

TweedLove Gritopia

29 APRIL 2023



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1. TweedLove Gritopia Schedule

Friday 28 April

- 16:00 – 20:00 Registration open
- **Please register on Friday evening if possible.** This will avoid potentially long queueing time on Saturday morning.

Saturday 29 April

- 09:00-10:00 Registration open
- 09:30-10:30 TweedLove Gritopia briefings & event start.

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 outdoor movies on both Friday and Saturday night.

3. Event Facilities

3.1 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.

3.2 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. Mre info at [Look after our forests.](#)

3.3 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.](#)

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 short distance from the festival venue.

To get here, 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 - and 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 bike 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 forest will be busy during the weekend, other areas less so – but please be courteous to other forest users, walkers and riders at all times.

4.5 Clothing & Kit

Please make sure that you are well prepared for a day out on the hills. As 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
- Inner tubes/puncture repair kit
- Multi-tool
- Basic, well maintained first aid kit
- 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. Registration

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

You **must** register before riding 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 on for a friend, make sure you have their emergency contact details too.

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

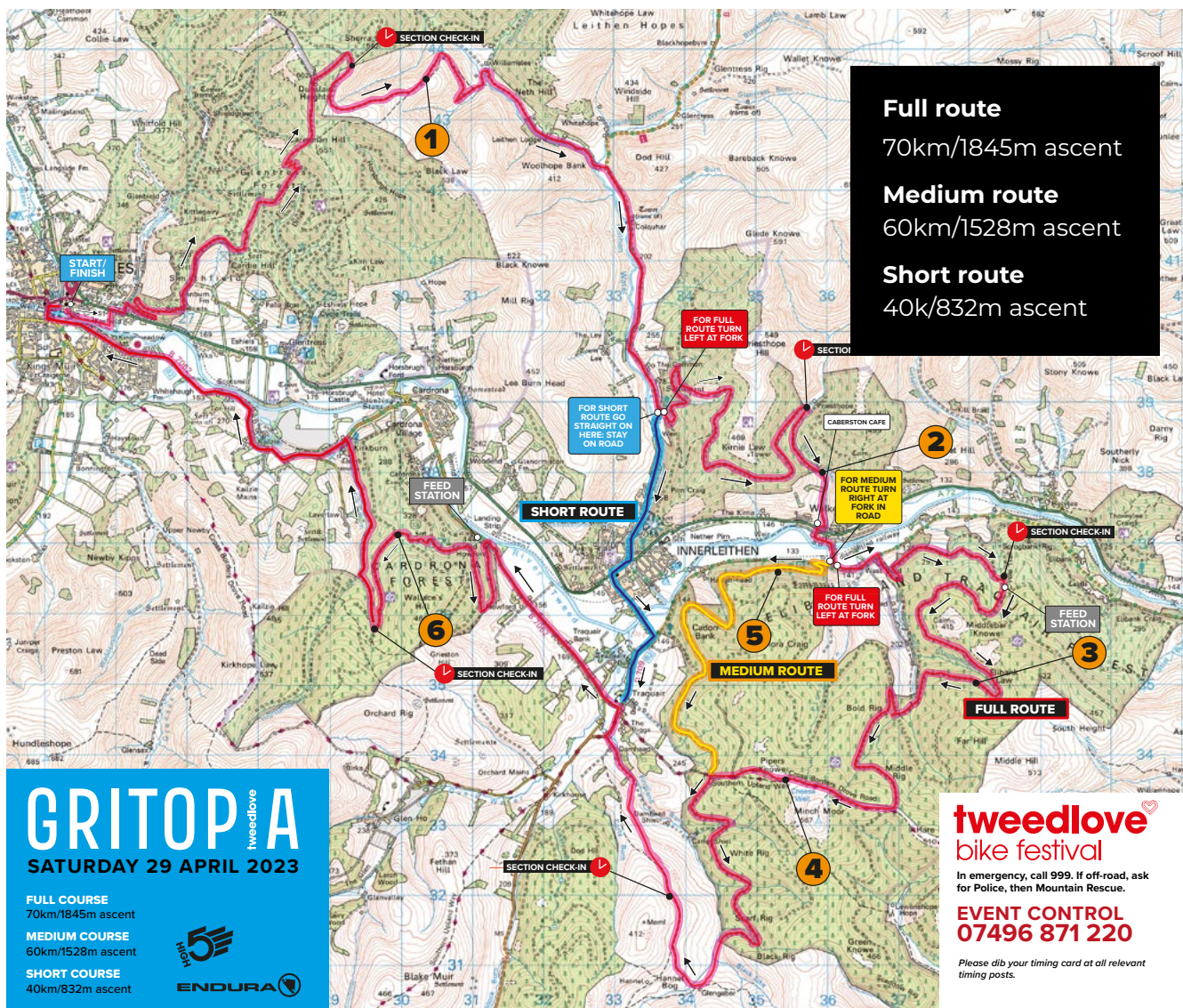
Next, you'll be directed to where you'll collect your timing card. This should be worn on your wrist and although they do not actually need to be inserted into the card readers, they do need to be touched on or placed very near the readers (within 4 cm) – also called 'dibbing'. The timing station will 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 every timing station on course
- At the end of the ride, 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 is on your bike and you've got your timing card on, that's you, ready to head to the start area!

6. Course Map & Information



6. Course Notes

Please be aware of certain areas for extra caution:

1. Very fast grassy descent - in the wet it can also be very slippery. Take care!
2. Descent through farmers field track. Please be respectful, careful, watch out for livestock and last but not least... CLOSE THE GATES! Thanks.
3. Fast descent with changing surface. It gets stony and really loose halfway down! Care required.
4. Another loose and changeable descent, singletrack in places. Take it easy, it's technical at the start.
5. Downhill area! The Medium route shares a section of forest road with the MTB uplift service. Please be aware of vehicles and bikes. The route traverses for about 1.5km where MTB downhill trails cross the road, so watch out for bikes coming from your left at speed.
6. Cardrona is a very popular forest for pedestrians and horse-riders. Please give way to them and be courteous as always. Thanks!

6.1 Course Summary & Marking

The course is clearly marked with white arrows on a blue background throughout and there will be timing check points throughout the course (see map).

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.

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 steadyish 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!

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!

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.

Always ride with caution, and always within your abilities.

6.2 What Sort Of Bike?

The event is aimed at adventure/gravel/CX style 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 proper 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 on rough surfaces and will not be efficient or comfortable - but having said that, don't run pressures so low that you risk rim impacts and punctures. A happy medium is the best bet and a tubeless setup is ideal.

6.3 Food & Water

Feed stations will be on course providing water, nutrition products from High5, bananas from local supplier Orange Grove and delicious TweedLove cakes.

Caberston Cafe also makes a great food and coffee stop!

6.4 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. Rules & Regulations

7.1 Terms & Conditions

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

7.2 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.

7.3 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.

7.4 Cameras

It is the policy to allow for personal/POV 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 Rules & Information

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

- Please listen to all event briefing info.
- Riders must obey all event marshals' and event officials' instructions.
- 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 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.

- You must provide an emergency contact number.
- Signage will be in place along the entire course warning traffic of the event, but riders are always responsible for their own safety.
- The course will 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.
- Please don't drop any litter – marshals will have bin bags!

8. Medical

8.1 First Aid

Medical support is in place on event 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.

8.2 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 asked to leave the event.

Ride safe and remember it's not a race! Have a great day.

The TweedLove Team