



**16 – 17 September 2022**

Riders' Notes

**IMPORTANT EVENT INFORMATION  
PLEASE READ!**





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



### EVENT SPONSORS

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# 1. Event Schedule

## Monday 12 September 19.00

### STREET PIGEON'S TWEEDLOVE ENDURO VIDEO RELEASED.

If you'd like a sneak peak at a couple of trails and some tips from Gary Forrest on how to ride them faster, check it out. Video live at 7pm.

<https://www.youtube.com/channel/UCdlqFfODQXmoEh9V5oOv2g>

## Wednesday 14 September 19.00

### COURSE MAP RELEASED

### COURSE CLOSED FOR MARKING AND PREPARATION

Important: all stages will be closed. Event officials will 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 (practice opens Friday 09.30).

## Friday 16 September 09:00 onwards

### EVENT REGISTRATION AT TWEED GREEN, PEEBLES

Start times are allocated first come-first served.

If you want to ride the race with your mates you

should either all register at the same time so you get similar start times.

It's also possible to register for a friend/friends but you must bring their proof of entry and emergency contact details with you. Remember, no-one is allowed on the course without a number board.

If registering an under 16, a parental consent form must be completed prior to registration; [download and email us a consent form here](#) to avoid queues at registration.

## 10:00 – 17:00

### EVENT PRACTICE. ALL STAGES OPEN

### NO PRACTICE WITHOUT A NUMBER BOARD.

Officials will be on the course on Friday – final course prep may be ongoing, so please be vigilant while practicing. Marshals will be in various locations around the course.

EMTBs will have different colour number boards. **ONLY eMTB COMPETITORS CAN PRACTICE ON E-BIKES.**

Anyone racing in non-eMTB categories, but practicing on an eMTB will be disqualified.

First Aid cover will be in place – call **07496 871220** if you need assistance. This number is also on your number board.

## 18:15

### RIDER BRIEFING, FESTIVAL VILLAGE

## Saturday 17 September 08:30 – 10:00

### RIDER START AND TIMING CHIP COLLECTION

Arrive at Event HQ 15 minutes before your start time to collect your timing chip from the timing tent. You cannot collect your timing chip at any other time.

B2 eMTB riders should leave extra batteries at the timing tent – these will be available at the Feed Station. They must be clearly marked and labelled. Spare batteries must be dropped at the Timing Tent on Race Day before 09.15.

## 18:30 approx

### AWARD CEREMONY



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



## 2. Getting There

### 2.1 Getting There

The Event HQ, registration and start is on Tweed Green, Peebles. 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 EH45 8AP.

### 2.2 Parking

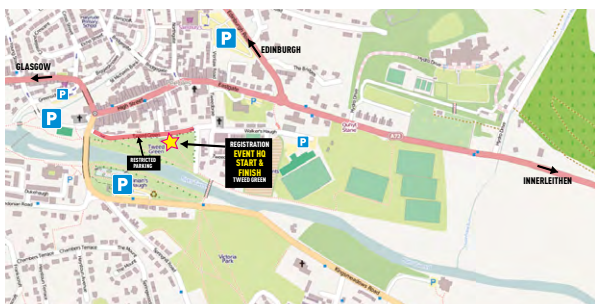
#### THIS IS IMPORTANT!

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

Car parking in Peebles – Edinburgh Road Car Park EH45 8AY and Haylodge Car Park, Neidpath Road EH45 8NN 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. Visit:

[https://en.parkopedia.co.uk/parking/peebles\\_united\\_ki%20](https://en.parkopedia.co.uk/parking/peebles_united_ki%20)



### 2.3 Courtesy



Please do not ride on the pavement at any time.

Please be courteous to residents and everyone else. Let's make sure the MTB community has a good name and a reputation for good conduct. If you are coming to the event village from the campsite on your bike, please follow the signs - **DO NOT** enter the festival site via the Priorsford Footbridge (the narrow silver one!).

You can show all your steeze style on the tracks, but please ride polite in town! Thanks.

The forests will be busy as it's a weekend – 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. Race stages are all closed to the general public by law for the duration of the race.

### 2.4 Shuttling

There is **NO** shuttling either on practice day

or on Race Day. You must pedal all the stages and transitions.

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

### 2.5 Accommodation

#### OFFICIAL TWEEDLOVE CAMPSITE

We now have a lovely site within easy walking/ bike distance of the festival village, on the south west outskirts of Peebles. Full info is on the [website](#).

### 2.6 Event Facilities

The Event Village / Event HQ will be at Tweed Green, Peebles, EH45 8AP on Friday, Saturday and Sunday.

There will be portable toilets, fresh drinking water and a bike wash on site.

For information on what brands will be at the Event HQ and food vendors, check out our [website](#).

### 2.7 EMTB CHARGING

This year, you'll be able to charge your bike battery in the event village near the bar. Sit down for some food, and a cold beer, while your battery charges. You'll need to bring your own charger, and a lock.

## 3. Rider Info

### 3.1 Registration

Registration will take place on Friday, all day, and Saturday morning. See more info in the Schedule.

If registering someone under 16, a parental consent form must be completed prior to registration; [download a consent form here](#) to avoid queues at registration.

If you wish to register for a friend, you must have their order confirmation and emergency contact info with you.

### 3.2 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.**

**NO ACCESS TO THE RACE TRACKS WITHOUT A NUMBER BOARD ON EITHER PRACTICE OR RACE DAY.**

### Wristbands

You will be given a wristband at registration, which gives access to the Feed and Technical Support Station. You should wear it for both Practice and Race day.



### 3.3 Timing

You will be given a sticker that details your start times and also the times when you need to be at stage starts. This sticker must be attached to your bike (top tube).

This race is not seeded. If you want to ride with your mates, you'll need to register together so you can start in the same wave. You will be given guide times to start each stage, and there's an overall course completion time, with penalties if you don't make it.

**You must finish the complete course within 4 hours. 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 Chip Use

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

You must collect a timing chip from the Timing Tent on Saturday, before making your way to the start. You must use this throughout the race and **YOU MUST HAND IT IN AGAIN AT THE END TO GET YOUR TIMES.**

**TIMING CHIPS SHOULD BE WORN ON YOUR RIGHT WRIST.**

If you don't hand in your chip at the end of the race you'll be invoiced **£60** for it.

**Please Note:** Stay away from timing beacons





## 3. Rider Info (cont.)

(4m) 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.

### 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.

### 3.4 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 potential delays.

#### You must have the following:

- Helmet  
**HELMETS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.**
- We strongly advise the use of a Full Face Helmet for enduro racing. Look out for special offers for Endura and Smith full face helmets
- Mobile Phone (charged)
- Bar end plugs

### 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/plugs/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. Don't contaminate recycling
- No tear-offs permitted.
- 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!



## 3. Rider Info (cont.)

### 3.5 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, 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.

### Conduct

- Keep to your time schedule.
- Be polite to other riders, marshals, event staff and members of the public.
- Use correct warnings on trails and roads: e.g. "Rider on your right".
- Be patient and queue in an orderly fashion if needed.
- Let faster riders pass.
- Course cutters will be disqualified and banned from future events
- 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.





## 4. Course

**Please follow the marked course for Practice as well as on Race Day.**

**For safety reasons some sections of trail and forest roads will be closed all weekend. Riders not observing these closures will be disqualified. Safety comes first and with so many riders on the trails we have planning in place to avoid fast-moving two way traffic. Thanks for your understanding.**

### 4.1 eBike info

**B1:** means you complete the whole course on just one battery, so for some riders battery management will be a consideration

**B2:** means you can use extra batteries.

Riders entering the B2 category can leave additional batteries at the TIMING tent on Saturday morning before 09.15. You will be able to swap them over at the feed station and leave your original battery there. Once you have completed the stages, you can collect your battery back at the registration tent. Please note TweedLove are not responsible for the security of your spare batteries.

ALL ADDITIONAL BATTERIES MUST BE CLEARLY MARKED AND IDENTIFIED.

Approved e-bikes are standard mountain bike pedelecs with a maximum engine assistance of 25km/h. Tuned or other ebikes are NOT ALLOWED.

### 4.2 Course summary

**Approx 23km / 766m ascent**

**Five Race Stages**

All course info and map will be revealed on Wednesday 14 September at 19:00.

The course is not available for practice until Friday 16 September at 09:30. You can only practice with a number board attached to your bars.

The course contains some steep and technical trails which are not suitable for novices. Practice days 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 Friday and Saturday. 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.

### 4.3 Course Practice

**Please Note: Three of these stages are also included in the Pirelli ProAm PRO race – the BEMBA British Championships race. You can expect additional riders on these trails on Practice Day.**

Course practice is on Friday 16th. This practice is not fully marshalled, though event staff and marshals will be present at various locations throughout the course. We strongly recommend that all riders practice each stage and allow themselves time





## 4. Course (cont.)

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. If pushing back up, you must do so outside the tape and off the track.

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.

**Please note you can only practice on an E-bike if you are racing on an E-bike. Any rider caught practicing on an E-bike while racing in a standard category will be disqualified. EMTBs and standard bikes have different colour numberboards.**

### Trail Considerations and 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.

### 4.4 Course Marking

All our race tape is recycled.

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

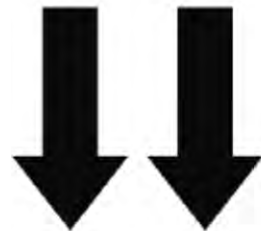
junctions or crossings will be clearly taped off. Signage will be in place as required.

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

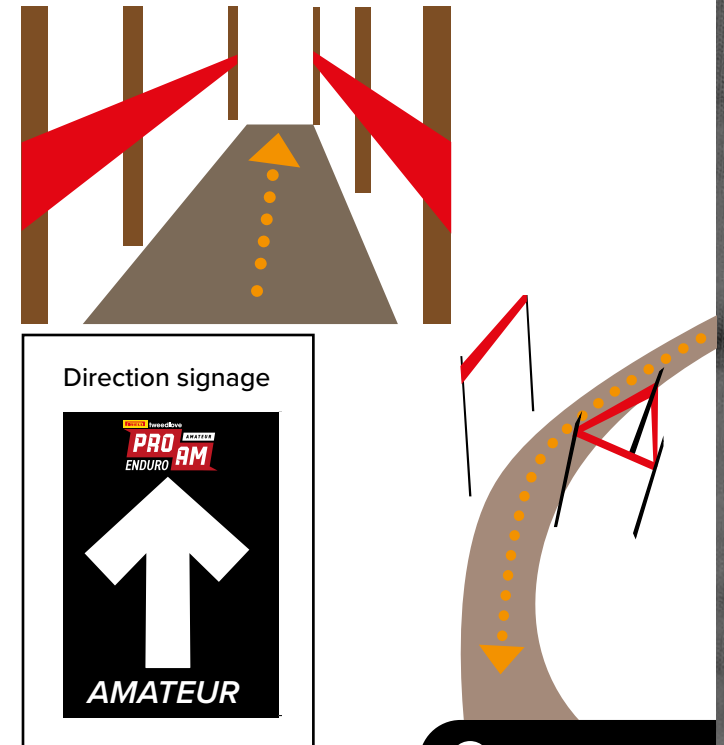


technical sections on the course.

### Gates

Where taped gates are set out, you must always pass between the two taped sides. On some more open sections, these tape 'gates' will be used.

This will involve a set of taped posts on either side of the track. 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.

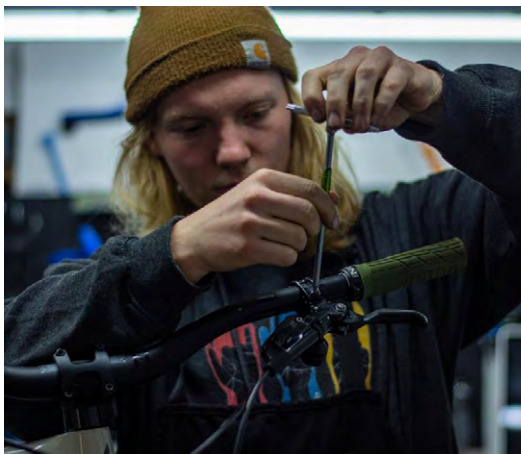




## 4. Course (cont.)

### 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 ride 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.



### FEED & TECH STATION

The feed and Chain Reaction Tech station is located after Stage 2 – see map when it's released. Your wristband is required for access.

Food will be available on Race Day only (Saturday) not on Practice Day. Water is available both days. Mechanical support is available both days.



### 4.5 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 2 and Stage 3 – see course map. All riders should ensure they have enough provisions for the event, which will be a proper day out in the Scottish hills, so pack accordingly.

### 4.6 Mechanical Support

Mechanical support will be provided by Chain Reaction Cycles. The Tech Station is situated beside the feed station on Friday and Saturday, but there are also mechanics at the Chain Reaction tent in the event village all weekend.



## 5. Results

### 5.1 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.

### 5.2 Categories

All entries are solo – no team/combined entries.

#### Full Course

##### Male:

- Youth 14 – 15
- Junior, Under 18
- Under 21
- Senior, 21 – 29
- Master, 30 – 39,
- Vet, 40 – 49
- Grand Vet, 50+

##### Unisex:

- Hardtail

##### Female:

- Youth 14 – 15
- Junior, Under 18
- Under 21
- Senior, 21 – 29
- Master, 30 – 39,
- Vet, 40 – 49
- Grand Vet, 50+

##### eBike

- Male B1 (one battery)
- Male B2 (two or more batteries)
- Female B1 (one battery)
- Female B2 (two or more batteries)

### 5.3 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.

### 5.4 Protest

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

### Waiver of liability

Every rider understands and admits that their participation in the event is voluntary. They assume full responsibility for any injuries or damages from their participation in, or practice for, the event.

They recognise and understand that mountain biking and the activities associated with this event may be hazardous, that their participation is solely at their own risk and that they assume full responsibility for any resulting injuries and damages that may occur.

Every rider affirms that they are in good health. They declare that they are 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 they have read and understand this entire waiver of liability and agrees to be legally bound by it.





## 6. Rules & Event Regulations

### 6.1 Terms & Conditions

Full terms and conditions can be viewed [here](#).

### 6.3 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.

### 6.4 Photography and Images

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.

### 6.5 Rules & Information

The organisers retain the right to change rules, terms and conditions as required.

- 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 may be unmarshalled and there may be other riders using the trails.



- Practice is only allowed at the times notified in the Race Notes.
- 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



## 6. Rules & Event Regulations (cont.)

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.
- 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.
- 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.



**Join the conversation**

[tweedlove.com](https://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](mailto:info@tweedlove.com) with any queries.

## 7. Medical

### 7.1 First Aid

On all days, medical support is in place. 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.

### 7.2 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 [here](#).

### 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

### 7.3 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.





## Free rider photos.

We'll be putting up a gallery of images by Jerry Tatton (one of the best photographers in the business) on our Facebook page after the race. You can download you and your mates pics for free, and there will be a link for higher res versions to buy from Jerry. We'll try to get every rider but no promises.



## Event Merchandise

Grab yourself a new race jersey (see below), or a limited edition Tshirt; visit the [TweedLove Shop online](#). Or visit our TweedLove shop in the Festival Village!

[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](#)

