



Grasmere Village Hall, Grasmere, LA22 9TA

The Cumbrian Cracker Cycle Sportive

Thank you for entering the Cumbrian Cracker, the event starts from Grasmere Village Hall, post code LA22 9TA. Registration is open from 7:00am inside the hall and cycle starts are from 07:30-09:00am outside the hall.

Section 1: The morning of the event

Parking is very limited in official car parks in Grasmere. The location of the car parks is shown on the map at the end of the document and the Village Hall is also marked. If you are staying in the locality on Saturday night, you might be able to leave your car there and cycle in. We do urge you to car share where possible.

FOR THIS EVENT THE LOCAL POLICE HAVE ALLOWED PARKING ON THE MAIN A591, PLEASE SEE THE SEPARATE PARKING INSTRUCTIONS AT THE END OF THIS DOCUMENT.

THERE IS STRICTLY NO PARKING ON PYE LANE. THIS IS FOR RESIDENTS ONLY AND WE WILL HAVE SIGNS IN PLACE.

There are portable toilets available outside the village hall. There are also public toilets in the village centre no more than 300m from the village hall.

Section 2: Accommodation

Please use the GoLakes website by using the link below to search for accommodation in Grasmere and the surrounding areas. When booking, please ask about parking and leaving your car on the hotel car park whilst you ride. This will help to avoid any parking issues within the village.

<http://www.golakes.co.uk/>

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Section 3: Registration

Registration will open at 7:00am. At registration you will collect a wrist band which must be displayed at the food stop for refreshments. There are an increasing number of people riding Sportives who have not officially entered but turn up to follow the route. In previous years they have taken refreshments at the feed stop in Cartmel so please wear your wrist bands to show that you have officially entered. You will also collect a timing sticker which must be attached to your helmet to record your finish time for the event. Please refer to the demo helpmets on display at registration to ensure you have done this correctly.

Section 4: The start

The starts are 07:30am - 09:00am and there will be a maximum of 20 riders every 2 minutes to prevent excessively large groups forming. The course is approximately 57 miles, last year the fastest time was 2 hours 57 minutes and the slowest time in excess of 8 hours. If you start at 09:00am and take longer than 7 hours to complete the course, you will be riding in the dark for the last miles of the course with no street lighting.

For safety reasons, the timings for this event will stop at 4:00pm. If you anticipate taking 7 hours or more, you must therefore start at 9:00am or earlier to reach the finish by 4:00pm. If you start later than 9am and take longer than 7 hours to complete the course you will not receive an official finish time. If you are a slow rider, be responsible and start early! Riders will line up at the entrance to the park, opposite the village hall and will pass under the start gantry.

The first 20 riders will be asked to enter the start pen and once they have started, the next group of 20 will be allowed to enter the start pen to follow at 2 minute intervals. As you leave the start pen you will ride past the timing sensors which starts your timing for the day. At the finish you will ride across the finish line and this will end your time for the day. There is no 'split time' or official sign in at the food stop. The finish line will be at the village hall, opposite the start line.

Picture 1: Aerial shot of hall and start area.



Picture 2: Start line is the gate leaving the park, the finish line is the gate on right, entering village hall. To get to start follow the lane between the park and the hall, it will be signed into the park and the start pen.



Picture 3: Finish gates and timing mat position at end of ride, entry to village hall



Section 5: Finding your way

The hardest part of the course with regards to navigation is the first 600m, please look for the signs when leaving the village.

The course will be marked with epic events signs, it is your responsibility to look for the signs. **You MUST carry a route card which includes instructions and emergency contact numbers (please print or download to your phone and bring with you – available from event web page)** in case you get lost or someone steals the signs (signs have been ripped down in the past). On the website in addition to the route card we also have a map which you can view and download into your GPS system. To go there direct follow this link or paste into your browser:

<https://www.strava.com/routes/3374968>

Section 6: The rules on the road

On the road please ride no wider than pairs and change to single file when necessary to allow traffic to pass. This event is not a race, it is a social cycling challenge and you should approach it in this manner. You must follow the rules of the road and any dangerous or reckless cycling will not be tolerated, anyone endangering other participants or road users is not welcome at any of our events.

It is compulsory to carry a mobile phone, all spares and necessary repairs for your bicycle in addition to sufficient food and drink. Please note that there is a sweeper van for this event, if you have a minor mechanical failure you should have all the necessary tools to repair your bicycle. There will be a mechanic with the sweeper van who will be able to assist with any major mechanicals which will hopefully allow you to continue.

If you feel that this distance is too far and you have any doubts regarding your ability to complete it, you should not start as it would be unsafe to do so.

In the case of an emergency (should you witness an accident), the organisers phone number is on the route card (another reason why this must be carried). You should initially contact the emergency services and next the race organisers.

All competitors must wear a hard shell helmets for all Sportive events, the course is challenging and there are many descents and sharp bends so be aware and ride safely at all times. If you have any known medical illness or injury which you think may affect your participation in this event, you should seek medical advice before attending.

You can view the Highway Code Rules for Cyclists here: <https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

What happens if there is bad weather?

If required due to bad weather, we will change the route as appropriate to ensure that the event goes ahead on the day. If the weather is so bad that we feel it necessary to postpone the event, an

alternative date will be arranged and competitor entries can be either transferred to the new date or transferred to the next event.

If the weather forecast is very poor in the week approaching the event, we will update all competitors via email prior to the event. The latest news will also be displayed on the Cumbrian Cracker web page in the days approaching the event. Please note that unless you are informed by the organisers that the event is postponed, the event is taking place.

Section 7: Danger on the route

The majority of the route takes place on quiet rural lanes but you should always be aware that these roads are open to traffic and quiet lanes bring their own hazards. Never ride more than 2 abreast and be wary of blind bends on winding roads, if you can't see the car, they can't see you. Enjoy the scenery but always keep your mind on the road and other road users.

Please ride carefully especially on the descents. The descents on the course are narrow with traffic coming in the opposite direction. There are many blind turns on the descents and they lead to busy junctions at the bottom. Please cover your brakes on all descents and watch your speed and obey the signs that we will have in place.

There are **4 Danger Points** on the course where you should exercise extreme caution:

1. Crossing the A590 at 22 miles heading South & 36.5 miles heading North



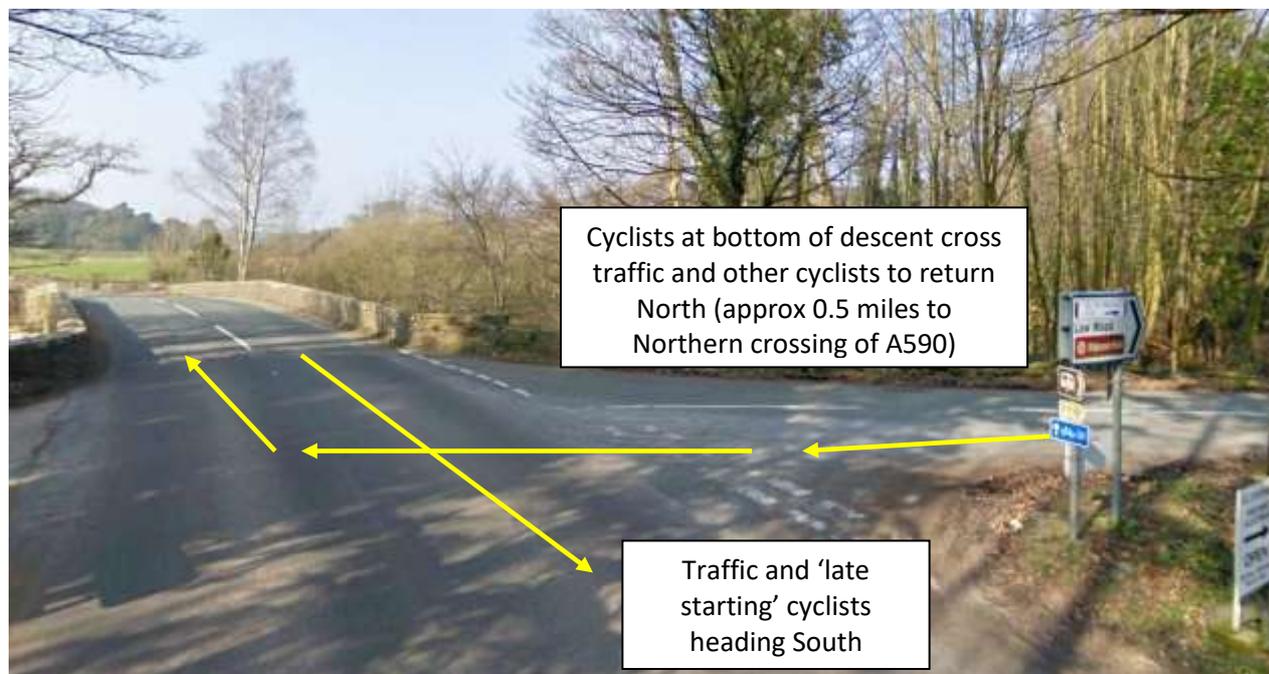
Picture 4: A590 crossing heading South to the refreshment stop at Cartmel



Picture 5: A590 crossing heading North on return journey to Grasmere

Danger Point 1 Description: You will cross the A590 heading South and then cross at the same point on your Northwards return journey to Grasmere. Traffic will be travelling at 50mph+ on this main road heading East and West and you **MUST STOP** and cross responsibly. There will be warning signs in place notifying drivers and marshals will be at this junction. Please note that the marshals will not tell you when to cross, they are there to ensure you stop and look before crossing. **Please exercise extreme care at this crossing**

2. The descent into Haverthwaite @ 36 miles



Picture 6: Right turn at bottom of sharp descent

Danger Point 2 Description:

Upon leaving the refreshment stop at Cartmel Scout Hut you will tackle a long gradual climb (sorry) followed by a very fast and technical descent to a T-Junction at Haverthwaite. The descent surface is poor and there is likely to be lots of loose leaves on the road. If you do not know the descent it can be very dangerous as there are several unexpected blind/sharp/narrow bends. At the bottom of the descent you will reach a T-Junction and turn right across traffic and also across 'later starting' cyclists heading South to the refreshment stop.

There will be warning signs in place notifying drivers at this junction. **Please exercise extreme care at this junction.**

3. The right turn to Ambleside@ 51.5 miles

Picture 7: Approaching the right turn to Ambleside

Danger Point 3 Description: After passing through Hawkshead the road continues towards Ambleside and eventually reaches a right hard turn onto the main Ambleside to Coniston road. Initially there is a short steep climb to reach the T-Junction. The traffic moves quickly in both directions on this road and the vision is poor looking both right and left. There will be warning signs in place notifying drivers.

Please exercise extreme care at this junction.



Picture 8: The right turn to Ambleside

Danger Point 4 Description: At approximately 84k/m you will pass through Under Loughrigg, this road is heavily populated with walkers and parked vehicles. You will need to pass with caution. There will be signs in place warning cyclists of pedestrians in the road and also warning pedestrians that a cycle event is taking place. Please be courteous to the walkers in the road.



Picture 9: Pass through Under Loughrigg

Section 8: Refreshments

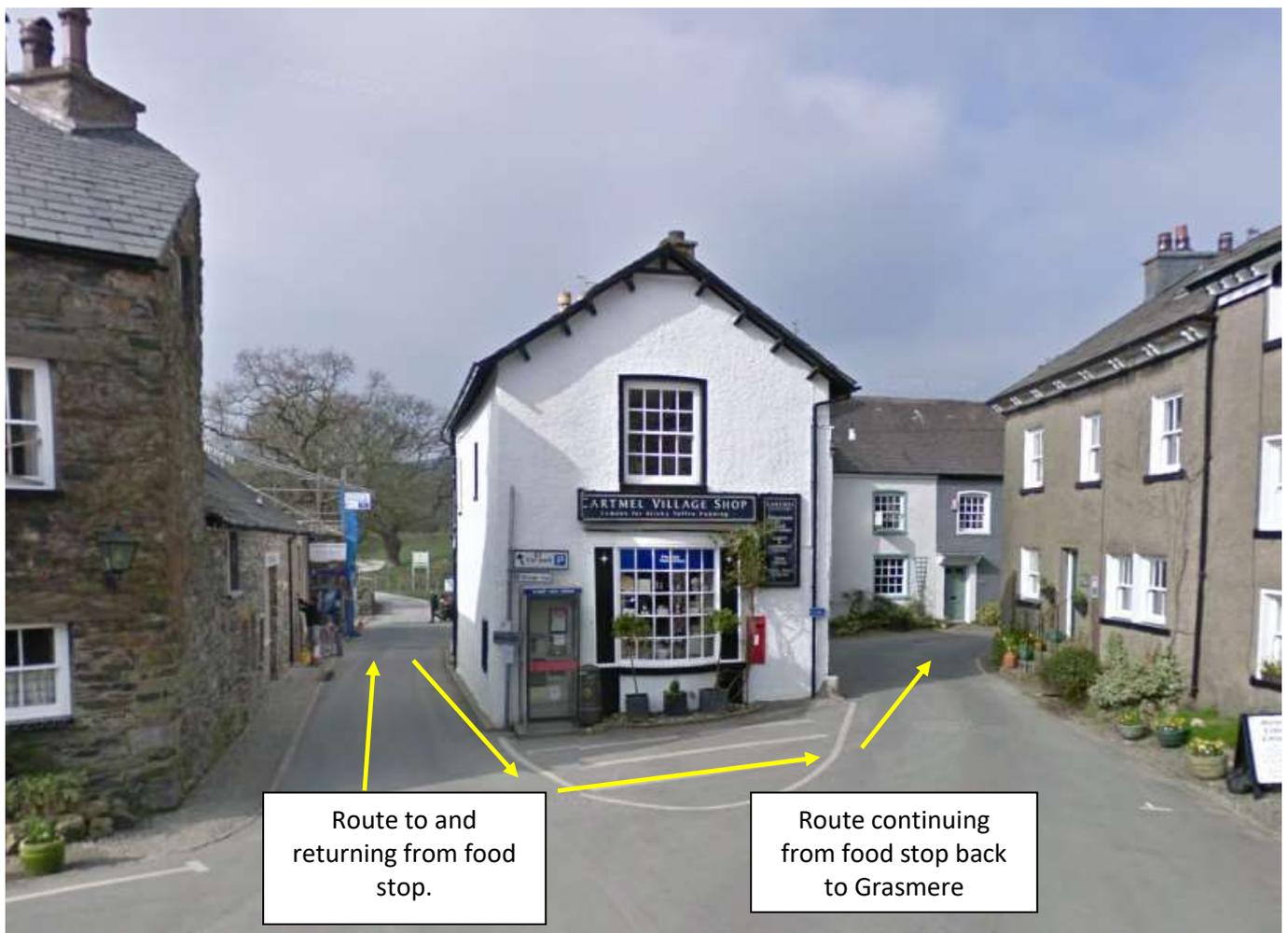
The mid-route food stop will be Cartmel Scout Hut. As you enter Cartmel village centre you will see the famous Cartmel Village Shop. To reach the food stop follow the lane to the left, continue past the village hall and through the race course car park to reach the Scout Hut. You must then **retrace your steps back Cartmel Village Shop and turn sharp left to continue on the route to Grasmere.**

At the food stop there will be tea, coffee and a selection of sandwiches, cakes and biscuits. You will also be able to refill your water bottles.

The event is helping to raise funds for Cartmel Scout Hut and we would be extremely grateful if every rider would donate £1 to the Cartmel Scouts when they stop for food. This is not compulsory as the refreshments are included in your entry fee.

We hope that rider donations coupled with an Epic Kidz donation will go a long way to assist the local scout group and their costs for the year and this is a great way to give something back to the local community as we pass through.

When you reach the finish line we will be serving tea, coffee, and a finishers meal which is included in your entry fee. There will also be other snacks and refreshments available at a small cost.



Picture 10: The route to and from the Cartmel Scout Hut

Section 9: Epic Events 'Maillot Jaune' Support Riders



There will be support riders on the course, starting at regular intervals throughout the morning. The support riders will carry a stock of spares, tools and basic first aid equipment.

Look for the yellow jerseys with 'Epic Events Support' written on the back and stop them if you need them!

These riders will also be acting as 'group leaders' for anyone who cares to join them. They will depart at regular times throughout the morning. The speed of these support riders will vary depending upon their start time with the earlier riders cycling slower.

Section 10: Timings

A full list of times will be available immediately after your ride on the Epic Events website. Please remember that we provide the timings as a reference of personal performance, the event is not a race and should not be treated in this manner.

Section 11: Bike Mechanics

There will be two bike mechanics covering this event. One will be at the event HQ in the morning and will assist with any mechanical issues you may have. There will be a bike mechanic positioned at the food stop all day.

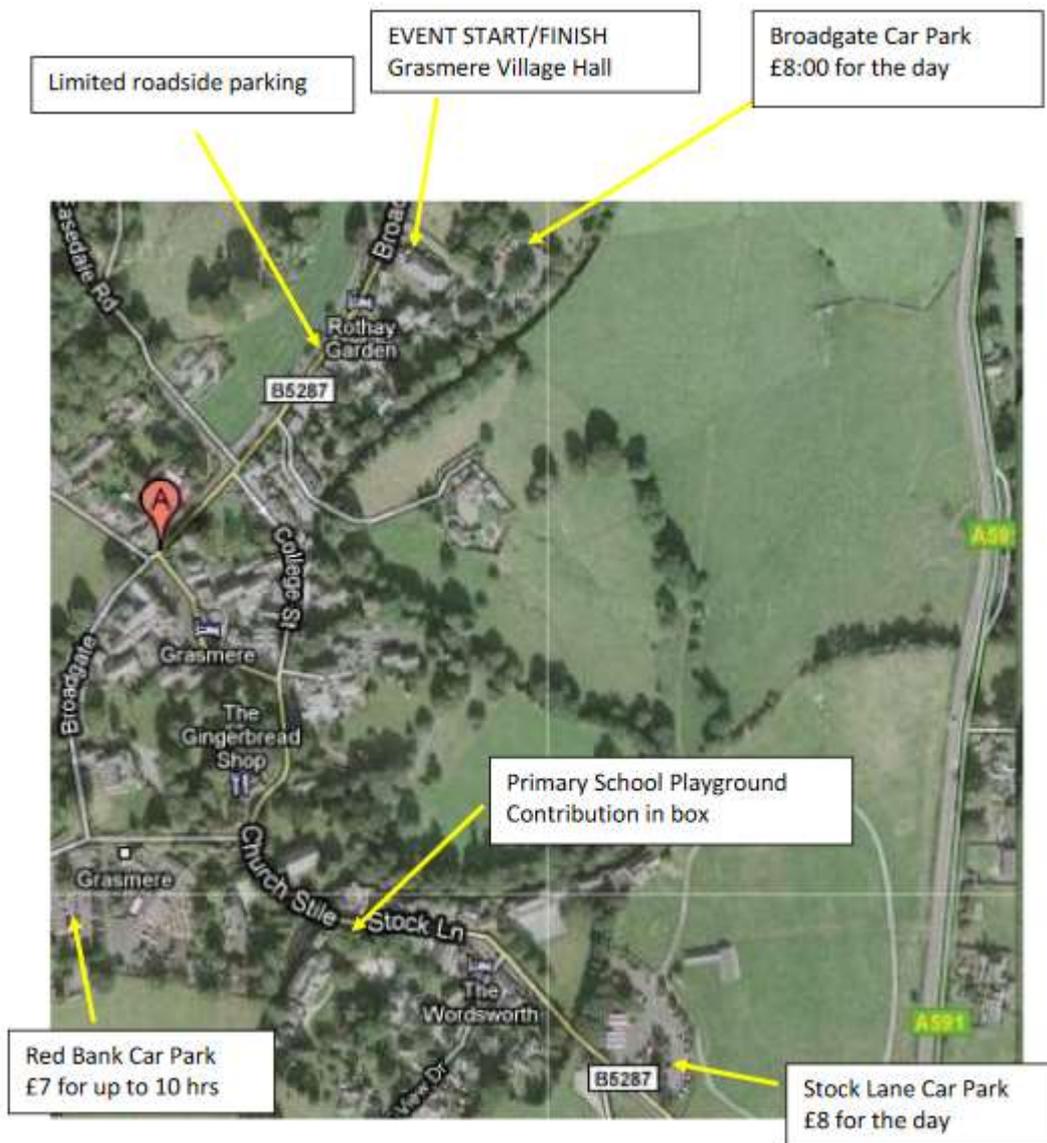
Section 12: Finally

Have a great day, ride safely and we look forwards to seeing you at the finish!!

The Epic Events Team
events@epicevents.co.uk
www.epicevents.co.uk

Parking

Pay and Display Car Parks available:

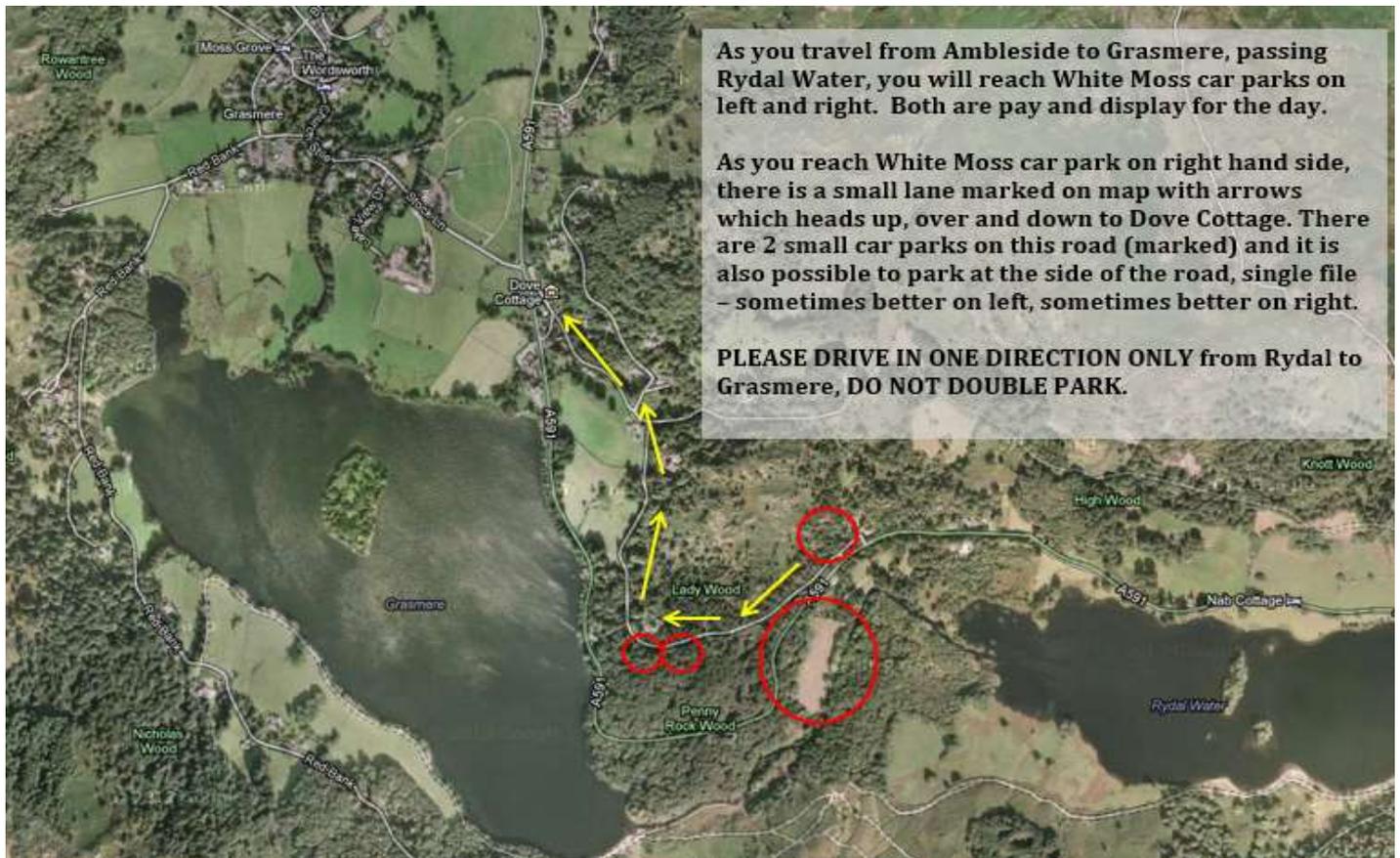


Car parking in Grasmere is limited, to avoid congestion please following the following code:

1. PLEASE CAR SHARE – THIS IS CRITICAL FOR ALL COMPETITORS!
2. If you are staying overnight, please leave your car at accommodation and ride to the start. There is a list of Grasmere accommodation in the competitor notes.
3. Park outside Grasmere and ride in where possible
4. Park responsibly and take minimal space

The pictures below show areas where you can park, it will be very difficult to find a car park in Grasmere so follow the instruction provided.

If travelling through Ambleside, please park at White Moss (which will be sign posted) and the lane / small car parks from White Moss over to Dove Cottage. Do not double park or cause obstruction.





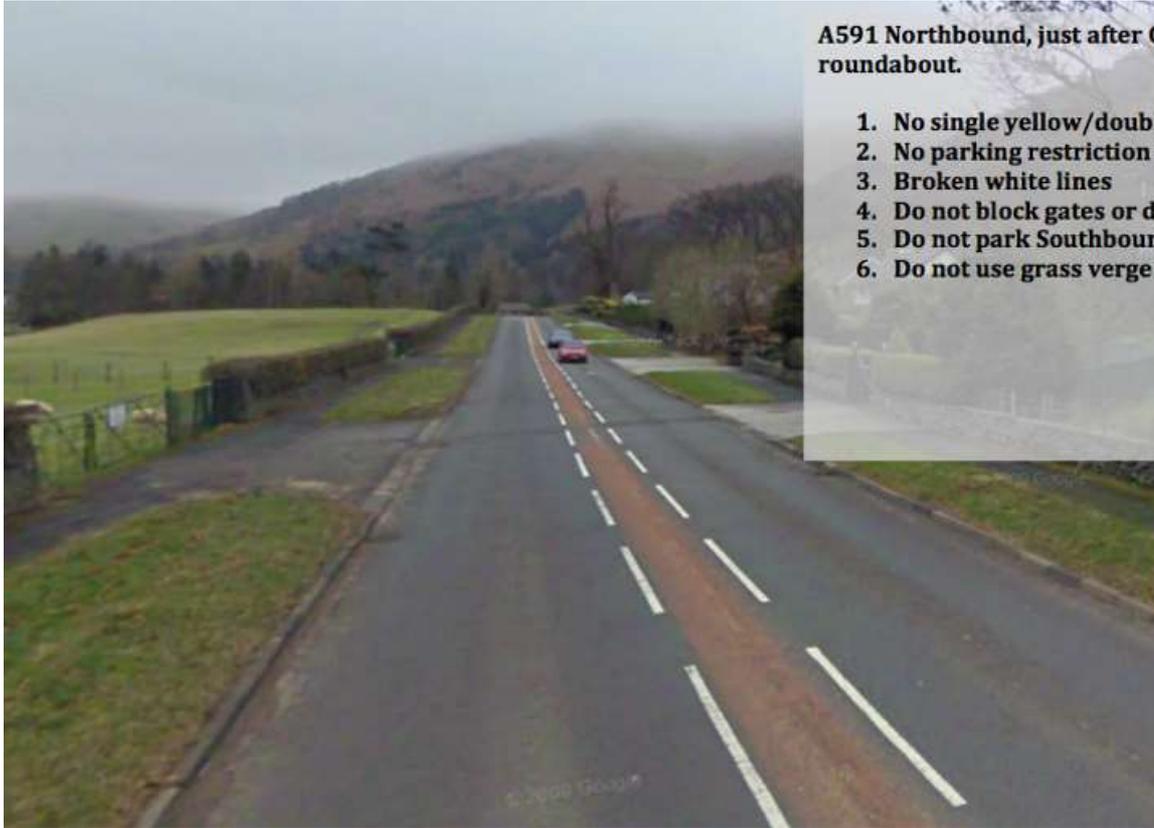
Parking is permitted on the A591 between the two points marked on the map.

YOU WILL RECEIVE A PENALTY FINE IF YOU DO THE FOLLOWING:

1. Park on the South bound side of the road
2. Park anywhere where there are solid white lines in the middle of the road
3. Park anywhere where there are single yellow lines or no parking signs
4. Pull onto and damage the grass verge
5. Block gates or driveways

Parking is permitted if you:

1. Park facing North on the North bound carriageway (on left if heading to Keswick)
2. Park tight against the Kerb
3. Parking is ok where there are broken white lines
4. Don't pull onto the grass verge
5. **BE CAREFUL GETTING OUT OF YOUR CAR AND DON'T OBSTRUCT TRAFFIC!!**



A591 Northbound, just after Grasmere mini-roundabout.

- 1. No single yellow/double yellow**
- 2. No parking restriction signs**
- 3. Broken white lines**
- 4. Do not block gates or driveways**
- 5. Do not park Southbound**
- 6. Do not use grass verge**