



## **LAKELAND LOOP CYCLE SPORTIVE – GUIDANCE NOTES**

**Sunday 21st April 2024**

**Location: New Dungeon Ghyll Hotel, LA22 9JX**

Thank you for entering **Lakeland Loop 2024**, the event starts from and is based at the New Dungeon Ghyll Hotel, LA22 9JX. Registration is open from 07:00am at the large Event Shelter near to the Start Area and cyclists will start from 08:00-09:30am from the car parking field in front of the hotel, adjacent to the road.

**Please be aware that hard-shell helmets are compulsory for all Epic Events Cycle Sportive events.**

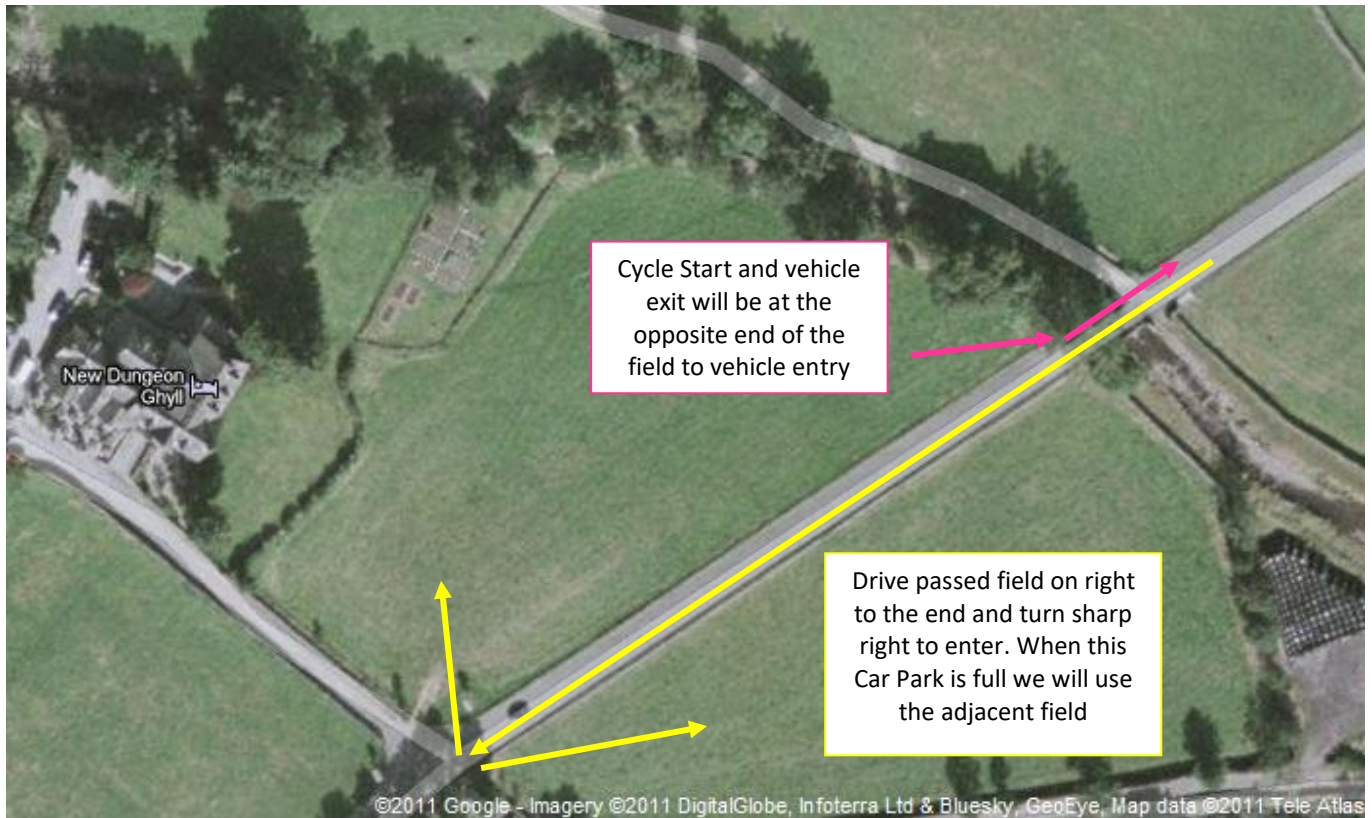
### **Event Schedule**

- 06:30 Car park opens
- 07:00 Registration opens
- 07:55 First race briefing (repeated throughout the morning)
- 08:00 First riders start (n.b. starts in groups of 20 riders from 0800-0930hrs)
- 09:20 Registration closes
- 09:25 Final Race Briefing at the Start
- 09:30 Final Rider Starts (Riders will not be allowed to start after 09:30hrs when the Start Area will be closed down)
- 10:20 First anticipated Rider to return
- 11:00 Food stop 1 (Lorton) closes & Cut off
- 14:00 Food stop 2 (Santon Bridge) closes & Cut off
- 16:00 Course cut off (all riders)

### **Section 1: The Morning of the Event**

Car parking opens at 06:30am. Parking is on the field in front of the New Dungeon Ghyll Hotel and in the field on the opposite side of the road. ***The cost of the car parking charged by the venue is £5 per car which will be collected on arrival at the Car Park, please bring cash on the day, no card payments.***

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 and have the correct change available which will help to reduce queuing.



## **Section 2: Registration**

**Opens at 07:00am** - at Registration Riders will collect a self-adhesive timing chip, a bike sticker and a wristband. Please do not lose the wristband, we recommend attaching to your wrist on receipt at Registration. The wristband must be displayed at the feed stations for refreshments. **No wristband = No food or drink at the Feed stations.**

The self-adhesive timing chip must be attached to the left side of your helmet to record the start and finish time for the event. Please ensure the chip is attached securely and that any others have been removed as other timing chips on a bike or helmet from other events can cause mis-reads with the timing system and could mean times are not recorded correctly. The bike number sticker must be visible on the bike preferably attached around the seat post, this is used for identification purposes at the start, finish, feedstations and when on the course.

***There are an increasing number of cyclists riding Sportives who have not officially entered the event but still follow the route. If the events team and marshals see any cyclists riding with others on this event that are not displaying a number and have clearly not entered the event, they will be disqualified, and the rider and the non-entered cyclist will be banned from attending any future Epic Events.***

***If any riders are witnessed taking refreshments from the food stop out to cyclists that have not entered the event, you will also be disqualified and banned from any future Epic Events. Cyclists that have not entered in the event are not covered by our public liability or our medical team and they are not counted in the numbers we cater for at the feed station or approved by the relevant local and national authorities. IF YOU DO KNOW OF ANY CYCLISTS PLANNING TO ATTEND THAT HAVE NOT ENTERED, PLEASE INFORM THEM TO STAY AWAY.***

**Section 3: The Start 08:00-09:30am**

Cyclists will start from 08:00-09:30am in groups of upto approximately 20 riders every 2 minutes to prevent excessively large groups forming.

The course is approximately 69 miles. Slower more leisurely riders that anticipate taking 8 hours or more should start as close to 08:00am as possible. Faster riders should start later, thereby allowing these wanting to ride a more relaxed pace to fill the earlier start times.

Riders will line up at the exit from the parking field and will pass through the Start Chute to reach the Start Area. The first 20 riders will be asked to enter the Start Area and once started, the next group of 20 will be allowed to enter the Start Area to follow at 2 minute intervals. On leaving the Start riders will pass the timing point which will record the Start Time for the route. At the Finish Riders will pass the Finish timing point which will record the Finish Time for the route. There are no 'split times' or an official sign in/sign out 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: Navigating the Route



The course will be marked with large yellow signs with directional arrows (see above), it is the responsibility of Riders to look out for the signs. Riders **MUST** also carry a route card which includes instructions and emergency contact numbers (please print or download to a mobile device that is carried with each rider – available from event web page) this will help if any riders become lost or signs are maliciously removed (signs have been deliberately taken down in the past).

On the Epic Events website in addition to the route card a Strava Route map is also available which can be viewed and/or downloaded onto a GPS device. To view the Route Map and Download please see the link below (n.b. it is much easier to download the route file for upload to a GPS device from the Strava website rather than the Strava MobileApp):

<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 Riders should approach it in this manner. Riders must follow the highway code and rules of the road at all times – any dangerous or reckless cycling will not be tolerated, any Riders endangering other participants or road users are not welcome at any of our events. Please view the Highway Code Rules for Cyclists here:

<https://www.gov.uk/guidance/the-highway-code/rules-for-cyclists-59-to-82>

All Riders must carry a mobile phone, and spares/tools necessary to make basic repairs to bikes in addition to sufficient food and drink. Please note that the Sweeper vehicle is only for serious mechanical failures, it is not a taxi service, if Riders are picked up by the Sweeper Riders will be required to remain in the vehicle following the tailend of the event until arriving at the finish usually after 4:30pm. If Riders have a simple mechanical failure they should have all the necessary tools to make a repair. For those who decide that they have 'ridden far enough' and no longer wish to continue, please arrange your own taxi/transport 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 its way around the route at the very back of the field). If Riders feel that this distance/elevation is too far and there are any doubts regarding completion or the climbs, please do not start the event as it would be unsafe to do so and could put other riders and/or members of the even team at risk.

In the case of an emergency (e.g. if Riders are involved in or witness an accident) please use the Emergency Mobile Phone number to contact the team at HQ. This is available on the Route Card (another reason this must be carried) and also on the Bike Number tags collected at Registration. In the case of an Emergency Riders should initially contact the emergency services via 999 and then contact the Event HQ – if Riders do not have a mobile signal please ask passing riders to assist and make the call further along the route.

It is requirement for all Riders to wear hard shell helmets for all of our sportive events. The course is challenging and there are many descents and sharp bends - please be aware and ride safely at all times. If Riders have any known medical illness or injury which may affect participation in this event, please seek medical advice before attending.

**Please also be mindful on volume levels (shouting and loud discussions) when passing through the local villages early on the Sunday morning. We need to be respectful of residents to ensure we can continue to operate this event.**



#### **Epic Events 'Maillot Jaune' Support**

Look for the yellow jerseys with 'Epic Events Support' written on the back and stop them if any assistance is required.

These riders will also be acting as 'group leaders' for any Riders that wish to join them. Support Riders 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 at a slower pace.

#### **What happens if there is poor weather?**

If the weather is deemed to be an issue, the route maybe amended as appropriate to ensure that the event can still go ahead on the day. If the weather is so bad that it is 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 same event in the following year.

If the weather forecast is very poor in the week approaching the event, we will update all competitors via email prior to the event. Any updates will also be displayed on the Lakeland Loop page on the Epic Events website in the days approaching the event [CLICK HERE](#). Please note that unless informed by Epic Events that the event is postponed, then the event is taking place.

#### **Section 6: Safety on the Course**

**It is important to note that this is not a race.** Most of the route takes place on quiet rural lanes, but Riders 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 Riders can't see a car then they cannot see the Rider. Enjoy the scenery but always keep a focus on the road and other road users.

Please do not ride in groups of more than 8-10. If Riders find themselves in a large group, 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 must be obeyed.

Never cross the white centre line in the centre of the road!

Please keep hands covering brakes whilst on all descents. There are many blind corners and it is important that Riders cover brakes and reduce speed. If Riders witness an accident, please contact

Event HQ via the Emergency Contact telephone number on the Route Card and on the Bike Numbers, please save these numbers to mobile phones in case of an emergency.

There can be fast flowing traffic on the A66. We advise that Riders are 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.

**Hardknott Pass (58miles), Wynose Pass (60.7miles) and Blea Tarn (64.5miles) are key danger points on this course. They have steep ascents and fast descents on narrow roads that also have a number of potholes and uneven surfaces. Take extra care while cycling through these passes at all times.**

**Section 7: Refreshments (n.b. no wristband – no food! Please keep your wristband safe)**

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 Dungeon Ghyll as well as other pubs in the area.

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

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

**Food Stop 1 is at Lorton School** which is approximately 26 miles into the course.



**Food Stop 2 is at Hall Flat Farm in Santon Bridge** which is approximately 51 miles into the course.





### **Start/ Finish Catering**

New Dungeon Ghyll hotel has a café, pub and restaurant onsite. This is open from 10:30am-10:30pm. This is a short walk from the car parks and the Start/Finish Area – please support the venue where possible.

### **Section 8: Finish Times & Photos**

Finishing times can be found on the results page of the Epic Events website [HERE](#) and will be live as Riders cross the finish providing the mobile internet signal is strong enough in the area, otherwise times 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 [HERE](#) and the Official Photographer's website [HERE](#) within 12-24 hours of the finish, pictures are included with the entry fee and are Free to Download.

### **Section 9: Bike Mechanics**

There will be 2 x Mechanics from our sponsors Croston Cycles at the event. 1 x Mechanic will be based at Event HQ throughout the day and will provide assistance with any mechanical issues that Riders may have. There will also be a Mechanic based at the 2<sup>nd</sup> food stop.

### **And Finally**

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

The Epic Events Team

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