

PIRELLI

Glentress 7



tweedlove
bike festival

11 June 2022 | Riders' Notes

IMPORTANT EVENT INFORMATION - PLEASE READ!



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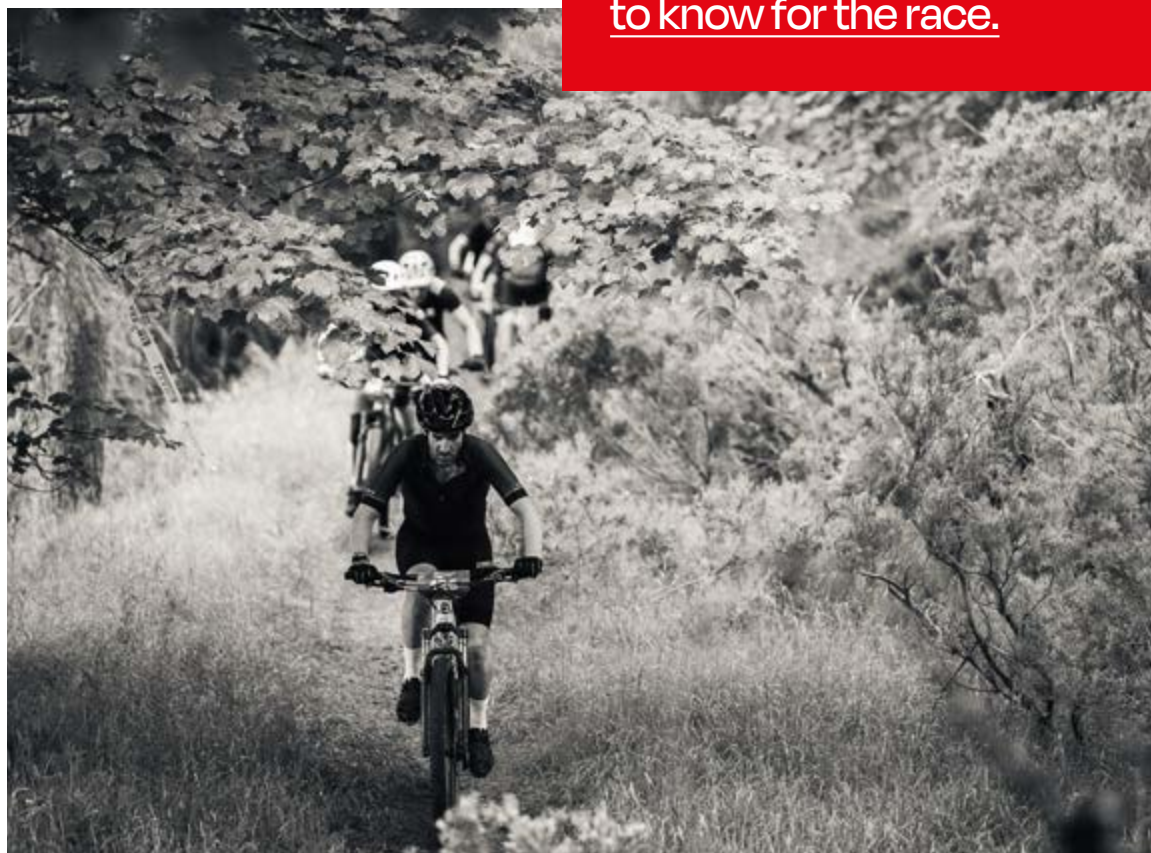
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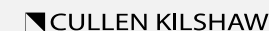
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8. What Tyres?

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



EVENT SPONSORS



EVENT ORGANISERS



1. Schedule

The race starts at 10.00 on Saturday 11 June. You must register beforehand to collect your race number, timing chip and course information. You'll be allocated a set time to turn up and register on Saturday morning and must keep to this time to avoid long queues. These times are sent out on Thursday.

The event village/pits/transition is at Buzzards Nest car park (the top car park at Glentress). The road to Buzzards Nest will be closed for the race and your kit will be shuttled up by the event team in kit boxes (more info at 3.2 Pit Kit Boxes).

1.1 Where

Glentress Overflow Car Park Field, Peebles (EH45 8NB): PARKING, RACE REGISTRATION AND BOX ZONE 1 (start of day drop-off & end of day pick-up).

Main Glentress Forest Road, near the ponds (beyond GoApe facilities): RACE START & final briefing.

Buzzard's Nest Car Park (top car park in Glentress): EVENT HQ, TRANSITION, PITS AND BOX ZONE 2 (start of day pick-up & end of day drop off).

Please note: You cannot drive to Buzzards Nest on race day. The main forest road is closed all day until 19.00

1.2 Event Schedule

Thursday 9 June

REGISTRATION TIMES & RIDERS' REMINDERS INFO SENT OUT

PARKING PASSES SENT OUT IF PRE-ORDERED.

Parking on the day is card or cash (card preferred). To save time we strongly suggest buying a parking pass in advance - available until midnight Tuesday 7 June.

Saturday 11 June

REGISTRATION

07.30 – 09.10:

Registration (at your allocated time). Timing chips will be included in your registration envelope.

07.30 – 09.10:

Box Zone 1 in car park open. Drop Pit Kit boxes here.

FROM 09:00

Team Riders (except teams' First Lap riders) head up to Buzzards Nest Pits area.

09:40

Solos and Team First Lap riders move to the start line on Glentress Forest Road (beyond Go Ape HQ near the ponds).

09:45

Road closed for all vehicles and riders in readiness for start

10.00: Race start.

13.00 – 17.30:

Box Zone 2 in Event Village open - for boxes to be returned by the event team back down to Box Zone 1

14.00 – 17.30:

Kit Box van shuttles running (returning kit boxes from Box Zone 2 to Box Zone 1 at the car park).

16.30:

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

17.00:

RACE FINISH: Last lap finish (17.00 is the cut-off time for lap to count).

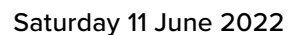
19.00:

Road to Buzzards Nest reopens.

Please note there is no course practice prior to the race start

1.3 Important Reminders

- The road up to Buzzards Nest will be closed from GoApe upwards from Friday evening. It can only be used by official event vehicles and riders.
- The Event Village 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.
- You will NEED to pay for parking. See below
- There is NO CAMPING on site.



2. Travel & Facilities

2.1 Getting There

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.

2.2 Parking (Important!)

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 £6.50 for the whole day. If you have not already paid, you will need to pay at the gate. If you have paid in advance, you'll be emailed a parking pass which must be displayed in your car at all times. Forestry and Land Scotland staff will be on site to check that you have paid. Fines are issued to vehicles without parking passes.

After 10:30, the event team will no longer take your payment, so you will have to pay at the FLS machine (which only takes coins).

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.

2.3 Accommodation

There's no official TweedLove campsite for this event. There is NO access to Glentress Forest Lodges facilities – please respect this!

If you're still looking for a place to stay, please have a look at our accommodation webpage [here](#).

2.4 Event Facilities

IN THE EVENT VILLAGE

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

- Mechanical support on site.
 - Pirelli tyres
 - Food and drink by Peebles Hydro Hotel (Peel Café) with coffee, tea, hot chocolate, soft drinks, snacks and hot food.
 - 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.
 - Fresh drinking water.
 - Portable toilets.
 - First aid tent.
 - Race office.
 - Timing tent.
 - Please use the litter and recycling bins provided.
- Thanks

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



3. Rider Info

3.1 Registration

Once you're parked, head over to the Registration tent. Only solo riders and team captains should come to Registration. The Event 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'll be given your Registration Pack with timing chip, number board, cable ties and High 5 products.

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

3.2 Pit Kit Boxes

At registration you'll be given a box for your pit supplies, which we will shuttle up the hill, along with your other pit equipment (within reason!).

Teams get a big box, solos a smaller one. All boxes will have your race number on them. Place all your food and other items in your box and leave your closed box at Box Zone 1. You can leave other items – a small shelter or camp chair – in this area too, but they need to be **CLEARLY** labelled with your rider number.

Pit Boxes sizes are:

Solo: 64 Litres (600mm x 400 x 368)

Team: 80 Litres (710mm x 460 x 368)

BOX ZONE 1: Lower Overflow Car Park (start of day drop-off & end of day pick-up).

BOX ZONE 2: Event Village, Buzzard's Nest (start of day pick-up & end of day drop off).

Solo Pits

We'll pick your box up from the Box Zone 1 and drive it up to Buzzards Nest. It will be left in race number order in the Solo Pit Zone (see Site Plan).

Once you've finished racing, discard any rubbish into the appropriate bins and pack the rest of your belongings into your box and drop it at the Box Zone 2.

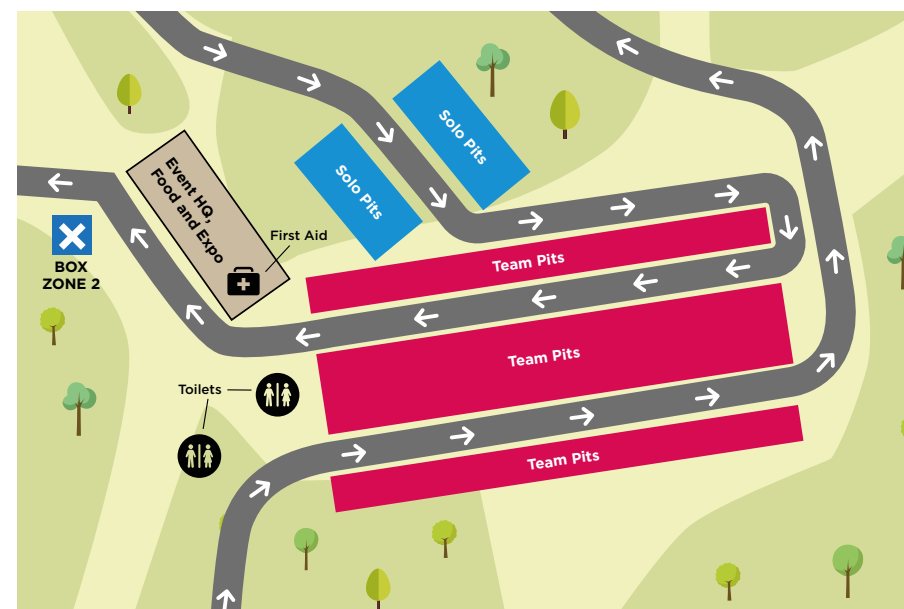
If you finish early, don't worry – regular van shuttles will be returning boxes back down to the Event Car Park from 13.00.

Then 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 Box Zone 1, along with any other items (e.g. a small shelter and a couple of folding chairs) and drive it up to Buzzards Nest. Team kit will be left in Box Zone 2. We **STRONGLY RECOMMEND** marking your kit clearly with your Rider Number so you can identify it as yours.

While your lead/first lap rider (team captain) 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



3. Rider Info (cont.)

sure they're set up and ready to swap with their glorious first lap rider as they return from the first lap.

Once you've finished racing, discard any rubbish into the appropriate bins and pack the rest of your belongings into your box and drop it at the Box Zone 2.

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

Then 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.

3.3 Registration

Timing Card Use

You will be given a timing card, which you must use throughout the race. **YOU MUST 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 first lap of the race – timing goes live at 10am.

PLEASE NOTE: All riders' times are logged and available at the finish. On handing in your timing card, 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 around 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).



Join the conversation

[tweedlove.com](https://www.tweedlove.com)

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

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

4. Race Info

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

4.1 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.

Last lap info: Depending on track conditions, riders will be able to go out for their final laps until (approx.) 16.30, but laps completed after (approx.) 17.00 won't count.

Timings will be confirmed on the day.

4.2 Race Breakdown

Race start

The race is scheduled to start at 10.00. When the horn blows to start the race, everyone's off!

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, and there will be no pit stops until the end of the lap.

Transition & 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 dib, your lap and time will not be recorded.

After the first lap you can settle into a 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 their lap.

The race course snakes and zig zags through the entire event village allowing access to each of the pit areas. There is no set transition area. Instead, you will pull to the side off the track (NEVER BLOCK THE RACE TRACK) and swap over your timing card next to your pit 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.

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 vehicle 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).

4. Race Info (cont.)

4.3 Course

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

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.

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.

4.4 Food & Water

There will be a feed station on the lower part of the course, near the climb up towards the Magic Mushroom trail. There'll be water, 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 ensure that they have enough provisions for the event.

4.5 Mechanical Support

Mechanical support will be provided by Scouse Racing Support.



5. Result

5.1 Results & prizes

Once the race finishes and all the results have been processed prize giving will start.

5.2 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

6. First Aid

Medical support is provided by MX Medical Ltd. 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.

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.

7. Rules & Regulations

7.1 Rules & 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.

THE RULES

1. All team first lap riders/team leaders and solos are responsible for 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

7. Rules & Regulations (cont.)

- 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 organising 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 Pirelli 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 and risk being disqualified.
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.

7. Rules & Regulations (cont.)

7.2 Terms & Conditions

Terms and conditions can be found [here](#).

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

7.3 Insurance

Personal insurance coverage is not provided by Hillside Outside. Participants are responsible for securing their own accident, rescue, health, travel, property and liability insurance.

7.4 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.

7.5 Photography

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.



8. 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 - come and speak to Richard 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.

See next page for more info.

7. What tyres? (cont.)



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.

Now available with Classic tan sidewalls too.

Join Us Next Time

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 #tweed-lovefest 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](#)

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 Pirelli TweedLove Glentress 7. 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

