

Hartside Hundred & Tour of Eden cycle sportives

Saturday 17th August and Sunday 18th August 2013

FINAL DETAILS

REGISTRATION - You must collect your timing chip before taking part. The Registration is open on Saturday & Sunday from 09.00am, at Frenchfield Sports Centre, Penrith CA11 8UU, where the start & finish arena is located, and the FREE all day event Car Parking. There are changing rooms, hot showers and plenty of toilets. Start lists are displayed on the event website www.lakelandrides.com and you can check we have your correct details. The Registration will close at 10.30am so please arrive with plenty of time to spare. Eden Killer Combo entrants can collect timing chips for both days. The venue is at a Sports Centre and has a strict No DOGS policy.

On the day entries are available for the children's Fun Rides on both Saturday and Sunday (under 8's, under 10's & under 12's)

CAR PARKING & VENUE DIRECTIONS

From the north and south, take Junction 40 from the M6, then follow the eastbound A66 for 1km to the first large roundabout. Take the second exit, A686 for 1km, then turn right at Carleton, clearly sign posted.

CAMPING

Why not make a weekend of it and come and camp on Saturday night at the venue? No need to book, just pay when you arrive - £5 per adult, kids under 16 are FREE.

HARTSIDE HUNDRED - Saturday 17th August

Starts for the 100km & 50km sportives will take place in small groups between 10.00am and 11.00am. There will be a short safety briefing for ALL competitors before you set off on the ride. Please be directed by our marshals and stewards as you leave the Sports Centre and when you cross the main road. We have a well stocked feed station for the 100km riders at Knarsdale Village Hall, at approximately half way. Start lists, route maps and route cards are available on the Event Day page of the event website.

TOUR OF EDEN - Sunday 18th August

Starts for the 100km & 50km sportives will take place in small groups between 10.00am and 11.00am. There will be a short safety briefing for ALL competitors before you set off on the ride. Please be directed by our marshals and stewards as you leave the Sports Centre and when you cross the main road. We have a well stocked feed station for both the 100km and 50km riders at Greystoke Cycle Café, at 62km (100km ride) and 25km (50km ride). All our riders will be treated to FREE tea/coffee and flapjack at the Café, and for those that need more energy, the Café are also providing a discounted pasta meal for our riders, for just £3. Start lists, route maps and route cards are available on the Event Day page of the event website.

WHAT TO BRING - IMPORTANT

Please bring with you : basic tool kit, spare clothing, working pump, spare inner tubes, mobile phone, money, food and a form of ID in case an incident is to occur. The events are held under British Cycling rules, and it is mandatory to wear a helmet. Riders are expected to wear appropriate clothing for the weather conditions, and all riders should respect the Highway Code. There will be a broom wagon following the last riders, and there are emergency contact details on the Route Card and at the end of these Final Details.

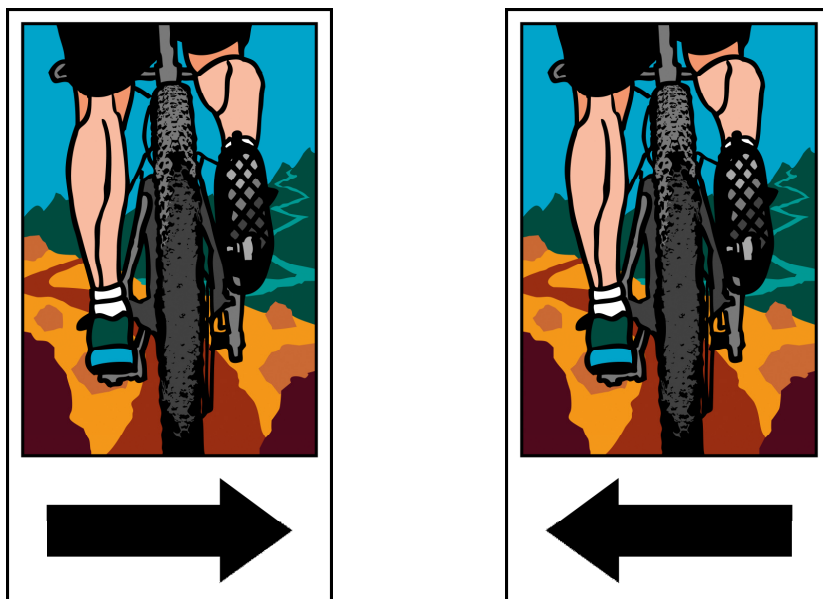
FINISH

Frenchfield Sports Centre, Penrith CA11 8UU. EVERYONE MUST REPORT TO THE FINISH EVEN IF THEY RETIRE. There will be a PA commentary with music - you are sure to receive a warm welcome! There are great changing, hot shower and toilet facilities within the Sports Centre. There will be local outdoor caterers Deer N Dexter selling locally produced food, including bacon butties, venison & beef dexter burgers, an artisan cheese platter from Winter Tarn, teas, cold drinks, and home-made cakes and biscuits, along with gorgeous speciality coffees from Rin's Coffee, trade and retail stands and plenty of entertainment at the finish arena

Event paramedics from Mountain Trauma Rescue Services will be in attendance at the event.

SPORTIVE COURSES & SIGNS

The courses are designed to take you on a journey through some of the most scenic countryside in the UK. There will be Lakeland Rides signs along the route, with marshals at key junctions.



CHILDREN'S FUN RIDES 14.30pm

All children's classes (U8's, U10's & U12's) enter on the day - the entry fee is just £2.00. The children's Fun Rides are all on traffic free level grass routes and follow a 400m lap. The aim is for the children to have fun and enjoy the day - any bike can be used, but helmets are compulsory, so bring your whole family along

SPECTATORS

We encourage spectators, and there is plenty of entertainment at the finish arena. Bring deck chairs, rugs, cameras and a smile. Why not bring your club tent or gazebo along - there is plenty of room. On Sunday, to round off a great weekend of cycling, singer/songwriter Pete Lashley will be performing for one hour before the spot prize draw.

PHOTOGRAPHERS

We will have professional sports photographer James Kirby out on the course, and the photographs will be available for FREE download from our Facebook page by the Tuesday following the event.

DO's and DON'T's

Do - Enjoy the ride; Challenge yourself; Follow the Highway Code and be safe; Wear a helmet
Don't - Drop litter; Behave in a manner that may offend others; Impede traffic flow; Ride in large groups in the middle of the road.

SPOT PRIZE DRAW 14.45pm (Saturday & Sunday)

We have some fantastic spot prizes donated by VO2 Max Events, Wheelbase and local businesses. All will be displayed at the start and finish arena. The spot prize draw will immediately follow the prize giving, so remember to fill in your spot prize draw ticket, available at Registration. You can only claim a prize if you are present to collect it!

This event wouldn't have been possible without the grateful permission of all the landowners and authorities especially Eden District Council, Frenchfiled Sports Centre, Nurture Eden, British Cycling, Mountain Trauma Rescue Services, Cumbria Police, Cartmel Sticky Toffee Pudding Company, Wilson's Kendal Mint Cake, Greystoke Cycle Café, Knarsdale Village Hall, TrailRunning.co.uk, VO2 Max Events, the local businesses who have sponsored a prize, and all the friends and helpers who have contributed.

However, the biggest thank you goes to you for supporting the event. We hope you have a great day out and enjoy the stunning views. Good luck and see you at the event !

Graham Patten, Event Director

EMERGENCY CONTACT NUMBERS

Graham Patten (07786) 237822
Gaynor Prior (07968) 836549

www.lakelandrides.com