



In memory of Steve Cully

Tour de Lauder 2018

Saturday 21st April

Summary

Welcome to the Tour de Lauder 2018 organised for the Steve Cully Tribute Fund at Chest Heart and Stroke Scotland.

Firstly, a HUGE thank you for taking part, your participation and support is invaluable.

Please read the following information and instructions, even if you have participated in the event before. **You must read this document in full before attending the event as it contains important logistical and health and safety information.**

Getting there

The event is being held at Thirlestane Castle, Lauder, Berwickshire, TD2 6RU. Lauder is on the A68 28miles south of Edinburgh. Entrance to the castle is via the Eagle gates, situated on the B6362 just off the A68 as you exit Lauder on the south side.

Please do consider cycling to the venue or sharing transport if possible.

IMPORTANT ACCESS INFO FOR VEHICLES

Vehicular Access to parking at the castle will be open between 0700 and 0830 hours for access to the car park. Thereafter access from the Eagle Gates or Gatehouse opposite the police station on the A68 will remain closed for the rest of the day.

Please arrive in time to park at the Castle.

All vehicles will need to leave the car park out the back road from the Castle, taking you out to the A68 by the speed camera near the BP garage.

NO ACCESS WILL BE PERMITTED FROM THE SOUTH ENTRANCE WHILST CLOSED TO VEHICLES WITHOUT PRIOR APPROVAL.

Parking

A £5 minimum donation is requested for parking on the day. Please have correct change.

On the day

- Please arrive onsite no later than 08.20am for registration and be aware of the vehicle access restrictions above if you wish to use the car park.
- You will be allocated a bike number which must be affixed to the front of your bike and a corresponding rider number which you must carry on your person at all times, ideally in a pocket of an item of clothing that you won't be removing during the ride. Please fill out the your details and details of any medical conditions on the back of your rider number.
- **Please bring your own puncture repair kit – an essential item. It is your responsibility to ensure your bike is in good condition to complete the ride.**
- **START time is 09:00am sharp** – please ensure you are registered and ready to gather into your start pens from 08.50am to ensure we can get you started on time.
- **Riders must finish by 6.00pm – it's a long day for supporters and volunteers, and your safety is key to this event.** We reserve the right to pick up any riders that we feel will not be able to complete the course within these time frames.
- Feeding stations will be provided on route, **however you will need to ensure you bring sufficient nutrients for the full duration of the event.**
- In poor weather or due to unforeseen incidents/closures, the ride may be rerouted/postponed accordingly we will text all participants on the number provided when you registered online if we need to cancel/postpone the event.
- **If you need help** or spot that a fellow rider needs help on the route please call the number on the map (given below for loading into your mobile), flag down a rider marshal, support vehicle/motorbike or report your issue to the nearest food halt giving as many details about the location of the issue as possible. Appropriate medical support will then be directed to your location.
- If for any reason you are unable to finish the ride and choose to make your way home independently you **must** notify us by calling the contact number provided on your map (0300 1212 000). This is so we can ensure all riders safety.

IMPORTANT NUMBER FOR USE ON DAY OF EVENT ONLY!

If you have problems en route please call **0300 1212 000**

Please ALWAYS call us if you withdraw for any reason.

In an emergency dial 999 before informing us of the situation on the number above.

Friday night registration

If you live or are staying locally we encourage you to utilise the Friday night registration at the Castle from 6pm-8pm to pick up your rider numbers/map etc. This will help make on the day registration smoother for all. Please enter the Castle via the Eagle Gates and park in the field beyond the Castle (this will be signposted) to attend registration. Please then leave via the back entrance. Do not park on the

Castle forecourt as you will cause a hazard to other vehicles.

****If you register on Friday night but on the morning of the event are no longer able to participate please text 07748 924448 with your name and rider number by 3pm on Saturday.****

Rules of the Road & Riding Etiquette

- This should be an enjoyable ride through the beautiful Borders countryside, however the route involves long distances & steep hill climbs (the 89 mile course entails 6143ft of climbing). You must ensure you are fully prepared (physically & mentally!) & have the appropriate equipment to take part.
- This is **not** a closed road event - other people (and sheep!) use these roads. It is essential that you take part in a safe, responsible way ensuring the health and safety of yourself & other road users.
- Always obey the Highway Code when cycling on the roads.
- Adults will be issued with a map on the day and a kit list in advance of the event please keep your map on you and all necessary kit (including a puncture repair kit and energy/fluids).
- Dismount whenever directed by either signs or marshals (who will be wearing hi-visibility jackets) and obey any other verbal instructions.
- On blind corners or uneven ground SLOW DOWN, RING YOUR BELL or again, DISMOUNT!
- **No racing!** The emphasis of this event is to take part in a safe manner. It is not a race or time trial.
- **Please ride to the conditions of the roads!** The route covers a lot of country roads and it has been a tough winter/spring so there are pot holes. Please ride to the conditions and be prepared for loose gravel, cattle grids and pot holes.
- Please respect your fellow riders and other road users by riding sensibly at all times.
- **Do not drop litter!** Take ALL litter home with you or put it in the bins at the halts and finish. This includes gel packets!
- Please remain polite and give encouragement to riders you are passing. Bad Language or Abusive Language of any sort will not be tolerated.
- **Emergency service vehicles take priority at all times, please give way to any emergency vehicles at any point on the route, if necessary dismount to give them room.**

The Start & Grand Depart:

We aim to release all riders in one go at 9am sharp! To enable us to keep to these timings your co-operation with our Grand Depart is appreciated. If you are unfamiliar with Grand Departs (i.e. setting off in one large group of riders) we suggest you position yourself towards the back to allow other riders to go first and give yourself more room.

At 8.50am you will be asked to gather in three long pens facing the start gantry. 89 mile riders please line up first faster riders to the front in the pen closest to the front lawn (follow the signs). 50 mile riders please assemble after the 89 milers, again faster riders to the front of the 50mile section.

When instructed to start the 89mile riders (pen closest to the lawn will pass through the gantry first). Please follow the riders in front of you and do not start the next pen until the last riders of the pen in front of you passes the lead riders of your pen. Please **don't cut across pens**; this just creates a bottle neck and slows everything down for everyone and also causes a potential hazard.

A smooth grand depart ensures you can all get onto the A68 to travel along the High Street before turning left up towards Stow Hill safely and efficiently. **We have traffic stopped on the access to the A68 for your depart only.**

Please follow the lead car and do not over take until you are out of Lauder and heading up Stow Hill. This is a long, slow hill so please be patient, take your time and keep to the left lane.

After this the event is on open roads so please KEEP TO THE LEFT, allow vehicles to pass and obey the Highway code at junctions etc.

Notes on the route – please read in conjunction with the route map online.

The route will be signposted by large, yellow correx signs – please obey all instructions given by these.

These are country roads and it has been a challenging winter/spring so there are some potholes, cattle grids and areas of loose gravel to watch out for.

There are some significant climbs and steep descents with turns at the end – please take these easy.

In Stow the route crosses the busy A7 – please slow down, approach with caution and, if necessary, stop before crossing the road to rejoin the route. This also applies when returning to the finish at the end.

At Clovenfords there is a roundabout, again please approach with caution and give way to traffic on the roundabout. Take the third exit to join the A72 to Galashiels before taking the first left onto Caddonfoot Road (B710).

You will come across the A72 to Innerleithen again by Caddonfoot, please ensure you follow the signs to take the turnings to join the minor back road to Innerleithen; do not continue along the A72.

As this unclassified back road joins the A709 Traquair Road at Innerleithen the route splits into the two routes and you will see the first refreshment stop signs. The first refreshment stop is to the left on the 89 mile route but only about 1/2 a mile off the 50 mile route in Traquair Village Hall where there are toilet facilities. Please follow the signs. **We recommend you all stop here.**

If you are on the 50mile route and choose to ignore this stop the next stop is not until Heriot – Macfie Memorial Hall (12 miles along the route).

When leaving the first refreshment stop please follow the signs to ensure you join your relevant route (left at the junction for the 89 and right for the 50 to get back to Innerleithen.)

If you are on the 89mile route the bottom loop is on minor roads and your second refreshment stop is at the top of Witchy Knowe(!) After this your next stop is Halt 3 at Heriot with toilets. If you pass back through Traquair before 1.30pm then you can use the toilets at the Village Hall (first refreshment stop), if not then there are public (paid) toilets in Innerleithen on Hall Street (just opposite the road you enter Innerleithen on from the South)

The Heriot refreshment stop is in the Macfie Memorial Hall where toilets will be available.

Approx 1 mile after the refreshment stop at Heriots there is a sharp right turn onto the minor road adjacent to the A7. **On this section there is a particularly bad cattle grid after a downhill section.** We have highlighted this with signs. We highly recommend you DISMOUNT your bike to get across this particular cattle grid if you want yourself and your bike to remain unscathed! It is not a race and it's better to get back in one piece!

Don't forget you have the Stow Hill to tackle again on your return to the Castle and the finish line, save some energy for this!

You will enter the Castle as you left it via the Eagle Gates, if you are returning before 1pm please be aware that we have our new Cully Cross and SkillZone activities to encourage youth cycling taking place in the grounds so there may be children on bikes around.

Remember: If you need help or spot that a fellow rider needs help on the route please call the number on the map, flag down a rider marshal, support

vehicle/motorbike or report the issue to the nearest refreshment stop. Please give as many details about your issue/location as possible to enable our medical and on route support to attend to you as quickly as possible.

Thank you for taking the time to read this document!

Many of you know arranging this type of event is a massive task. The Tour de Lauder committee would like to thank everyone involved for their support.

Finally we hope you enjoy the day, stay safe and may the weather be kind to you.

Tour de Lauder Committee