CYCLE LAW_{TM}
Scotland



PRESENTED BY Schoin POWERED BY POWERED BY POWERED BY



29 May 2022 Riders' Notes

IMPORTANT EVENT INFORMATION. PLEASE READ!







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

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. Route

4.1 Route

4.2 Food & Water

4.3 Mechanical Support

5. Event Regulations

5.1 Terms & Conditions

5.2 Cancelation Policy

5.3 Rules & Important Info

5.4 First Aid

5.5 Environment



A special shout out to our sponsors who supported us to make this happen!















EVENT ORGANISERS

hillsideoutside



Click the headings above to go to the info you want





1. Schedule

Wednesday 25 May

REGISTRATION TIMES SENT OUT

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

Sunday 29 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.

Sunday 29 May 09:00 onwards

FIRST RIDER STARTS









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

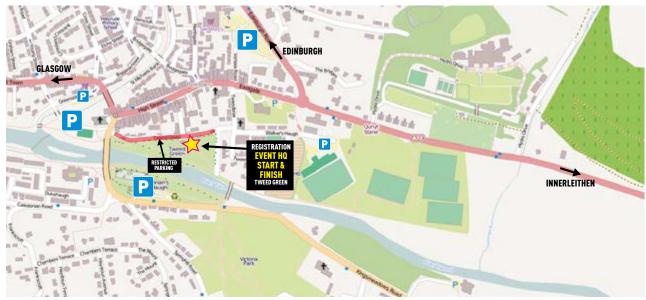
PLEASE NOTE, THERE WILL BE NO PARKING **AVAILABLE AT TWEED GREEN ITSELF.**

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 refer to 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 Cycles.
- The opportunity to chat to bike experts from Pirelli, Cycle Law Scotland and Bspoke Cycles.
- Coffee and cake vendor. There's also a variety of cafes and takeaways nearby on Peebles High Street.





3. Rider Info

3.1 Registration

Please arrive at your pre-allocated registration time. At registration you will receive your number board, and timing cards can be collected from the timing tent from 8:30am on Sunday 29 May. You can start as soon as you're ready after 09.00, with your number fixed on to your bike.

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, essential tubes/ spares.

REGISTRATION

Turn up at Tweed Green at your allotted time.

TIMING

Go to the Timing tent and collect your Timing Card. Say hi to Moray.

EVENT START

Roll to the start ready to ride.

EVENT FINISH

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

HAND IN TIMING CARD

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

EXPO

Grab a coffee and a snack and feel free to wander. over to our expo area where Pirelli, Cycle Law Scotland and Bspoke cycles are set up!

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 must 'dib' your timing card at the start before you set off from Event HQ, and also when you return.

Timing cards should be worn on your right wrist, and don't actually need to touch onto the card readers, but they do need to be placed very near to the readers (within 4cm) – the timing station will beep to confirm that it has registered your time.

Please remember that you must return your timing





3. Rider Info (cont.)

card at the end of the event to get your time. If you don't hand it in you'll be recorded as missing and we'll be trying to track you down to make sure you've not fallen in a bush somewhere. And any lost or damaged timing cards will be charged at £30.00 per card.

Results

This is most definitely not a race, but all timing results will be posted on the event website and on the TweedLove facebook page shortly after the event.

3.5 Clothing & Kit

Please make sure that you are well prepared for a day out on the hills and in the forests of Scotland. 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 (you will not be permitted to take part in this event without a helmet). It must be fastened at all times while riding.
- Mobile phone (charged)
- Suitable clothing for the weather
- · Your bike must be in suitable working order and safe for the purpose of riding an event with fast descents and mixed road surfaces.

3.6 Cameras

We acknowledge that many riders 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, 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. Route

4.1 Route Info

Full distance: 77km (approx)

Total ascent: **760m** (approx)

Strava course link:

https://www.strava.com/routes/12967730

4.2 Food & Water

There will be a feed station on course. This will have energy products, water and locally produced cake, specially baked by Traquair Cafe.

There are all sorts of other food, coffee and drink vendors around Peebles too.

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!





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 & Important Info

- This event takes place on open roads. The Highway Code must be followed at all times.
- The course is marked out with white arrows on a red background. Watch out for event signage on route, and beware of any caution signs. Please also bear in mind that there may be other hazards not signed, in particular beware of uneven road surfaces and potholes.
- There will be marshals at key junctions and the sweeper will always be behind the last rider.
- If you're lost, call Event Control on 0749 687 1220.

- Make sure you have sufficient food and drink, clothes and bike spares (at least a spare tube, mini pump and tools to change it).
- Please check out the route map before you set off to ensure you are familiar with directions at iunctions.
- Leave no litter.
- Ride to the road conditions there are sections with poor road surfacing - watch out for hazards and take precautions based on the weather conditions on the day of the event.
- Take care on the roads as, although guiet, the traffic can travel fast at times.
- There are big potholes in several places.

Pictures

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 Ltd. 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:

- · Use correct bins provided. Don't contaminate recycling
- 'leave no trace' and follow the countryside code.
- Don't leave tubes and cable ties on the roads.
- DO NOT DROP GEL OR NUTRITION WRAPPERS!







Join Us Next Time

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

Have a great day and enjoy the trails!

Event Merchandise

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

VISIT SHOP

Join the conversation **F © Y**







tweedlove.com

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

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

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 Cycle Law Scotland Skinny Tweed presented** by Chain Reaction w/ Pirelli. This is the ideal opportunity to test some 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















