

Orbea LoveTouro

powered by Cycle Law Scotland

Sunday 16th June 2024



ORBEA

POWERED BY
 **Cycle Law**TM
SCOTLAND

ENDURA 

High 5

■ CULLEN KILSHAW

Original[®]

 **tweedlove**
bike festival

CREATED & PRODUCED BY hillsideoutside

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WELCOME

THANK YOU for entering Orbea LoveTouro powered by Cycle Law Scotland 2024! A one-off, open road cycle sportive – very much in the spirit of Tour O The Borders – as part of the TweedLove Bike Festival in Peebles.

A fabulous day on the bike awaits you, but for now please take a few minutes to read these notes – they should contain everything you need to know for the event.

Most importantly, remember this is a fun and friendly event – even though it will be a challenging day out for many. Give it your best, and above all, enjoy the ride!

IMPORTANT!! In case of a serious incident, always phone 999 first. Please do try and contact us via the event phone on 07496 871 220 when you have a chance.

Late entries! Advance bookings close on midnight Monday 10th June, but a limited number of last-minute entries will be available at registration on Friday 14th June between 16:00 – 19:00 & on Saturday 15th June at registration.

Remember this is an OPEN ROAD sportive event – you will encounter some traffic throughout the route and towns may be busy! Ride carefully and follow the highway code!

1. Schedule & Registration

REGISTRATION AT TWEED GREEN, PEEBLES, EH45 8AP

Come along to Event HQ to register for the Orbea LoveTouro powered by Cycle Law Scotland to collect your Rider Pack.

You can register during the following times over the Festival weekend:

- **Friday 14 June** | 16:00 – 19:00
- **Saturday 15 June** | 08:00 – 18:00
- **Sunday 16 June** | 07:30 onwards

WHAT HAPPENS AT REGISTRATION?

At registration, you will be asked to confirm your emergency contact details. You'll then receive your rider pack which will contain your number board, cable ties and your timing chip (attached to your number board).

You will also choose a **start time wave** (groups of up to 40 to spread out the riders departing) from approx. 08:00 – 09:30 on a first-come, first-served basis. We'll do our best to put faster riders out first, so please choose an early start wave if you plan to complete the course in a fast time. You can also ride with friends by choosing the same start wave together.

PLEASE NOTE: If any of your details change (phone number etc) you must let us know! We ask all riders to carry their mobile phone with them during the event.

If you are registering for a friend, you must have their emergency contact details. If you are entering a rider under 16 years, you confirm that you have seen and agreed to the [Parental Consent Terms](#).

Sunday 16 June

FIRST RIDERS STARTS AT 08:00

Arrive on Tweed Green at the start area 15 minutes before your allocated start wave time and be ready to ride with your number board attached (your timing chip is on the back of your number board), and helmet.

Please Note: Stay away from timing beacons (4m) around the start, as your timing chip is a sensitive piece of equipment, and this can lead to false timing recording.

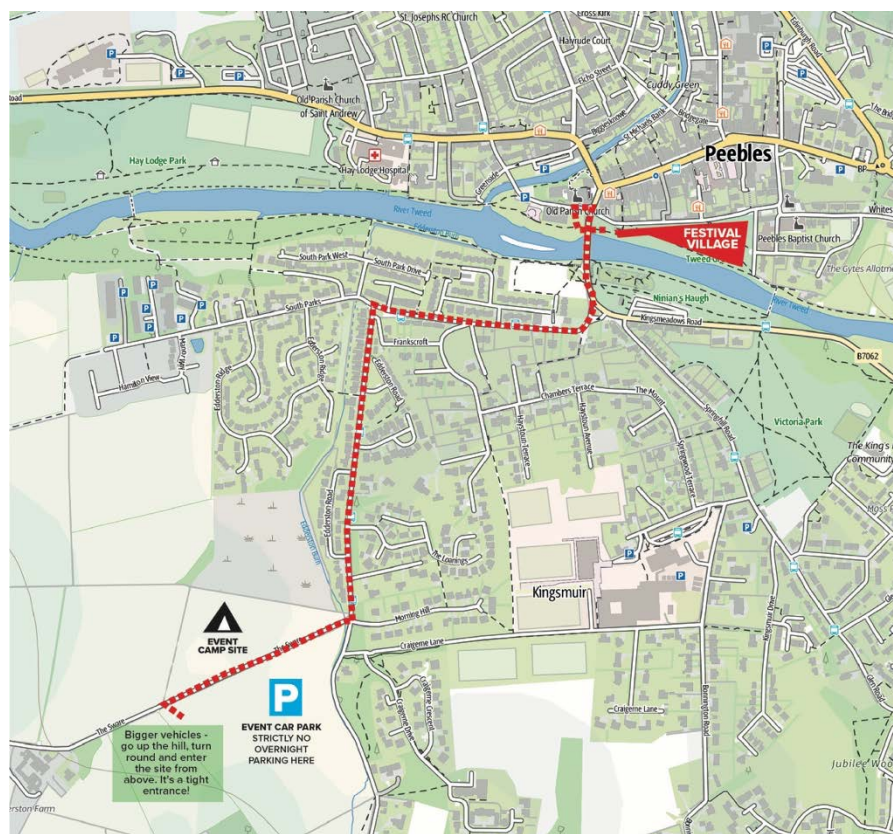
2. Getting There

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

What 3 Words: ///shoving.salary.loses

Camping & Parking

What3Words: ///slant.render.speeches



Download camping & parking map [here](#).

2.1 Parking

All weekend, official FREE event day parking is at Edderston Farm in Peebles. From the event day parking site it's an easy five min ride to the event start – waymarked with arrows. **DO NOT PARK ANYWHERE ELSE PLEASE!**

Use public transport where possible, and car share with friends. 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.

2.2 Camping

The official TweedLove Festival camping field is in the same location as 2023. Details on how to book your pitch and full location information [here](#). Bookings close on Wednesday 12th June at midnight.

2.3 Event HQ Facilities

Portable toilets (including a disabled access toilet) are available on Tweed Green throughout the weekend. They are also available at the TweedLove Festival Campsite.

Mechanics

Bspoke Cycles (High Street, Peebles) will be open during the weekend at the following times

- Friday 9am – 6pm
- Sat 8am – 6pm
- Sun 6am – 4pm

Festival Village

The TweedLove Festival village will be buzzing with demo, expo, music, food and drink vendors and more to enjoy all weekend. So, why not hang out and soak up the best vibes and atmosphere.

Massage

Our Massage Therapists, Melanie & Helen, will be in the event village for pre/post event massage. Let them ease your achy muscles or help you prep to enjoy the ride. They're on-hand for riders, supporters, spectators, all the amazing people that make the Festival magic happen!

2.4 Bike Prep

Please make sure your bike is serviced and in good, safe working order prior to event day. Make sure your chain is clean and lubed, and that your tyres are pumped up to **the correct pressure**. Brakes and pads should be checked, and an overall safety check carried out to make sure everything is tight and safe.

You'll get up to some fast speeds so you want to feel confident in the machine which will get you through the day and over all those miles. Your bike is your friend – show it you care!

Handlebars: No unconventional handlebars are permitted including triathlon bars, aero bars, clip-ons etc. Bar end plugs must be fitted.

2.5 Courtesy

Please do not ride on the pavement at any time.

Please be courteous to residents and everyone else. Let's make sure the road cycling community has a good name and a reputation for good conduct.

3. Rider Info

Changing Route Length

If you decide to change from the long to the short route, or vice versa, you need to come to the registration tent on Saturday or Sunday morning to let us know so we can update start/timing sheets and validate your number board.

Please don't swap routes once you have started the event. However, if you really need to change from the long to the shorter course whilst out there, you must inform the event official at the junction where the two routes split (at The Gordon Arms where the B709 & A708 cross). If you fail to inform an event official, please ensure you let us know upon your return to Event HQ.

Changing Wave

If you wish to ride with a friend who is in a different wave, you may still be able to do so – ask an event official and we'll do our best to make this possible.

3.1 Number Boards

You will not be allowed to ride without your number board. Number boards must be fixed to your handlebars and be readable throughout the event. Cable ties will be provided.

Your timing chip is in the form of a disposable chip that is attached to the back of your number board. The timing chip reacts with the beacon at the start/ finish.

Medical conditions and emergency contact details must be completed on the reverse of the number board (make sure you have these details with you!).

Please Note: Stay away from timing beacons (4m) around stage starts and finishes, as your timing chip is a sensitive piece of equipment, and this can lead to false timing recording.

No rider may use another's rider's event number.

3.2 Marshals - IMPORTANT!

You must follow all marshal instructions.

Marshals along the route will notify you of unexpected hazards (like emergency services on the route) when necessary.

Marshals will be wearing high visibility vests and will clearly signal if you need to stop or slow down. If a marshal needs you to stop, they will stand in the road and signal clearly with both arms, if a marshal needs you to slow down, they will signal with one arm in a clear up and down motion.

3.3 Clothing & Kit

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

You must have the following:

- Helmet (must be worn & fastened at all times while you are riding your bike)
- Mobile phone (charged)
- Suitable clothing

Strongly Recommended:

- Arm and leg warmers
- Waterproof jacket/extra layers in case of delays
- Water bottles
- Energy gels/food etc
- Puncture repair kit
- Spare tubes
- Pocket tools
- Cycle computer/GPS device
- Sunblock
- Chamois cream
- Gloves

Helpful Tips

On the evening before the event...

- Ensure you are on top of your hydration – you don't want to be playing catch up on event day!
- Carb loading is a thing of the past; you don't need to work your way through a mound of pasta! Focus on lighter proteins like chicken, fish or beans with some carbs and make sure you don't eat too late in the day.
- Get a good night's sleep.

On the day of the event...

- Try to eat 2-3 hours before, then eat and drink something 30 minutes before the event – energy drink, bananas etc.
- Eat and drink at regular intervals throughout the event – you must stay fuelled for the body to work at optimum efficiency – don't wait until you feel hungry/thirsty.
- Check out further on the day nutrition information from event partner HIGH5 [here](#).
- Don't go off at a pace you can't maintain. Listen to your body during the event, set a comfortable pace and try not to get swept up into higher pace when being passed by other riders.
- If you're in a group of riders, ride safely and carefully, and don't make any sudden moves – there may be someone close behind you. If you are in a group and find yourself enjoying the slipstream of someone else's back wheel, have good manners – do your turn at the front!

- Please note, our advice is always safety first, so we would encourage all riders not to get too close to one another.
- ALWAYS BE AWARE OF VEHICLES AND TRAFFIC!

3.4 Environment

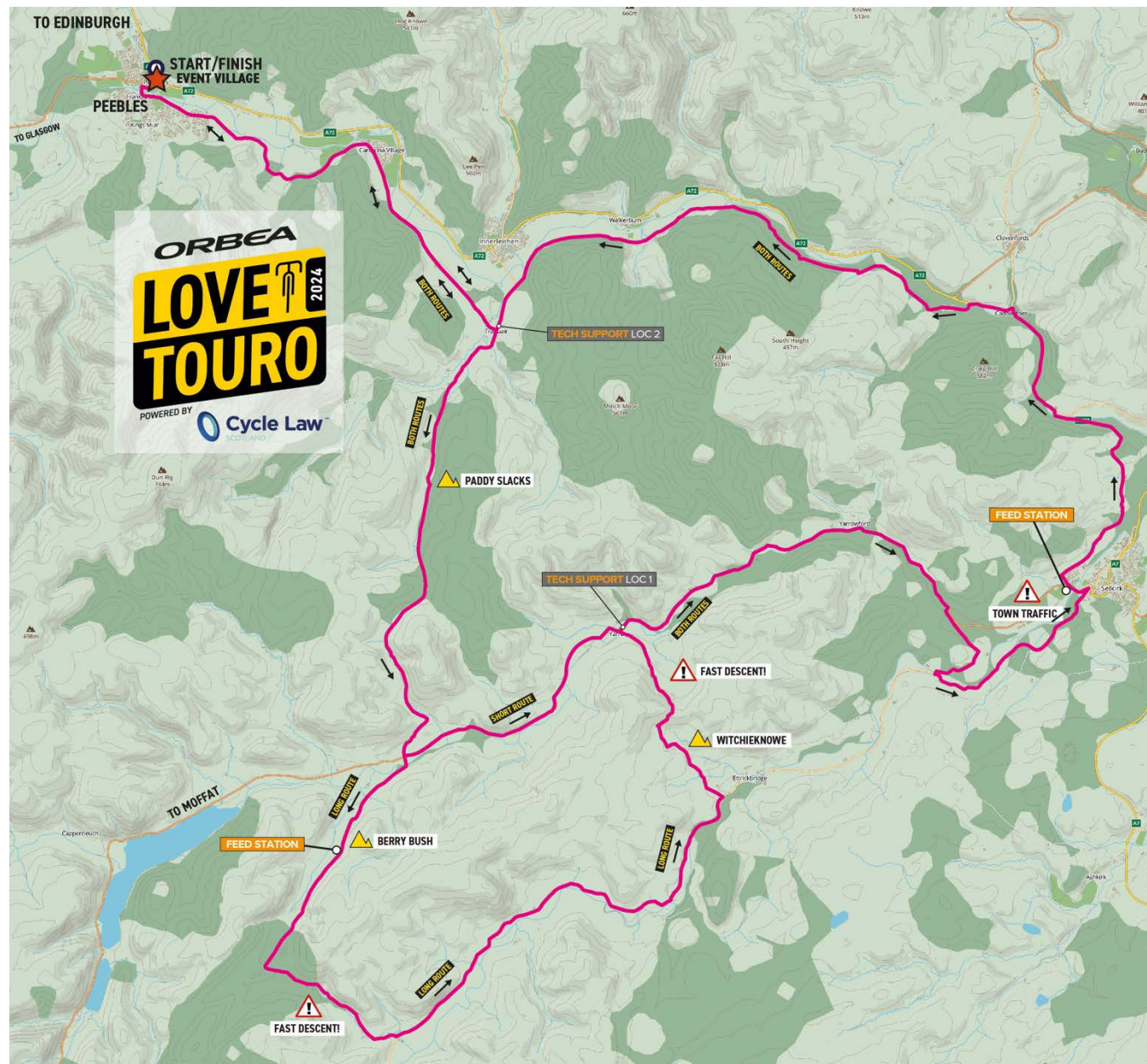
Part of why we run events is to celebrate the beautiful natural Scottish Borders environment we're proud to call home, so:

- Use correct bins provided. Don't contaminate recycling.
- DO NOT DROP GEL OR NUTRITION WRAPPERS, OR ANY OTHER RUBBISH!

4. Course

4.1 Course Maps

Please see the course map below or download [here](#).



4.2 Course Info

Full 103km / 1095m ascent approx.

Short 81km / 804m ascent approx.

Start & Finish

Starting and finishing on Tweed Green, this is where you'll be both waved off & welcomed back to receive your finishers medal. You can join other riders and friends in the Festival village to celebrate the ride. It's perfect for your mates/adoring fans/unimpressed children to cheer you on to a heroic finish.

Profiles and GPX

You can download the GPX file [here](#). If you have any problems, you can email us at info@tweedlove.com and we'll email the GPX files to you directly.

Ride with care!

THIS IS AN OPEN ROAD EVENT, BE AWARE OF ALL VEHICLE TRAFFIC THROUGHOUT THE ROUTE.

Don't be fast and furious! Unfortunately it's not at all unusual for a fast rider to push too hard and end up crashing in a road sportive, so no matter how fast and fit you are, ride safe and don't take risks! Thanks.

Retirement

If you retire from the event for any reason, please inform an event official as soon as possible. Please refer to the contact number on your number board, and call or text in if you can't find a marshal. Otherwise, we'll be out looking for you and phoning your emergency contacts!

Changing Route Length

If you decide to change from the long to the short route, or vice versa, you need to come to the registration tent on Saturday or Sunday morning to let us know so we can update start/timing sheets and validate your number board.

Please don't swap routes once you have started the event. However, if you really need to change from the long to the shorter course whilst out there, you must inform the event official at the junction where the two routes split (at The Gordon Arms where the B709 & A708 cross). If you fail to inform an event official, please ensure you let us know upon your return to Event HQ.

Changing Wave

If you wish to ride with a friend who is in a different wave, you may still be able to do so – ask an event official and we'll do our best to make this possible.

At the Finish

At the finish line, make sure you go past the timing beacon so your finish time is recorded. All riders' times are logged and available online. 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.

Climbs & Descents

All major climbs have descents directly after the top of the hill. All riders must ride with due care and attention to other road users at all times on descents. Please check out the map and be aware of fast descents at Paddyslacks, Berrybush and Witchyknowe.

Please don't take risks. Control your speed on descents.

Sweeper and Minimum Speeds

Riders need to complete the course at a minimum average speed of 16kmph. This is not difficult to achieve so as long as you don't stop for repeated long breaks you'll be fine. If you are having a bad day though, the sweeper vehicle can pick you and your bike up (if you want/and if space available).

Alternatively, if you are slower than the min pace, you'll be free to continue the route (without your number board) after the sweeper has passed but entirely at your own risk/discretion, and you won't get a recorded time.

If you decide to retire from the event, including getting alternative transport back to the start, you must let a marshal or event official know – otherwise we'll be out looking for you.

Cut-off times

The latest you can arrive at The Gordon Arms (the short course turn-off) in order to continue the long course is 10.45.

As we've already said, if you're going to switch course length, please let us know in advance!

4.3 Course Marking

Once you set off from Peebles, the route will be marked with the BLACK ARROWS ON YELLOW signs. These will be at all junctions on the route. Please also look out for other caution or warning signs. These caution signs will be used where appropriate to mark potential hazards. When you see these signs, you should reduce your speed and ride with extra care. Pay attention to all normal road signs too, cattle grids etc.

There will be marshals along the route at road junctions and strategic points, these marshals will be able to assist you if you have any difficulties.

4.4 Feed Stations

You should eat and drink 'little and often' during the ride, so carry the appropriate food with you. We have good feed stations on course, but we advise all riders to have worked out in advance what nutrition works for them and to use the event feed stations as supplemental to their own established feeding routines.

Hartleap Feed Station (long course only)

- Homebaked cakes by John Adam Bakery (vegan & gluten-free available - please ask)
- Bananas
- HIGH5 nutrition
- Water
- Portable toilets available

Selkirk Rugby Club (long and short course)

- Homebaked cakes by John Adam Bakery (vegan & gluten-free available - please ask)
- Forsyth's legendary macaroni pies
- Bananas
- HIGH5 Nutrition
- Water
- Hot drinks
- Toilets including disabled access toilet available (public)

4.5 Mechanical Support

We're delighted to have Bspoke Cycles (High Street, Peebles) providing mechanical back-up at LoveTouro 2024 – please see the map on page 10 for their positions. On the outward part of the ride they'll be at the Yarrow junction and will then move to Traquair to assist returning riders.

You will be asked to pay for any items and repairs depending on what's involved.

Their shop will be open early on Sunday and during the rest of the weekend as well – see timings below.

- Friday 9am – 6pm
- Sat 8am – 6pm
- Sun 6am – 4pm

5. Rules & Regulations

5.1 Terms & Conditions

The event's terms and conditions can be found here [Terms and Conditions](#) including your liabilities and acceptance of event/cycling risks.

5.2 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.

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.

5.3 Safety

A helmet must be worn and fastened at all times.

- This event takes place on open roads. The Highway Code must be followed at all times.
- Anyone without a helmet will be asked to put one on or leave the event.
- Your rider number is how you will be identified and cared for in the event of an accident.
- Please carry your (fully charged) mobile phone.
- Fill in the information on the back of your number board fully. In case of an accident this could make a critical difference.
- In the event of an incident requiring emergency services, if you hear a siren - pull over and get off the course immediately.
- Potholes and rough road surfaces will be marked where possible but please always stay aware especially on fast descents.
- Please watch your speed! Steep descents will be marked with CAUTION signs.
- If you have any health concerns seek the advice of a health professional prior to the event.
- Bring any personal medication such as asthma inhalers and insulin. Please list these on your number board.
- Bring sunblock and sufficient layers of clothes with you.
- Bring sufficient food and drink.
- Riders must obey all event marshals' and event officials' instructions.

- Use of a mobile phone while cycling is not permitted, you must pull to the roadside and stop if you wish to make/ receive a phone call.
- Use of a music player or other similar device with headphones is also not permitted.
- Be aware of the potential of animals on the road and note cattle grids which may require care.
- Take care when overtaking other cyclists and look over your shoulder before pulling out. Please allow other cyclists to overtake you safely.
- Take care when pulling out from feed stations, if you are missing the feed station, please slow down to ensure the safety of riders leaving the stops. Food stops will be marked well before hand.
- As the event will be on a Sunday there will be church services occurring along the route. Please be aware of pedestrians on the route.
- Please remember that an average minimum speed of 16 kmph must be maintained, as this is the pace the sweeper vehicle will maintain.

TAKE CARE ON FAST DESCENTS. WE DON'T WANT ANY ACCIDENTS!

6. Event Jersey

Visit [the TweedLove online shop](#) or come see us on the day to buy an exclusive 2024 LoveTouro x Endura road jersey. Thanks to our partnership with Endura, we're delighted to offer this top spec jersey for just £45.

Endura, as you probably know, make high-performance riding apparel right here in Scotland for some of the world's very best riders and teams.



7. Event Pictures

No event is complete without the official photo that proves you were there! So, we've teamed with our pals at MyBibNumber again to capture your LoveTouro 24 moments in all their glory. And there's a special offer for those who get organised early...

How to View Your Gallery: The galleries will be available within 48 hours of the event's completion, and they might even be up sooner. **Sign up** to receive an email notification when the galleries go live and **get a £5 voucher code** for any photo purchase. Two great reasons to sign up!

One Tip: To find your photos quickly and easily, upload a recent headshot for the best search results. A head and shoulder photo works much better than a full body shot.

The gallery link: <https://www.mybibnumber.com/gallery/1091>