



The Lakeland Loop **Cycle Sportive**

New Dungeon Ghyll Hotel, LA22 9JX

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

The **Epic Events** Team
info@epicevents.co.uk
www.epicevents.co.uk

Lakeland Loop Sportive

Thank you for entering the Lakeland Loop, the event starts from the New Dungeon Ghyll Hotel, post code LA22 9JX. Registration is open from 7:00am at the Registration Shelter near to the Start area and cyclists will start from 8:00-9:30am from the car parking field adjacent to the road. **Please be aware that hard-shell helmets are compulsory for all Epic Events Cycle Sportive events.**

COVID SYMPTOMS & SOCIAL DISTANCING

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self-isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

Please do not travel with spectators. There are to be no spectators on the event site, any non-riders present make the event non covid compliant therefore putting the whole event at risk.

During the event, please ensure that you keep 2mtrs away from all other competitors & all of our marshals at all times. When in a queue or coming into contact with any event staff please ensure to wear a face covering. Please do not congregate in groups and please use the hand sanitiser whenever you pass it.

It is important that everyone plays their part in ensuring that all social distancing measures are met. We have to have very strict rules in place to be able to put this event on. Please help us to ensure that we can continue with further events in the future.

Section 1: The morning of the event

Car Parking

Parking is on the field in front of the New Dungeon Ghyll Hotel, there will also be parking in the field on the opposite side of the road. The £5 cost for car parking has been covered as part of your entry fee so you do not need to pay on the day.

Parking will be tight so please listen to the Car Park Marshals on the day who will assist you.



Section 2: Registration – Open at 07:00am

When queuing for registration, please ensure you keep at least 2 metres distance between yourself and any other riders. There will be stakes in the ground marking out the distance that must be kept. When entering the queue, we also ask that you wear a face covering. This must be kept on when registering with our volunteers.

At registration you will collect a wrist band which must be displayed at the finish for refreshments. You will also collect a self-adhesive timing chip which must be attached to the left side of your helmet to record your finish time for the event. Please ensure you have removed any other timing chips on your bike or helmet as this can cause serious issues with the events timing system. As well as your timing sticker you will receive a bike tag, this is used for identification purposes and must be visible on your bike. Energy gels will also be available as the usual Refreshment Stops are not possible due to the current COVID restrictions – please see Section 7 for more details.

Section 3: The start

Cyclists will start from 8:00am - 9:30am and under COVID Secure restrictions riders will be required to start alone approx every 3-5 seconds. There will be marshals present to let you know when to start. Please listen to their instructions.

The course is 69 miles. If you are a slower rider and you anticipate taking 8 hours or more, you should start as close to 8:00am as possible. If you are a faster rider, you should start later, thereby allowing slower riders to fill the earlier start times. Riders will line up in the parking field and will pass through a funnel system to reach the start area. When queuing, please ensure you are single file and are wearing a face covering.

Picture 1: The registration and parking location is the New Dungeon Ghyll Hotel



Picture 2: The start is the exit gate from the car parking field



Section 4: Finding your way

The course will be marked with bright yellow 'cycle route' signs and specific Epic Events signs, examples of these will be present at registration. 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 (this does happen regularly). On the website in addition to the route card we also have a map which you can view and download to your GPS system if you wish. Please follow the link below or paste into your browser for the Strava Route:

<https://www.strava.com/routes/3421798>



Section 5: Rules whilst on the route

On the route, please ride no wider than pairs and change to single file where 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 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. For those who decide that they have 'ridden far enough' and no longer wish to continue, you will need to arrange a taxi back to the start/finish area. 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), there is a Mobile Phone number for the team at HQ on the route card (another reason this must be carried). You should initially contact the emergency services and then the race organisers.

It is required that all competitors wear hard shell helmets for all our sportive events. The course is challenging and there are many descents and sharp bends so please 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.



Epic Events 'Maillot Jaune' Support

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

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

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 [Lakeland Loop Facebook Event Page](#) in the days approaching the event. Please note that unless you are informed by the organisers that the event is postponed, then the event is going ahead.

Section 6: Safety on the Course

Most 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 can bring their own hazards.

Never ride more than 2 abreast and be aware 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 do not ride in groups of more than 6. If you find yourself in a group greater than 6, please take the responsibility to split from the group.

Please ride single file where the roads become narrow. We will also add additional 'Cyclists Keep Left' signs to the road that you must obey.

Never cross the white centre line in the road.

Please keep your hands covering your brakes whilst on all descents. There are many blind corners and it is important that you cover your brakes and reduce your speed.

If you spot an accident, please contact the organisers. Contact telephone numbers will be on the bottom of the Route Card, please save these numbers to your phone in case of an emergency.

There can be fast flowing traffic on the A66. We advise that you ride single file along this road for safety and stay to the left.

When cycling through Keswick Town Centre please be careful and look out for walkers in the road.

It is important to note that this is not a race.

Section 7: Refreshments

Due to the current COVID restrictions there will be **no food stops on the course**. Emergency water will be available on the course, this will be at the 42-mile point approximately and will be signed. This is not a food stop, it will simply be an opportunity for a self-serve water pick up and to fill your bottle if needed before continuing on the remainder of the route.

We encourage you to carry sufficient water, food, energy drink, gels to enable you to complete the whole course self-sufficiently.

There will be a caterer on site at the finish providing a free tea or coffee as well as a burger or vegetarian option - this is included within your race entry fee. To collect your food, you must hand in your wristband that you collected at Registration to the caterer, do not lose your wristband otherwise you will not be able to collect your food at the finish. Please wear a mask/face covering when in the queue and being served.

Section 8: Finish Times & Photos

Finishing times can be found on the results page of the Epic Events website and will be live providing the internet signal is strong enough in the area, otherwise they will be published after the final finisher has crossed the line and we can get to an area with sufficient signal to upload the data. 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. Times will be listed in alphabetical order by surname, not by fastest time.

All photographs will be available from the Epic Events Facebook Page within 48 hours of the finish. Pictures are free to download.

Section 9: Bike Mechanics

There will be 2 bike mechanics at the event. One will be based at event HQ throughout the day and will provide assistance with any mechanical issues you may have. There will also be a bike mechanic positioned on the course at the same location as the emergency self-serve water stop at mile 42.

We look forward to seeing you there!

The Epic Events Team
events@epicevents.co.uk
www.epicevents.co.uk
01257 251217