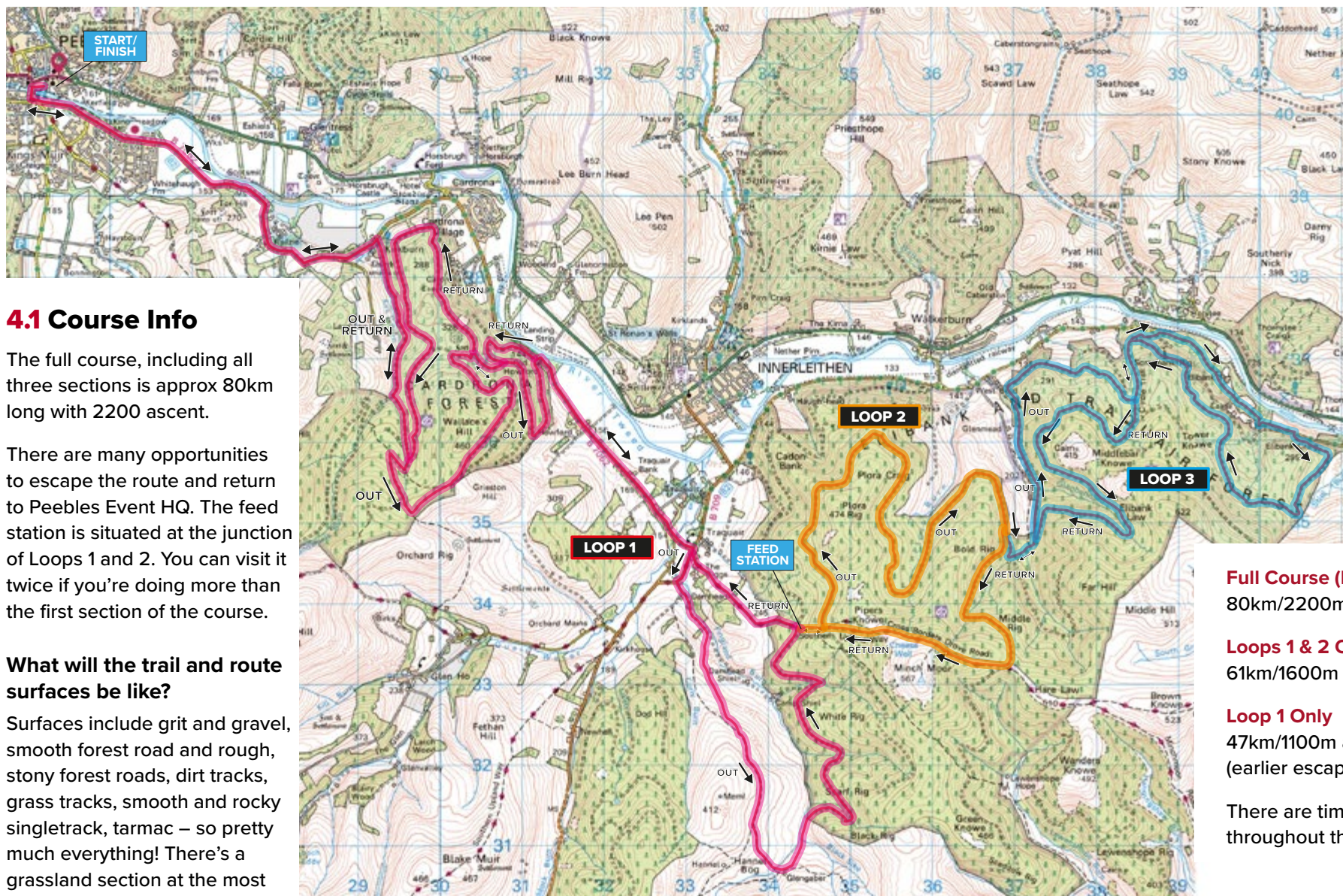
- Suitable clothing for a Scottish day out on the bike
- Innertubes/puncture repair kit
- Multi tool
- Basic, well maintained first aid kit
- Food and fluids

3.6 Cameras

It is the policy to allow for cameras to be worn on either bike attachments, or breakable chest and body mounted positions. 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.



4. Course



4.1 Course Info

The full course, including all three sections is approx 80km long with 2200 ascent.

There are many opportunities to escape the route and return to Peebles Event HQ. The feed station is situated at the junction of Loops 1 and 2. You can visit it twice if you're doing more than the first section of the course.

What will the trail and route surfaces be like?

Surfaces include grit and gravel, smooth forest road and rough, stony forest roads, dirt tracks, grass tracks, smooth and rocky singletrack, tarmac – so pretty much everything! There's a grassland section at the most

continues over

Full Course (Loops 1, 2 & 3)
80km/2200m ascent

Loops 1 & 2 Only
61km/1600m ascent

Loop 1 Only
47km/1100m ascent
(earlier escapes possible)

There are timing check points throughout the course.

4. Course (cont.)

southerly part of the course.

There are some steep descents and climbing sections. Some descents will be potentially very fast, so check your speed and take care.

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

Watch out for vehicles on the forest roads around the Innerleithen area, where you will probably encounter mountain bikers crossing the route.

4.2 Course Summary

The course is clearly marked with white arrows on a blue background throughout.

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

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

Always ride with caution, and always within your abilities.

IT IS NOT A RACE!

Leaving Peebles you'll head down a short stretch of tarmac before pulling into Cardrona forest. Good roads will take you to a high traversing singletrack path (great views) and then a tricky descent back to the forest road.

You'll eventually come back down to the road before an open section of dirt road through newly planted farmland. A steep up and down will take you into the middle of nowhere and a bit of cross-country near a very remote and sometimes eerie house.

Next you join back into a vast area of forest and plantation - it is indeed a long and winding road. A steep pull (or quite possibly push) up the Southern Upland Way takes you to a high forest road above open ground before going back into the trees and into the mountain bike trails area. **BE CAREFUL, MOUNTAIN BIKES CROSS THIS ROAD AND RIDERS MAY JOIN THE ROAD AT SPEED. KEEP TO THE LEFT AS YOU RIDE THROUGH THE MTB TRAILS AREA.**

Watch out for the bike bus and trailer operations on a short section, before bearing right and heading back into an empty (of humans) forest world. A lovely high traverse with great views down the valley follows.

A tour of some of the eastern parts of the Tweed Valley Forest park follows before heading back west and retracing some sections in the opposite

direction. Short sections of tarmac take you back for another tour of lovely Cardona forest before heading back to Peebles and the finish.

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

Hazards - TAKE CARE!

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

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

4. Course (cont.)

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

4.3 Course Marking

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

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

4.4 Food & Water

There will be a feed station on course (see map). This will have energy products, water and locally produced cakes.

There's coffee, cake and burritos available to buy at the event village.

Fresh drinking water will be available on site. Please use the litter bins provided. Thanks.



4.5 Mechanical Support

Bspoke are providing mechanical support during the event. With spares in such short supply at the moment, we recommend you make sure your bike is in top condition before you start the ride. Don't leave repairs to the last minute and treat your bike with the respect it deserves in the lead up to the event! Bspoke will be open on Peebles High Street until 18.30 on Friday for last minute repairs.

4.6 What sort of bike?

The event is aimed at adventure/gravel/CX style bike riders, but xc mountain bikes will work very well too. Long travel MTBs will be hard work, while full-on road bikes won't cope with either the terrain or gradients, both up and down.

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

A couple of specifics:

Low gears will be very welcome on some of the climbs

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

Important Notes

- You must ride safely, in control and within the limits of your ability at all times – this includes when overtaking. **HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.** Any rider failing to comply with this will be asked to leave the event. This is a condition of our event insurance.
- Make sure you and your bike are not causing an obstruction or danger.
- Roads, paths and trails remain open to the public, so stay vigilant at all times.
- Follow the highway code at all times when on roads.

5. Event Regulations

5.1 Terms & Conditions **IMPORTANT**

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

5.2 Cancellation Policy

If for any reason you are unable to attend the event, refunds will be available upon request (info@tweedlove.com) as follows:

- Over 2 months prior to event date | 75% refund
- 1-2 months prior to event date | 50% refund
- Less than 1 month prior to event date | No refund

5.3 Rules & 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.

5.4 First Aid

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

If you come across an injured rider – help if you can but let the nearest marshal know as soon as possible and we'll get help to them. At any point if you need assistance, please call Event HQ on **07496 871220**.

If you need assistance there's a small injuries unit at Hay Lodge Medical Centre in Peebles EH45 8JG. The nearest A&E is at Borders General Hospital in Melrose.

In case of emergency, always call 999.

5.5 Environment

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

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



Join the conversation

tweedlove.com

Post-race, we'll be sharing images and results from the event, make sure you follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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

Please contact us at info@tweedlove.com with any queries.

Join Us Next Time

Cycle Law Scotland Skinny Tweed

29 May

Pirelli TweedLove Glentress 7

11 June

Tour O The Borders supported

by fi'zi:k

4 September

Bosch eMTB Challenge

supported by Trek

17 September

Pirelli TweedLove

ProAm – Amateur

16–17 September

Pirelli TweedLove

ProAm – British Champs

16–18 September

TweedLove Bike Festival

16–18 September

Join us again on 16–18 September for the TweedLove Bike Festival – ride, race, demo a new bike, or just hang out at the UK's best bike festival! #TWEEDLOVE #tweedlovefest www.tweedlove.com

Event Merchandise

Visit the TweedLove Shop online or come see us on the day!

[VISIT SHOP](#)

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.

[MORE INFO HERE](#)

Claim* a HIGH5 Isotonic Hydration Pack

You can now claim a brand new HIGH5 Isotonic Hydration Bundle worth £12.08 from our Sports Nutrition Partner for the Chain Reaction Gritopia powered by Pirelli. This is the ideal opportunity to test some of the newest products that HIGH5 has to offer.

Isotonic Hydration is a scientifically formulated hydration drink mix which has been optimised to keep you energised and hydrated during exercise.



It contains a fast-release multi-carbohydrate blend and five electrolytes, which are essential to replenish as they are lost through sweat. An ideal product to refresh your workout.

[CLAIM YOUR PACK HERE](#)

*You will be charged the cost of P&P at £3.99