



## Penrith Cricket Club, CA11 8PE

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

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# Endurance Revolution



Swim \* Cycle \* Run  
#EnduranceRevolution

## The Eden Valley Epic Cycle Sportive

Thank you for entering the Eden Valley Epic Cycle Sportive, the event starts from Penrith Cricket Club, Weatheriggs Lane, Penrith, CA11 8PE. Registration is open from 7:00am inside the Cricket Club and cycle starts are from 8:00-9:30am at the front of the centre.

### Section 1: The morning of the event

#### Car Parking

There is free car parking at Ullswater College which is next door to the Cricket Club. Please follow instructions when you arrive and the signage in place. Use the post code CA11 8NG to access the Car Park.

Parking at the College will be tight. Please ignore the space on the ground and listen to the car park marshals on the day.

There are also several smaller pay and display car parks in and around the Town Centre (please see the attached map at the bottom of the notes). The fee for all pay and display parking is £1 for all day.

There is **NO EVENT PARKING ON WEATHERIGGS LANE**. Please use the College and other Pay & display car parks.

#### Facilities

The Cricket Club has plenty of toilets and seating areas for riders and supporters throughout the day. There is also an onsite caterer which will be serving refreshments during the morning and throughout the day.

### Section 2: Accommodation

The event starts & finishes in the historic town of Penrith and has a food stop in the ancient market town of Appleby. It's an amazing part of the country with some amazing places to stay. You can see Penrith accommodation here: [www.visiteden.co.uk](http://www.visiteden.co.uk)

### Section 3: Registration

At registration you will collect a wrist band which must be displayed at the food stop & at the finish for refreshments. There are an increasing number of people riding Sportives who have not officially entered but turn up to follow the route. We discourage this as it generates further congestion on the roads and people take food and other refreshments at the feed stops which reduces availability for official entrants.

You will also collect a timing sticker which must be attached to your helmet. There will be demo helmets at registration so you can see where the sticker needs to be attached.

## Section 4: The start

The starts are 8:00am - 9:30am and there will be a maximum of 20 riders every 2 minutes to prevent excessively large groups forming. The course is approximately 60 miles and if you start at 09:30am 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. **The post ride food will stop being served from 4:00pm also.** 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, likewise, if you are a quicker rider, start later. Riders will line up outside the leisure centre entrance 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 across a timing mat which starts your timing for the day. At the finish you will ride past the timing sensors 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 in front of the Cricket Club (same location as start).

## Section 5: Finding your way

The hardest part of the course with regards to navigation is the first mile, please look for the signs when leaving the start. The course will be marked with cycle route 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 and bring with you – available from event web page)** in case you get lost or someone steals the signs (happens regularly). 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/3416874>

## 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 for necessary repairs to your bicycle in addition to sufficient food and drink. Please note that the sweeper van for this event is only for serious mechanical failures. If you have a simple mechanical failure you should have all the necessary tools to repair your bicycle. The same applies for those who decide that they have 'ridden far enough' and no longer wish 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 organiser's phone number is on the route card. You should initially contact the emergency services and next the race organisers.

It is compulsory for competitors wear 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.

### **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 cancel 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 Eden Valley Epic web page & Facebook 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**

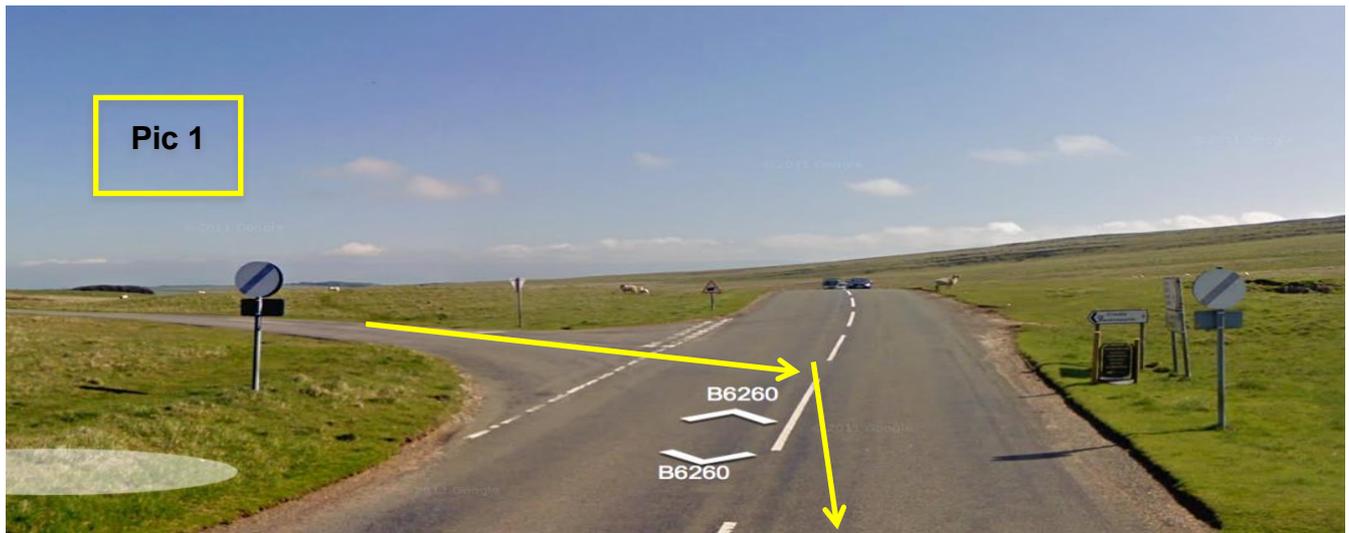
The majority of the route takes place on quiet rural lanes but you should always be aware that these roads are open to traffic and quiet lanes bring their own hazards. Never ride more than 2 abreast and be wary of blind bends on winding roads, if you can't see the car, they can't see you. Enjoy the scenery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

We have highlighted several key points on the route where care needs to be taken. Please note that this is not an exclusive list and you must always ride with caution on open roads.

#### **Danger Point 1:** Leaving and returning to the leisure centre

Upon leaving the leisure centre you immediately reach a set of lights. These will be manned in the morning by local police. Please listen to their instructions and don't presume it is safe to proceed. The same applies as you return to the leisure centre to end your ride. The Police will not be there on your return so you must obey the traffic lights.

**Danger Point 2:** T-Junction B6260 @ 18.5 miles. Fast traffic on B6260, please take care when turning right (see pic 1).



**Danger Point 3:** Appleby Town Centre

Take care when entering, navigating and leaving Appleby town Centre as the traffic is busy and you must navigate several junctions.

**Danger Point 4:** Langwathby Bridge @ 53.8 miles.

There are traffic lights at Langwathby Bridge which must be obeyed. The bridge is too narrow for a bike and a car travelling in opposite directions and traffic is heavy on this road. See pics 2 & 3 for lights at Langwathby Bridge.





**Danger Point 5:** Right turn off A686 just after Langwathby Bridge (54 miles).

The A686 is a busy main road and shortly after the Langwathby Bridge you will make a right turn across traffic which may be travelling at high speed (see pic 4). **BE VERY CAREFUL AT THIS JUNCTION.**



## Section 8: Refreshments in Appleby

The mid-route food stop will be Appleby Public/Town Hall and as part of this event you can help raise money for the local scout group. At the food stop there will be tea, coffee and selection of sandwiches, cakes and biscuits. You will also be able to refill your water bottles. In addition to food and drinks, the town room will also house a bike mechanic.

This event is helping to raise funds for the Appleby scout group. We would be extremely grateful if every rider would donate £1 to the scouts when they stop for food. This is not compulsory as the refreshments are included within your entry fee. We will match the donations made on the day to double the donation. The more you donate, the more we donate so make us pay!

We hope that rider donations coupled with our donations will go a long way to assist the local scout group. This is a great way to give something back to the local community as we pass through.

To reach the food stop you will follow the road onto Boroughgate (main street through Appleby), the public hall is next to Moot Hall (white building splitting the main street). Please look out for the signs directing you to the Public/Town Hall.



Figure 1

## Section 9: Epic Events 'Maillot Jaune' Support Riders

### Epic Events Support



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

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

There is mechanical support at the start/finish and also at the Appleby food stop. The support riders will only carry minimal spares for repairs.

## Section 10: The finish line and your finisher's food

At the finish you must ride past the timing sensors to record a finish time for the event as this also informs us that you are home safely. Your entry fee includes free hot food and drink at the finish.

## Section 11: Results

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

## Section 12: Bike Mechanics

There will be two bike mechanics for the day. 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.

Many thanks and see you there,

Epic Events Team



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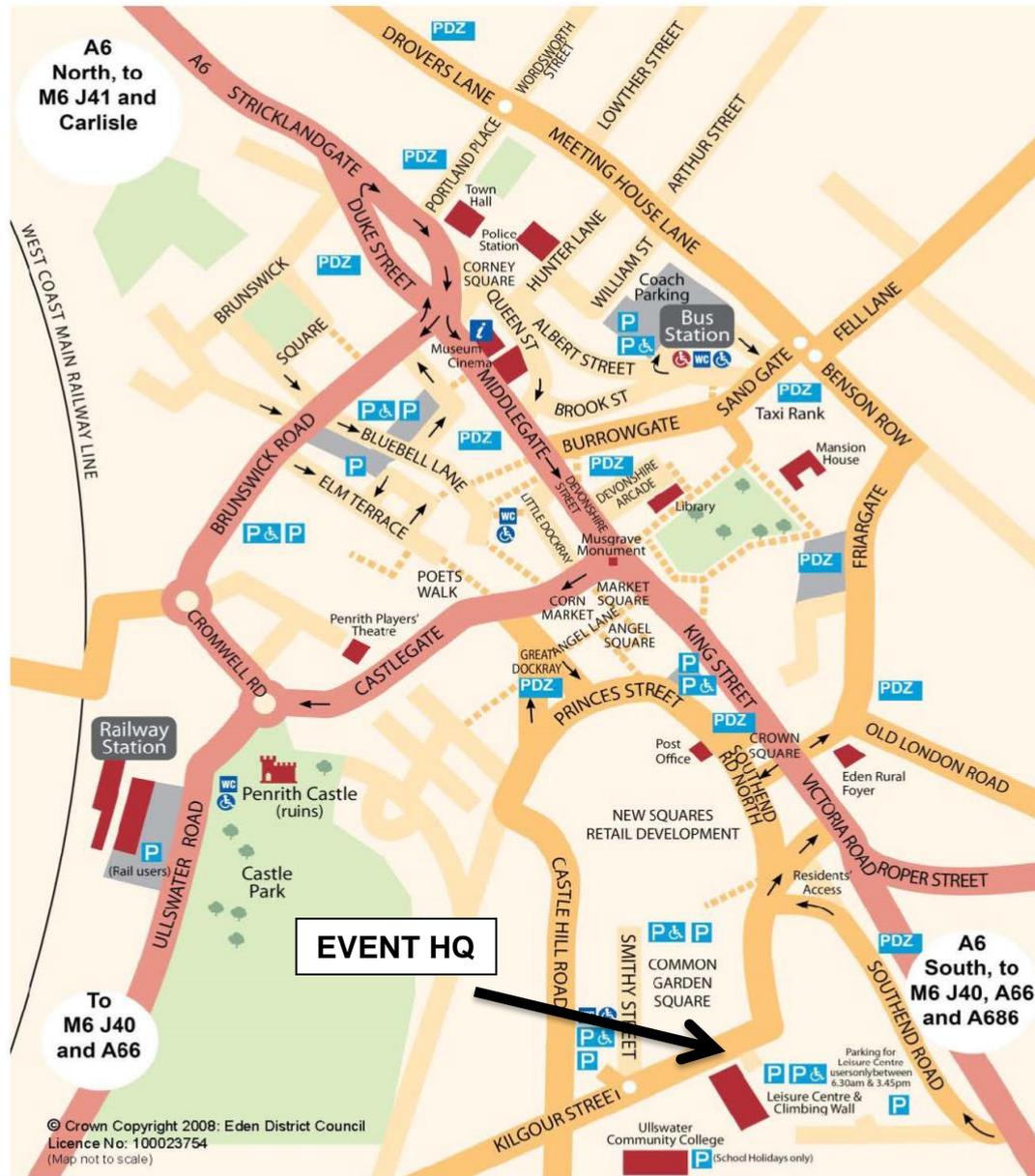


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Additional Car Parks:

Penrith parking and one-way system information



	Tourist Information
	Pay and Display Car Parking
	Disc Zone Parking
	Disabled Parking
	Toilets
	Disabled Toilets (RADAR keys available from TIC, Social Services, Friargate and Shopmobility)
	Shopmobility
	One Way System