Cross Border Sportive 3 September 2017

Rider briefing

Thank you for entering Cross Border Sportive – we hope you have a fantastic day! The rider headquarters, start and finish are at Lanercost Priory, Lanercost, CA8 2HQ. Registration opens at 7.30am from the Dacre Hall - the building adjacent to the priory on the right-hand side. The cycling starts from 8am. The last depart time is 9.30am. The cut off for finishers is 17:00. If you think you will be finishing late in the day please arrive early to start as near to 08:00 as possible.

PARKING

There is parking in the grounds of the Priory – if it is dry enough we will be using the grass area. Please follow the directions of the marshal as you approach the priory and be aware of other pedestrians and cyclists. Please do not park in the car park for the café, which is before the Priory entrance. Overflow parking is available at Lanercost School.

FACILITIES

There are toilets in the Dacre Hall. Please store your belongings in your car. Complimentary coffee and tea will be available in the hall supper room at the start and end of the sportive. Friends of Lanercost School will be cooking up lovely bacon and egg sandwiches for finishing riders and spectators that wish to buy one (and can fit one in after the feed station!) – all proceeds will be in aid of the school.

REGISTRATION

Registration will be upstairs in the Dacre Hall, follow the signs. You will receive an outline map of the route with a cue card and emergency contact details. You must take these and your mobile phone with you on the sportive. You will also be given a helmet timing chip and a number for the front our your bike. When you finish the event please make sure you have been checked back in by one of the volunteers at the finish line. If you abandon the sportive at any point you MUST either come to the finish to let us know or call Oli on 07803268798. It is really important that we know that everyone has got back safely and we can account for you.

You can start any time from 8am to 9.30am; just join the queue at the start line outside the Dacre Hall. Riders will be sent off in groups of up to 15 at 2-minute intervals.
We will provide you with an energy bar at registration in addition to the spread of energy-giving goodies at the snack stop for Recce riders and a feed station for Raid and Invasion riders.

SAFETY AND ETIQUETTE

Please note that Cross Border Sportive is a non-competitive, social cycling challenge. It is not a race and should not be treated as such. ALL riders must obey the Highway Code at all times. Please do not ride in a reckless manner that may endanger yourself or other road users. Help ensure everyone has a great day out, has fun and stays safe – be mindful of other riders and road users; look, think and communicate.

Particular points to note;

- Some of the course is on un-walled roads and there may be livestock in the road. Slow down and stop if necessary. Take particular care if there are cows and calves on the road.
- There are a number of cattle grids on the route that can be slippery, especially if it is wet. If you are unsure if you can ride across them please dismount and walk across.
- Please proceed with particular caution at all descents and turns on the course. You must stop at all crossroads and t-junctions on the course and only proceed when it is safe to do so.
- Please single out on narrow roads.
- It is compulsory to carry mobile phones, all spares and tools necessary for your bicycle and sufficient food and drink.
- If you feel the distance is too far for you before the event you should not enter, as it would be unsafe to do so.
- It is compulsory to wear a hard shell cycle helmet for all sportives. Cross Border Sportive operate a no helmet, no ride policy.
- Your bicycle must be in a roadworthy condition. One of our sponsors, BikeSeven Longtown offers a 10% on bike servicing for Cross Border Sportive entrants.
- If you have a known medical condition that may affect your participation in the event you should seek medical advice before attending.

Additional points to note on the routes are provided below.

In case of emergency (witnessing an accident) you should contact the emergency services by dialing 999 first and then the event organisers and first aid support (the phone numbers are on the route card given out at registration).
Nick Wright from Event Safety Group will be providing first aid support for the event. His contact number is 07957 914140. His contact details are also on your route card.

WEATHER

You must be prepared for all types of weather – check the forecast and prepare accordingly. Remember to carry sunscreen if it is sunny and carry plenty of water (you can top up at registration and at the feed station). It is wet remember to have appropriate clothing for cycling in the wet and cold for several hours.

If the weather is very bad we may change the route as appropriate to allow it to continue safely. We will email out any changes before the event. We will email and post on social media and our website if the routes are changed or if the event is cancelled or postponed due to bad weather.

PHOTOGRAPHY

We will have a number of people taking photos at various points around the course and in particular at the feed station and start/finish. We plan to use the photos on promotional material and on our social media. If you do NOT wish your photo to be used please let us know and we will take a note of your rider number.

THE ROUTES

It is important that you make yourself familiar with the route you are riding before the event. Details are available on the website www.crossbordersportive.com. Signs will be displayed on the course and at every junction ONLY where you need to turn. We will be putting the signs out the evening before the event to minimize the risk that they will get lost or stolen. However, unfortunately that is still possible. It is your responsibility to look for the signs and use the cue card if necessary.

There are route splits to take account of the different course distances. Please read the signs carefully so you stay on the correct route.

There are link to GPS files that you can upload to a GPS device to follow the route on.

THE REcce (30 miles) – https://ridewithgps.com/routes/16845746
THE RAID (50 miles) – https://ridewithgps.com/routes/7134379
THE INVASION (80 miles) - https://ridewithgps.com/routes/23253885

The cut off for finishers is 17:00, if you think you will be finishing late in the day please turn up early to start as near to 08:00 as possible.
SNACKSTOP AT BEWCASTLE FOR RECCE (30 MILES) RIDERS

For riders on the Recce (30 mile) route there will be a snackstop just beyond the route split in Bewcastle where you will be able to pick up a banana and some other snacks. There will be some water for those that need it but you should ensure that when you leave the start line you have enough water for the whole ride as we can’t guarantee enough top-up water for all riders. There are no toilet facilities at the snack stop.

FEEDSTATION AT NICOLFOREST HALL, PENTON

One of the many great things about Cross Border Sportive is our feed station. We are thrilled to be supported by Bells of Lazonby and Cranstons butchers who help us provide you with a great range of tasty treats to boost your energy reserves. There will be tea, coffee and hot chocolate plus water and squash. There are plenty of places to take a seat at Nicolforest Hall for those that want a proper rest.

We aim to have a well-stocked feed station, however, please consider other riders – only take what you will realistically need for the rest of the ride or to see you through to your second stop (those on the long route return here approximately 30 miles later). The feed station will close from 4pm but marshals will be present until the last rider has gone though.

There are toilet facilities at Nicolforest hall.

AT THE FINISH

Well done! You made it! There will be a free hot drink provided for you along with the option to purchase a bacon/egg sandwich inside the Dacre Hall (proceeds go to the Friends of Lanercost School). If you are leaving the Priory by car, please await instructions from marshals.

We’re really looking forward to seeing you on the day.
**ADDITIONAL POINTS TO NOTE**

- **RECCE/RAID & INVASION ROUTE SPLIT**

At BEWCASTLE – The Recce (30 mile route) turns LEFT (YELLOW ARROW)
The Raid and Invasion both turn RIGHT (BLUE ARROW)

- **RAID/INVASION ROUTE SPLIT**

This junction is approximately 1KM after the feed station.
The Raid route TURNS LEFT.
The Invasion route TURNS RIGHT the **first time** and after you have been to the feed station for a second time when you arrive back at this junction you then TURN LEFT.
POINTS TO NOTE ON ALL ROUTES

FARM AFTER WALTON MOSS – STEEP DESCENT with working farm entrance on the right - CAUTION

POINTS TO NOTE ON THE RAID AND THE INVASION

Kershope burn, heading NORTH, approach – a steep and windy descent – KEEP YOUR SPEED LOW

Kershope burn, heading NORTH - halfway down – KEEP YOUR SPEED LOW
Kershope Burn climb heading NORTH – after the climb a TIGHT LEFT TURN

HIGH LUCKENS – steep descent and blind LEFT corner on to narrow bridge - CAUTION
POINTS TO NOTE ON THE INVASION

CAUTION Turn right before junction on to cycle path. Shared pedestrian use.
Turn RIGHT. CAUTION – cycle path ends.

STOP at end of cycle path – Turn right on to A7 when safe. Marshall point
When leaving Langholm. Turn RIGHT. BEWARE of traffic.

Newcastleton. Stop at crossroads. Turn RIGHT with care.