

Keswick Cycle Sportive Saturday 22nd May, 2010

Event Notes

Welcome to the first Keswick Cycle Sportive. Please read the following instructions to help ensure you have a safe & enjoyable event.

Event Directions: The event is based from Crow Park, Lake Road, Keswick, CA12 5DJ.

From East: Follow A66 from Penrith, then first left at large roundabout, left at T junction after 800m, right at mini r/about, follow Heads Road for 600m, then right at next mini r/about onto Lake Road. **From West:** From A66 turn right for Keswick, follow road to mini r/about, turn right & follow Heads Road for 600m, then right at next mini r/about onto Lake Road.

Event Parking: Public car parking is available at Lake Road car park adjacent to Crow Park, this is pay & display. To help avoid congestion, please cycle to the start if you are staying in the town.

Schedule on the Day:

07:00 - 09:30 Registration open

07:30 - 10:00 Start

1700 All riders must complete the course by 1700

Registration: Registration will be situated in the Open Adventure tent in Crow Park. You will need to register when you arrive & collect your SPORTident timing card & event bag containing event number. This needs to be attached to the front of your handlebars with the cable ties provided. Emergency contacts are printed on the back of your number. Be aware that mobile reception is limited. Once you have registered, you can start anytime between 07:30 - 10:00.

SPORTident Electronic Timing: A small electronic SI-Card is carried on a lanyard. It is used with electronic stations at points on the course to record your time at each location. This will be explained clearly at registration if you are unfamiliar with the system. In order to confirm that you have completed the course, you will need to register your SI-Card at the START & FINISH. Also:

Route 1 - Register your SI card at the **HONISTER** feed station BOTH times you reach the top of Honister Pass

Route 2 - Register your SI-Card at the **HONISTER** feed station on the ONE occasion when you reach the top of Honister Pass

Route 3 - There is no intermediate timing point on this route

Switching Your Route: You are able to switch your route from the one you originally specified, whilst you are riding. Please ensure you follow the specific route signage. If you do switch routes, ensure that you register your SI-Card at the appropriate feed stations otherwise the results will show you on the wrong route

Please ensure that you return your SPORTident Timing card immediately after you finish whether you complete the course or not. This is an essential safety requirement of the event. Here you will receive a printout of your time & food voucher for Lakeland Pedlar. SI-Cards that are lost or not returned at the finish are charged at £25 each. Visit www.sportident.co.uk for further information.

Toilets: These are located in Lake Road car park. There are public toilets on the course at Whinlatter, Buttermere, Grange, Crosthwaite & Honister.

Clothing & Equipment: All riders are recommended to carry drink bottles, snack food, basic tools, replacement inner tubes & suitable wet weather clothing. Dress appropriately for the conditions, for UK mountain weather forecast visit www.lakedistrict.gov.uk/weatherline

Courses: There are now route description cards on the event website which can be downloaded. The start/finish will be in Lake Road car Park. The routes will be marked & signposted with black/yellow fluorescent signs. Please don't rely on them as they can be

removed or changed without our knowledge. Please read the Bike Route Card on the event website & familiarise yourself with the course maps & route. The responsibility is on the participant to follow the correct route, course maps will also be displayed at registration.

Road Safety: The routes are all on public roads so great care must be taken. You must obey the Highway Code, ride in single file where appropriate and no more than 2 abreast at any time. The descents are very steep & dangerous with sharp bends, loose gravel & pot holes, please ensure you ride with caution. The roads are also very narrow in places especially through the villages, so expect to give way where necessary. This is a popular tourist area so please be courteous to other road users even if they do not show the same respect. Expect people & sheep to be wandering across at any time!

Feed Stations: There will be a feed station located in the car park at the top of Honister Pass. This will be supplying water, energy drink, tea, hot chocolate, bananas, malt loaf & biscuits. There is also a café here if you'd prefer a longer break! There is limited water available at the start, please help us by bringing your drinks bottles topped up.

Retirements: If you retire early for whatever reason you must inform event HQ or a marshal.

Event Emergency Contact Number: 07811 184812 or 07764 950322

Event Photography: Sport sunday photographers will be out on the course, pictures will be available after the event at www.sportsunday.co.uk

Results: Overall times for each route will be posted on the event site via the following link: <http://www.sportident.co.uk/results/2010/keswick sportive> or visit www.sportident.co.uk

The Sportive is part of the Keswick Mountain Festival, if you are interested in what else is happening visit www.keswickmountainfestival.co.uk For accommodation & general information on Keswick visit www.keswick.org

Let me know if you have any further questions,
We look forward to seeing you on Saturday & hope you have a great day,

Ian Mulvey

All enquiries regarding entries for this event should be directed to Event Organiser Ian Mulvey
Email: imgenr8@live.co.uk (M) 07811 184812.