

Glentress 7

Saturday 24th August 2024



hope

High 5

RIDELINESMTB

CULLEN KILSHAW

ENDURA

**Forestry and
Land Scotland
Coilltearachd agus
Fearann Alba**

CREATED & PRODUCED BY **hillsideoutside**

Welcome to the Glentress Seven!

The Glentress Seven is TweedLove's famous endurance mountain bike race – one of Scotland's most popular MTB events. It's a great day's riding and racing for everyone, with the emphasis on fun trails and a friendly atmosphere.

Expect some good climbs, fantastic singletrack, fast descents and a whole lot of fun – you can go as hard, or easy, as you like. Ride solo or in teams of two or three – the most laps in seven hours wins.

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1. EVENT SCHEDULE

The race starts at 10.00 on Saturday 24 August. You must register beforehand to collect your race number(s) and timing chip. Only one team member registers the whole team – choose the most responsible one! All riders must attend the rider briefing at 09:30.

Friday 23rd August

16.00 – 19.00 Registration, optional pit set up and camping opens.

Saturday 24th August

- 08.00** Registration opens. Timing chips will be included in your registration envelope.
- 09:30** Mandatory rider briefing for all riders – at Glentress Weekender Basecamp. Map [here](#).
- 09:45** First riders to start line on forest road.
- 10.00** Race starts.
- 16.40** Latest time you can start your final lap.
- 17.15 TBC** Final lap cut-off time – laps completed after (approx.) 17:15 won't count. Timings will be confirmed on the day.
- 18.00** Podiums.

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

Please see 5.1 for the full Glentress Weekender programme.

2. GETTING THERE & PREP

Event HQ, Start/Finish & Registration: The Glentress Weekender Basecamp

The event will be signposted from the A72 main road - Glentress is between Peebles and Innerleithen.

Please see the event map [here](#).

2.1 Parking & Camping

Please note Parking and Camping are not pre-bookable for the event but don't worry, there will be plenty of space for everybody, including spectators. Camping is available for Friday, Saturday and Sunday night.

Parking and camping is in the overflow parking field at Glentress Forest. There is no event parking in the Glentress car parks. **Please note:** It's a condition for the event that we use the allotted parking area only and not the other Forestry and Land Scotland parking spaces at the Glentress Peel etc, please respect this arrangement.

The field will have both parking and camping areas, which will be separate and clearly signposted upon arrival. Please ensure no tent pegs or gazebos are used in the parking area (the bottom section of the field) – map to follow.

Tents, campervans, caravans and awnings are all allowed. Gazebos/ezups are allowed but you may be asked to take them down due to wind/safety considerations in case of bad weather/high windspeeds.

Please see further info in the camping notes [here](#).

How it works

As you enter Glentress, an Automatic Number Plate Recognition system is in place, which will read your vehicle registration number as you drive slowly over the speed bump, through the entry lane.

The charges to park at Glentress are:

- Free for up to 30 minutes (the exit barrier will raise automatically)
- £3 for up to 1 hour
- £4 for up to 3 hours
- £6 for all day
- £24 for minibus or coach all day
- If you're camping & staying overnight, you will be charged at the daily rate of £6. So, if you arrive on Friday evening & leave on Sunday evening you will be charged £18.

If you are an annual parking pass holder, the exit barriers will raise automatically for you.

If you have stayed longer than 30 minutes (and are not an annual parking pass holder), **PLEASE PAY BY CARD BEFORE YOU LEAVE** at any of the pay machines located in the car parks and outside the Gateway building. Please leave within 20 minutes of paying. **Please make sure you have paid before you reach the exit barrier.**

Blue Badge holders park for free. Please enter the last 7 digits of your Blue Badge number at the pay stations before you exit the car park.

Please see Glentress Weekender Camping Notes [here](#).

2.2 Clothing & Kit

Please make sure that you are well prepared for race day, remember layers to stay warm in between laps (particularly pair & trio riders).

You must have the following:

- A HELMET – THIS MUST BE WORN & FASTENED AT ALL TIMES WHILE YOU ARE RIDING YOUR BIKE.
- Bar end plugs

Strongly Recommended:

- Knee pads
- Gloves
- Eye protection (glasses or goggles)
- Front mudguard
- Full body cover and waterproof jacket if conditions are cold/wet
- Suitable back or hip-pack
- Basic, well-maintained first aid kit & foil blanket
- Inner tubes/puncture repair kit
- Multi-tool
- Food and fluids

Need some last-minute kit? We're huge fans of Endura - check out their gear [here](#). Alpine Bikes also have a great selection – shop on site.

3. RIDER REGISTRATION

Event HQ, Start/Finish & Registration: The Glentress Weekender Basecamp

Registration

If you're in a pair or trio, only one of you has to register – they will receive everything for the whole team.

- Friday registration: 16:00 – 19:00
- Saturday registration: 08:00 – 09:30

Registration is at Event HQ, where your emergency contact details will be checked, and you'll receive your number board(s), cable ties and timing card. Don't forget to complete the information required on the back of your number board.

Timing Card

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 contactless payments.

You need to dib as follows:

- At the start/finish of every lap.
- At the end of the race (after your last lap), 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 race – timing goes live at 10am.

PLEASE NOTE: All riders' times are logged and available at the finish. On handing in your dibber, 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!

It is the rider's responsibility to collect a timing card, it should be in your registration envelope.

4. HOW THE RACE 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, they must record their lap at the timing post dib station, 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. **RIDE SLOWLY AND SAFELY THROUGH THE ENTIRE PITS/ EVENT VILLAGE AREA.**

4.1 Competitor & Team Pits Area

An area of spaces for team base camps will be available around the event village. **It's strictly first come first served, and these spaces will be available from 16:00 – 19:00 on Friday 23rd and from 08:00 on race day.** You must get permission from an event official on site, before setting up a space. Team pit spaces will mostly be big enough for a single ez-up or similar. Please note spectators and supporters are welcome in the pits area and all around the course – there are no limits on numbers in Glentress!

Strictly no vehicles are allowed in the event village except for official event/emergency vehicle.

From 16:00 – 19:00 on the Friday & 08:00 – 09:00 on the Saturday only, you will be able to drop off ez-ups, boxes etc in the blue-badge-only car park adjacent to the event village. You'll then need to park in the event parking field, walk up to collect your gear and carry to the pits area to set up. Or you can park in the main 'event' car park & carry kit to the pits area from there.

Please stay within a 3m x 3m space or less for your team area. Strictly no camping in this area. Ez-ups etc are left at your own risk. Pit area tents and ez-ups may also be set up in the camping field, but please be thoughtful of others and don't take up too much space.

For Solo racers...

There will be a designated area beside the racetrack (in the event village) for the exclusive use of solo riders, where they can leave food and supplies, preferably in a clearly marked plastic box, with a lid. There will be marshals and event staff in the area, but items are left at the owners' own risk. There is no space in this area for solo riders to have ez-ups/tents/gazebos etc.

Please note the area for all pits is a hard standing surface.

There's no access to this area before 16:00 on Friday 23rd of August.

4.2 Start & Finish

The race is scheduled to start at 10.00. When the horn blows to start the race, everyone's off! The race start is on the forest road, a few hundred meters up the road from the Glentress Forest Lodges site. Lap 1 will follow an event vehicle directly up the forest road before joining singletrack sections of the racecourse.

The latest you can start your final lap is at 16.40. The final cut-off time is 17:15 (TBC), so any laps completed after this time won't count. Timings will be confirmed on the day.

4.3 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 a fast lap.

The race course circles round the 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. Remember to hand in your timing card or you won't get a time.

5. EVENT FACILITIES

5.1 Event Village

The event village is free for anyone to come and enjoy – bring your mates, kids and partners. Good vibes, delicious food and cold beer served all day!

Please see the map [here](#).

Programme

Fri 23 Aug

16:00 – 19:00 | Glentress 7 & Enjoyro EVO registration open

No food vendors will be on site on Friday, but Riders Retreat at Glentress is open all evening.

Sat 24 Aug

09:00 | Glentress Forest Café & on-site Coffee open

08:00 – 09:30 | Glentress 7 registration

10:00 – 17:00 | Glentress 7 race

11:00 – 19:00 | Street Food Vendors open (pizzas, burritos, burgers, fries, crepes, ice cream & more)

12:00 – 16:00 | Enjoyro EVO registration

12:00 – 21:00 | Tempest Festival Bar open

18:00 | Glentress 7 podiums

Sun 25 Aug

08:00 | Enjoyro EVO & Glentress Family Day registration opens

09:00 | Glentress Forest Café & Coffee on-site open

09:30 – 16:30 | Enjoyro EVO race

10:00 – 14:30 | Family Day races

11:00 – 18:00 | Street Food Vendors open (pizzas, burritos, burgers, fries, crepes, ice cream & more)

12:00 – 18:00 | Tempest Festival Bar open

17:00 | Enjoyro EVO podiums

5.2 Bike Wash

The official Glentress Forest bike wash is available to use all weekend. 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.**

5.3 Mechanical Support

Alpine Bikes will offer mechanical support at their shop next to the Peel Café, just a few minutes walk from the village. They're open 9-5 every day. Please note this will be charged at normal rates.

5.4 TweedLove Shop

This is your last chance to grab yourself a race jersey (see pic) or a limited-edition T-shirt – open all weekend in the event village!



6. COURSE MAP & INFORMATION

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

IMPORTANT!! The Glentress 7 course will be marked with RED arrows. Please make sure you follow red arrows around the course (there might be yellow arrows up too – they are for a different event).

6.1 Course Summary

- Approx 9.8km / 336m ascent
- Please follow all signage and directions.

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

Overall, you can expect a 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 rideable.

PLEASE NOTE: Please be aware there will be lots of other riders in Glentress. On some parts of the course, a multi-use path may be split by cones/barriers. Please ride on the side indicated by signs.

6.2 Food & Water on Course

The feed station will be on course (see course map [here](#)), providing water, nutrition products from High Five, bananas from local supplier & delicious home-baked awesome cakes from local John Adam Bakery. Please ask marshals at the feed station for vegan and gluten-free options.

Water will also be available in the event village.

Please note: all riders should ensure that they have enough provisions for the event.

6.3 Retirement

A sweeper will go round the course at the end of the race. 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. CATEGORIES

Solo

- Female Under 30
- Female 30-39
- Female 40-49
- Female 50-59
- Female 60+
- Male Under 30
- Male 30-39
- Male 40-49
- Male 50-59
- Male 60+

Pairs

- Female Pair Under (combined age) 80
- Female Pair Over 80
- Male Pair Under 80
- Male Pair Over 80
- Mixed Pair Under 80
- Mixed Pair Over 80

Trios

- Mixed Trio
- Female Trio Under 120
- Female Trio Over 120
- Male Trio Under 120
- Male Trio Over 120

8. RULES & REGULATIONS

Terms & Conditions

Click here for full [Terms & Conditions](#).

Courtesy

The forests will be busy as it's a weekend – be courteous to other forest users, walkers and riders at all times.

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 & 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.

Cameras

It is the policy to allow for cameras to be worn on either bike attachments, or breakable chest and body mounted positions. 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.

Rules & Information

IMPORTANT INFO!

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.

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.

Responsibilities

- All team captains/leaders and solos must attend the pre-race briefing. The team captain is understood to be no.1 on the entry form.
- 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.
- 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.
- Every team member and solo must complete at least one lap, except in the case of injury which must be reported to a race official who will make a final decision. If a team member cannot complete their 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.
- Teammates may use each other's bikes. Riders may accept mechanical support on the course by any other registered rider.
- For obvious safety reasons there is no reverse riding on the course.
- Ignorance of any rule will not be accepted as an excuse.
- Foul riding or poor behaviour will not be tolerated. Unsportsmanlike behaviour is 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.
- **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.**
- 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.
- 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.
- All protests must be made to an event official. The event officials' say is final in all protests.
- 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 into the transition official so that your team's next rider can start their lap.

9. MEDICAL

First Aid

Medical support is in place on practice and race day provided by MX Medical. There will be mobile units on the hill, and first aid trained event staff at the 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.

In case of emergency, always call 999.

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.

A short guide:

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

Safety

Helmets must be worn – not doing so will result in disqualification. This is for the safety of all our riders.

You must ride safely, in control and within the limits of your ability at all times – this includes when overtaking. Helmets must be worn and fastened at all times while riding your bike. Any rider failing to comply with this will be disqualified.

Bike Safety

Please stay vigilant and keep a close eye on your bike. Bike theft is now a huge problem in the UK and there will be people out there who'll take yours if given half a chance. Let's not let these criminals get what they want.