



The Lakeland Loop **Cycle Sportive 2022**

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
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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.**

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 cost of the parking has been covered as part of your entry fee and is free for the day.

Parking will be tight so please listen to the Car Park Marshals on the day who will assist you - we do urge you to car share where possible to reduce congestion.





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Section 2: Registration – Open at 07:00am

At registration you will collect a wrist band which must be displayed at the feed stations for refreshments - no wristband = no food or drink at the feed stations. There are an increasing number of people riding Sportives who have not officially entered but still follow the route. We discourage this as it generates further congestion on the roads and people take food/refreshments at the feed stops which reduces availability for official entrants.

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 preferably around the seatpost.

Section 3: The start

Cyclists will start from 8:00am - 9:30am with a maximum of 20 riders every 2 minutes to prevent excessively large groups forming.

The course is approximately 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 at the exit from the parking field and will pass through a funnel system to reach the start pen. 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 across the finish mat and this will end your time for the day. There are no 'split time' or official sign in required at the food stops.

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



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





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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/2948719007437831222>

Section 5: Rules whilst on the route

On the route, please ride no wider than in 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 at all times 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 your own taxi back to the start/finish area (n.b. the sweeper van is there to 'sweep up' any riders at the back of the field that are unable to continue to the finish but any riders collected will need to stay in the vehicle as it winds it's way around the route at the very back of the field). If you feel that this distance is too far and you have any doubts regarding your ability to complete it or the climbs, 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 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 Epic Events social media pages on Facebook, Instagram and Twitter 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

At food stops there will be a selection of sandwiches, cakes, flapjack, biscuits, cold drinks, tea and coffee. Food can also be purchased at the New Dunegon Ghyll as well as other pubs in the area.

At Food Stop 1 there will be flapjack, biscuits, cold drinks, tea and coffee.

At Food Stop 2 there will be sandwiches, cakes, flapjack, biscuits, cold drinks, tea and coffee.

The First Food Stop is at Lorton School which is approximately 26m into the course.



The Second Food Stop is at Hall Flat Farm in Santon Bridge which is approximately 51m into the course.



Section 8: Finish Times & Photos

Finishing times can be found on the results page of the Epic Events website and will be live as you finish providing the mobile 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 and the photographer's website within 12-24 hours of the finish, pictures are included with your entry fee and are free to download.

Section 9: Bike Mechanics

There will be 2 bike mechanics from our sponsors at B-Spoke Cycles 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 based at the 2nd food stop.

See you there,

The Epic Events Team

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