

Hope Enjoyro

presented by Ridelines

29 APRIL 2023



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Please Note

- Due to ongoing work in Glentress Forest for both the UCI World XC Champs and the Glentress Masterplan, there is ongoing work in various areas of the forest. This has had an impact on course plans and last minute diversions may be encountered. Please take extra care around work areas and machinery and respect all signage. Thanks.

1. Schedule

Wednesday 26, Thursday 27 & Friday 28 April

- Course marking and preparation – trails are not closed but please be careful and respect the safety of our crew if you're inspecting the course in advance of the event.

Friday 28 April

- 16:00 – 20:00 Registration opens. **Please register on Friday if possible.** This will avoid a potentially long queue time on Saturday morning.
- 18:15 – 18:30 Rider Briefing

Saturday 29 April

- 10:00 Registration opens
- 10:30 Race starts
- 18:30 Podiums

2. Event Village - food, drinks & activities

For information about the festival weekend and street food options, check out our website [here!](#) There's also lots happening for kids and free movies on both Friday and Saturday night.

3. Event Facilities

3.1 e-MTB Charging

You'll be able to charge your bike battery in the event village near the bar. Sit down for some food and a beer while your battery charges. You'll need to bring your own bike's charger, and we'd recommend a lock for peace of mind!

3.2 Mechanical Support (in the village)

STIF MTB will be offering free mechanical help in the festival village for basic fixes and Bspoke Cycles will offer everything else at their shop on Peebles High Street, just a two-minute walk away.



3.3 Bike Wash

There will be a Muc-Off bike wash area behind the main stage. 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. **Look after our forests.**

3.4 TweedLove Shop

Grab yourself a new race jersey, or a limited edition T-shirt; visit the TweedLove Shop, open at the Festival Village! **Visit our online shop.**

Event T-shirts

If you've ordered an event T shirt, there will be a T shirt voucher in your registration envelope - take the voucher to the TweedLove Merch Shop - your T shirt will be waiting for you.

4. On The Day

4.1 Parking

Please leave your car at your accommodation and cycle to Tweed Green. There is ample parking in town car parks and on side streets around the town – only ever a few minutes walk away from the festival venue.

Use public transport where possible, and car share with friends. There is **very** limited parking in the centre of Peebles and we want to make sure that visitors are able to park and have access to the local shops and cafes. There is absolutely NO parking around Tweed Green itself, these streets can only be used for official event vehicles (displaying the appropriate permit) and residents. Parking permits have been issued to all permitted vehicles.

Please park responsibly and courteously. Don't bring vehicles to the festival area!

4.2 TweedLove Campsite

If you've booked a pitch at the TweedLove campsite, you will receive separate notes with location details. The campsite is within easy walking/biking distance from the festival village, on the southwest outskirts of Peebles. If there are spaces left, bookings can be made **here.**

4.3 Accommodation

Our friends at Go Tweed Valley have created a comprehensive website listing different kinds of accommodation from hotels & inns to bunkhouses and lodges. Check out their page [here](#).

4.4 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 via Priorsford Footbridge**.

Glentress 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, may be 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 and practice.

4.5 Clothing & Kit

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

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

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
- Basic, well maintained first aid kit & foil blanket

- Inner tubes/puncture repair kit
- Multi-tool
- Food and fluids

4.6 Love Local

TweedLove aims to provide a beneficial outcome for our local community, and while the area welcomes all MTB riders and visitors, we'd encourage you to visit the High Street and visit local shops and businesses. Let's share the love, and show our appreciation for the local community, some of whom face significant inconvenience from MTB events.

Here's info on some of the local businesses who are keen to welcome our event visitors and riders: https://tweedlove.com/?page_id=11923&preview=true

5. Rider Registration

5.1 Registration Process

Event Start/Finish & Registration: Tweed Green, Peebles, EH45 8AP

You **must** register before starting the event and heading out on the course.

Firstly, head over to the registration tent at TweedLove HQ, where your emergency contact details will be checked and you'll receive your number board and cable ties. Don't forget to complete the information required on the back of your number board. If you're signing up for a friend, make sure you have their emergency contact details too.

There's absolutely no racing without a number board and you cannot use someone else's.

You'll then collect your start times sticker – attach this to your bikes top tube. The aim is to get to that stage by the guide time on the sticker. Try to complete the course within these times, though there's no penalty if you're a little late.

If everyone sticks to these times, there will be very little queueing.

Next, you'll be directed to the timing card collection area. This will record your stage times and must be worn on your right wrist. **YOU MUST HAND IT IN AT THE END TO GET YOUR TIMES.** They do not actually need to be inserted into the card readers, they do need to be touched on or placed very near 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 very start, before you leave the Event village/ HQ.
- At the start and finish of every stage.
- At the end of the race, before you hand in your card at the Timing Tent — where you'll be given your results.

There is a £30 fine for cards not returned.

Once your number board and sticker are on your bike, and your timing card on your wrist, that's you ready to head to the start area!



5.2 Riders Under 16 Years

Parental Consent Forms must be completed for anyone racing under the age of 16. These must be done in advance of the event, otherwise anyone under 16 without one, will not be able to race.

Parental Consent Form.

6. Course Map & Information



6.1 Course Summary

The map is provided for your information, but there's no official practice for this event, so ride the entire race with appropriate care and safety!

The course will be made up of four compulsory and one optional stage, all situated in Glentress forest.

Riding will vary from fast and flowy, to tight and technical. The course is designed to be suitable to be ridden blind, with no forced gap jumps or big drop offs. Trails in the forest can often feature roots and narrow, tree lined trails. Some trails have loose rocks and others have off camber roots. Riders should adjust their speed accordingly and ride safely. Any hazards on the course will be identified with warning signs. A double downward arrow sign indicates a steep or technical section/trail hazard.

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 lead to disqualification.

Approx 20km / 420m ascent

4 + 1 optional race stages

Everyone must ride stages 1, 2, 3 & 4, Stage 5 is optional.

Signage and rider flow has been designed to keep everyone safe and avoid conflicting traffic. Please help keep yourself and everyone else safe by following the signs and instructions.

6.2 Course Marking

The course may not be taped exactly as you expect, so be prepared.

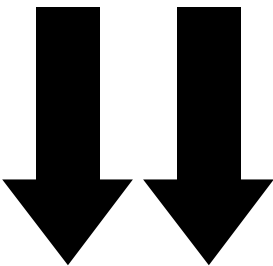
The course will be marked with tape throughout. Some sections where there are no optional lines or crossings, will be left relatively free of tape. All junctions or crossings will be clearly taped off. Signage will be in place as required.

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

Major hazards on the course will be identified with warning signs.

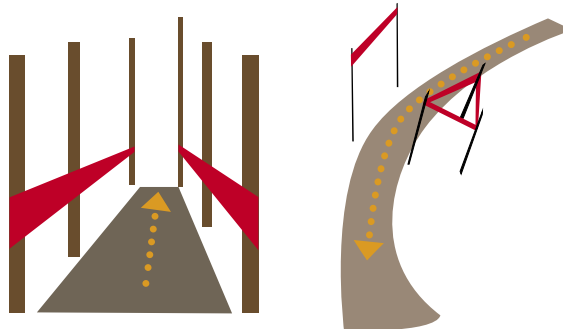
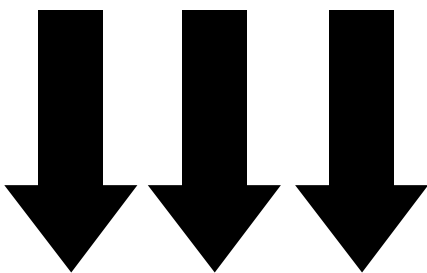
Double Downward Arrow

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. It is unlikely you'll see one of these signs in Enjoyro events.



Gates

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

Our race tape is recycled.



6.3 Food & Water On Course

A feed station will be on course providing water, nutrition products from High5, bananas from local supplier Orange Grove, and delicious cakes.

6.4 Mechanical Support

Mechanical support on course will be provided by **Ride Innerleithen**. STIF MTB will be offering free mechanical help in the festival village for basic fixes and Bspoke will offer everything else at their shop a two-minute walk away.

6.5 Shuttling

There is NO shuttling on Practice or Race Day. All stages and transitions must be pedalled.

6.6 Early retirement

A sweeper will go round the course behind the last riders. 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.

7. Results

7.1 Categories

Hardtail

Open

Male	Female	eMTB Male	eMTB Female
12–13 yrs	12–13 yrs	14–17 yrs	14–17 yrs
14–15 yrs	14–15 yrs	18–34 yrs	18–34 yrs
16–39 yrs	16–39 yrs	35–49 yrs	35–49 yrs
40–49 yrs	40–49 yrs	50+	50+
50–59 yrs	50–59 yrs		
60+	60+		

Generations riders — both riders will have their own timing chip and receive individual race times. Combined times will be available, but the final race results are for individual riders, just like the other categories.

If there are under five entrants in a race category, we reserve the right to combine categories. We also reserve the right not to have podiums for categories with three or less riders.

7.2 Who Wins?

1st, 2nd and 3rd fastest in each of the categories will receive a prize. All results will be available on the **TweedLove website** as soon as possible after the event.

Results are calculated on four stages only – so it makes no difference if you do four or five stages are raced – the results calculation automatically drops your poorest stage performance and includes the four best ones.

So if you race all five stages you can have a bad one and still not affect your chances of a good overall result.

7.3 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 a fault in the electronic timing system.

7.4 Protests

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

7.5 Waiver Of Liability

Every rider understands and admits that 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 understood this entire waiver of liability and agrees to be legally bound by it.



8. Rules & Regulations

8.1 Terms & Conditions

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

8.2 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.

8.3 Photography And Videos

The organisers shall have unlimited rights to publish pictures and video images of the participants and may be used for promotional and publicity purposes. You are also agreeing to any video recording by drone. Images and video may be forwarded to press representatives and for marketing activities.

8.4 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.

8.5 Rules & Information

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

- Attending race briefings is advisable.
- Riders must obey all event marshals' and event officials' instructions.
- Course cutting, moving of any course tape or markers, riding under/over tape and short cutting, aggressive riding or poor behaviour towards other riders will be disqualified and banned from future events.
- 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.
- 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.
- Riders must be courteous and aware of other cyclists. Slower riders must allow faster riders to pass by pulling over at a suitable place to enable a safe overtaking. Riders catching the rider in front must clearly (and politely) indicate which side they wish to pass on.

- You must provide an emergency contact number.
- 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.
- 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 may include public roads with traffic present, where you must ride responsibly and considerately. Follow the Highway Code at all times. For riders from abroad, please remember to ride on the left.
- The race is open to all riders, and no licence is required.
- Please don't drop any litter – marshals will have bin bags!

9. Medical

9.1 First Aid

Medical support is in place on race day and throughout the festival weekend, provided by MX Medical. 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.

9.2 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](#).

9.3 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.

Trails used for the race stages are closed to the public. However, please remain vigilant in case someone strays onto the course who shouldn't be there.

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.



TweedLove Festival Site Plan



TweedLove HQ

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Bean N Gone – Coffee	47
Bonnie Burrito	49
Caravan of Courage – 100% Plant Based	3
Coffee and Cakes on Tour	38
Gallovant – Burgers	5
Mac & Cheese	48
Scozzese Wood Fired Pizza	50
Tempest Bar & Marquee	6
With a Cherry on Top – Ice Cream & Crepes	4

Demo Brands

Alpkit & Sonder	37
Bird Cycleworks	58
Bspoke Cycles & Scott & Bergamont	15
Cannondale	55
Deviante Cycles	24
Geometron Bikes & Mojo Rising Suspension	61
Hope Technology	56
Nukeproof & Leatt & WTB	59
Orange Mountain Bikes	42
Privateer Bikes & HUNT Bike Wheels	44
Stif Mountain Bikes & GT & Santa Cruz	41
YT Industries	9

Other Exhibitors

2023 UCI Cycling World Championships	53
Bark + Ride	18
Big Bobble Hats	36
Bikeseven	16
Deuter	26
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EYRA	52
fi'zi:k	34
Forbidden Bike Company	45
Fortan	17
Frog Bikes	2
Frog Bikes Kids Pump Track & Demo Loop	1
G-Form & Oxford	39
Grizzly Wears	22
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