



Event Guidance

Please Read This It Really is Worth the Effort!

Page:

- 2 Welcome, venue, travel, and registration.
- 3 Start Times, Venue Services, Safety, Emergencies.
- 6 Food, Signage, Helmets
- 7 Routes, Merchandise and personal kit.
- 9 The ride

Competition Time! Post Your Photos and Win!

In the week following the event September 12-18, post your event photos to our Facebook or Twitter pages for a chance to win one of three prizes!

Facebook: <https://www.facebook.com/pages/Sportive-Lakes/224809277693683>

Twitter: @SportiveLakes

Email: info@sportivelakes.co.uk

Please Read These Notes In Conjunction With Our Standard Terms And Conditions: <http://sportivelakes.co.uk/terms-and-conditions/>

Welcome

Thanks for joining us on the fourth Ladies of the Lake Sportive – we're really excited about delivering a great event and welcoming you to our wonderful area! At Sportive Lakes, we value the whole experience just as much as the ride. We also know from experience, that if everyone follows a few, simple rules, the whole event will be safer, more fun and will keep us welcome in the community.

Venue

We're based at the lovely Swarthmoor Hall in Ulverston. There's on site accommodation and a lovely restaurant. If you're visiting any of the events in town, it's a fifteen minute walk via a lovely footpath (bring a torch!)

The venue postcode is: LA12 0JQ

Travel:

Road: M6 Junction 36. Head west following signs for Barrow in Furness, travel time is roughly 30 minutes.

On entering Ulverston, cross the roundabout with Booths Supermarket on your left.

Continue over a second roundabout then turn left at the second traffic lights signposted for the railway station.

There will be Pink signs directing you to the venue.

Please Note: We will be testing the parking capacity of the venue and will probably use the overflow parking which is 400mtrs away. **Please car share if possible.**

Train: Ulverston is accessible with a maximum of one change from most areas of the country. There are direct trains from Manchester airport and all major North West towns in between.

Air: Fly to Manchester and catch the train direct to Ulverston from the airport.

Registration

Will be in the Conference Room and will be clearly signposted, registration will be open during the following times:

Saturday Sept 9: 5.30pm until 6.45pm

Sunday Sept 10: 7am until 8.30am

Please bring photo ID to registration so we can insure that your entry is properly allocated.

Start Times

If you're pretty steady on the short route, it will take around 4 hours including food stops.

If you're fairly brisk on the long route, it will also take around 4 hours.

We're keen to keep the atmosphere going at the finish, so if you could plan your start time to finish between 1 and 2pm if possible, that would be great.

Start: 0845 – 0915.

Swarthmoor Facilities

There will be fabulous self-catering available from Friday afternoon. Parking is available but may be tight if the fields are wet. Please car share if possible. The Hall is not offering camping this year. The nearest sites are:

Caravans and Motorhomes Only: <http://www.bardsealeisure.co.uk/site-and-facilities>

All units, Priory View Campsite: 01229 586805

Other accommodation and dining: <http://www.chooseulverston.co.uk/>

There may be opportunities for trade stands, please contact Swarthmoor Hall directly.

To book accommodation, call or email info@swarthmoorhall.co.uk please do not use accommodation booking sites, the Hall blocks these for the weekend to secure space for the event.

Staying Safe and Going Home Happy

Please ensure that the event leaves everyone feeling good by following our guidance.

Open Road Event: All sections of road will be open as usual and all sections of the Highway Code will continue to apply. In particular, please consider the following:

Group Riding: Many of our lanes are very narrow; please allow cars to pass. Leave gaps between groups to allow traffic to keep moving.

Be steady! Take care on the descents, they're often steep and gritty; avoid at all costs the temptation to cut corners or junctions.

Be kind: Thank motorists who are cautious and helpful and still try to win over the minority who might not be!

Descents

There are some very significant descents on this route. Loss of control on any of these could have very serious and unpleasant consequences. The only safe way to ride these is to stay in control from start to finish. **Please descend with caution!**

Significant Descents

KM5 Both Routes – steep, narrow and gritty descent to Mansriggs.

KM8 Both Routes – fast sweeping descent with blind bends.

KM44 Short Route – long, fast descent of Gamswell Hill to Ulverston.

KM31 Long Route – Descent from Grizedale towards Hawkshead – long, narrow and very fast.

KM46 Long – Tarn Hows – long, steep with tree cover, can be slippery when wet.

KM67 Long – long, fast descent of Gamswell Hill to Ulverston.

Beware the Cutter!

Due to the roadside vegetation, visibility is often poor in the lanes:

Right hand bends – do not cut the bend, you may end up as a bonnet mascot!

Left hand bends – start wide to get a view then stay in tight and listen for approaching traffic.

Lake District Hazards!

Cattle Grids: Possibly the least pleasant place to fall off a bike imaginable! If you're not used to them here is some guidance.

Faster is generally smoother: But remember that if you're not in clipless pedals, your feet can slip – if in doubt, go slow.

90 Degrees Rule: Always hit a cattle grid straight on at 90 degrees, not at an angle. Always hit it upright and not leaning. If the grid is on a bend, make the turn before or after the grid, not on it.

Sheep! Yes, there are sheep here, lots of them...unfenced. If you hit a sheep, the animal may barely notice, you on the other hand will notice a lot! Sheep are utterly unpredictable in their movements, just because they've crossed the road doesn't mean that they're not coming right back! So, here is some guidance:

Sheep crosses road – chance of it coming straight back 75%

Sheep on one side with buddies on the other – chance of crossing 95%

Sheep on one side with lamb (youthful sheep) on other - chance of crossing 100%



Agricultural Vehicles

These are large and noisy and often have limited visibility from the cab – always assume that you have not been seen or heard.

Holiday Motorists

Please take extra care anywhere with a pretty view. This event is in one of the quieter weekends, however, you will experience a small percentage of motorists who have at least half of their attention on the scenery rather than the road. To put this into context, we have seen attempts to cross Hardknott in motorhomes, with caravans and on one occasion a tourist coach...oh yes! If you assume that some bank holiday motorists will drive irrationally and think for them as well as yourself, things will be fine!

Grit and Gravel

Expect sections of grit on minor roads at junctions and in dips. If there is bad weather in the lead up to the event, also take care around field gates where surface run off from fields is likely.

Medical and Emergency

You will be supplied with a small medical card at check in, please fill this in and carry at all times on the event – it can save valuable minutes in the event of an incident.

In the event of an incident or accident – if in doubt, call the emergency services 999 or 112. If it is minor, call our roving first aiders, you'll find the number on the route / medical card.

If you're finding it hard, slow down and give yourself the chance to recover. We will wait for you to finish (within reason of course!)

Please carry a charged mobile phone, the signal is intermittent, but you are rarely more than five minutes from a signal. Emergency numbers will be provided.

Food

Both routes stop at Satterthwaite where you will have one of the famous Vintage Village Hall spreads. Long routers will eat again at the HF Holidays Monk Coniston Country House, with real food at the end. If you're making an early start, the on-site café will be open at Swarthmoor. You will not be hungry!

Litter

Please take everything with you and use the bins at the food stops and HQ, we definitely don't want the roads to be strewn with gel sachets as so often happens.

Signage

To avoid confusion with other events, all of our rider information signs will be pink and branded Sportive Lakes – **do not follow any other signs!**



In areas where we cannot mark clearly, we will use **PINK Road Marking Spray and small pink survey flags.**

Be Safe! If you see a sign that says 'Be Safe' it's time to sit up and slow down, everyone has different personal safety thresholds, these signs are there to advise and you can decide.

Lost?

Do not keep going! Stop and back track to the last sign and get back on course from there. If you have mobile data, check maps or Strava. If you're not sure, give us a call.

Helmets

Due to the nature of the terrain, this is a **COMPULSORY HELMET** event; this means a modern, approved hard shell design.

Routes

The web links for the routes are listed below. These also contain a turn-by-turn guide which you can download and print, together with a GPS track for techies! If you download the Ride with GPS app, it will even talk to you as you ride along!! Please note that there have been a couple of minor changes to the routes.

Ride with GPS:

Short: <http://ridewithgps.com/routes/6326355>

Long: <http://ridewithgps.com/routes/6326488>

Strava:

Short: https://www.strava.com/clubs/127679/group_events/114959

Long: https://www.strava.com/clubs/127679/group_events/114961?new=true

Timing

Please note, we will not be using electronic timing for this event. Our experience is that it promotes many of the behaviours we are seeking to avoid at Sportive Lakes. Instead, we've spent the money on a traditional brevet card which you can get stamped at each checkpoint and put on your fridge as a keepsake! If you'd really like a time, use the Strava link and you will get a place on the ongoing leader board on our Strava Club page.

Your Bike

This is a very personal thing based on your fitness, comfort and riding style. However, there are a few things worth mentioning.

Safety

Having your brakes, bars, stem, tyres and wheels in good condition and correctly fitted can make the difference between fun and disaster on a route of this type. We will have a mechanic available for support and final checks, but please don't leave it until the day, get the bike checked over.

Gearing

You will hear suggestions of riding events like this on a 39x25 gear. If this is you, you are a strong club rider with lots of miles in the bank! There are very few fast, flat sections on the route, so not having a big enough gear will be a very minor problem! This means that you can go as low as you like – always better not to need the groveling gear and have it than to need it and not have it! **Important: don't change your gearing the day before, make sure you've had at least one good ride on the new set up first.**

Your Kit

There will be support available if things go wrong, but you may have to wait. So, bring the basics for a puncture or simple repairs, ideally two spare tubes and know how to fix it.

Merchandise

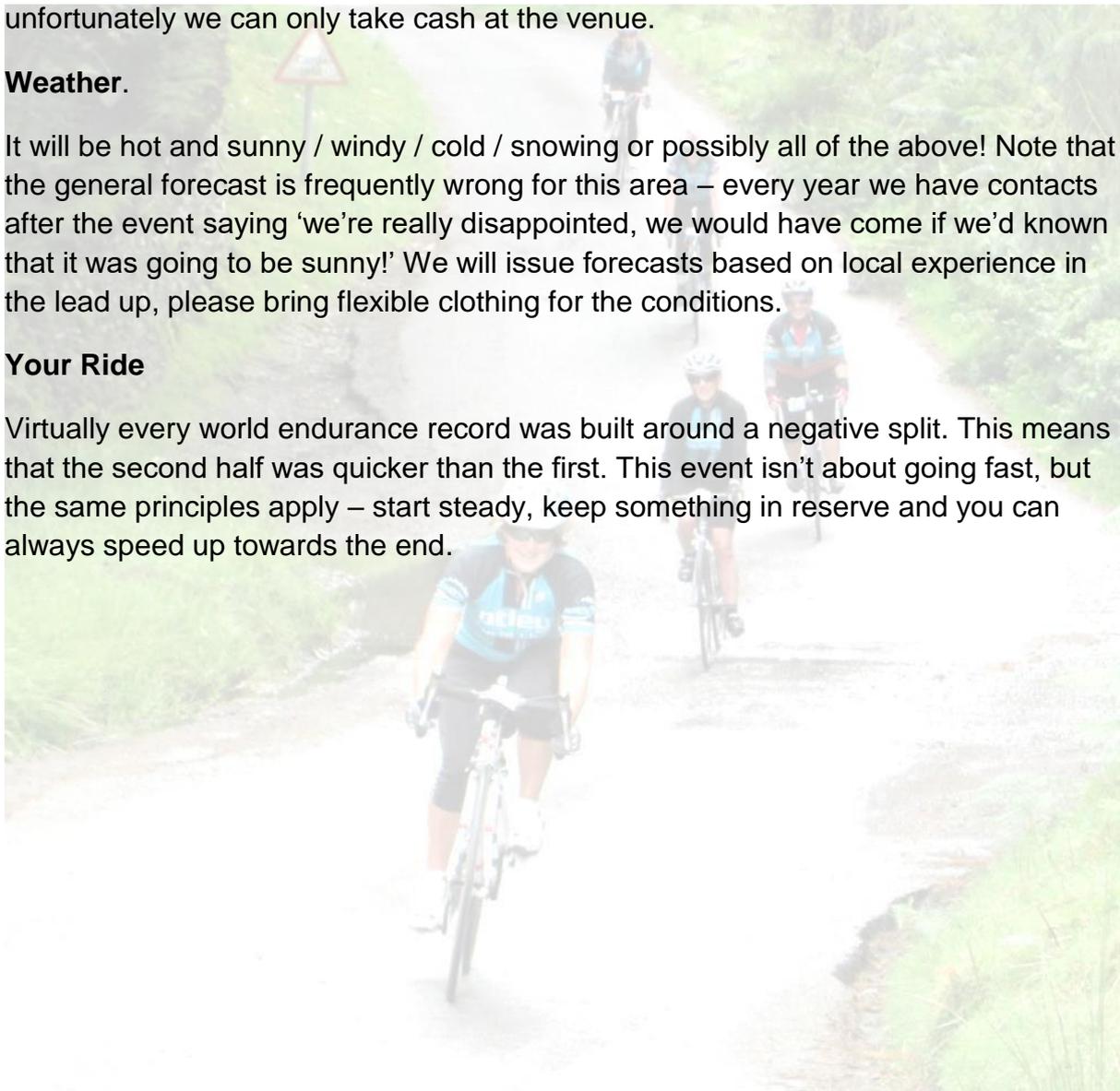
There will be a few items available for sale on the day, jerseys, hoodies etc., unfortunately we can only take cash at the venue.

Weather.

It will be hot and sunny / windy / cold / snowing or possibly all of the above! Note that the general forecast is frequently wrong for this area – every year we have contacts after the event saying ‘we’re really disappointed, we would have come if we’d known that it was going to be sunny!’ We will issue forecasts based on local experience in the lead up, please bring flexible clothing for the conditions.

Your Ride

Virtually every world endurance record was built around a negative split. This means that the second half was quicker than the first. This event isn’t about going fast, but the same principles apply – start steady, keep something in reserve and you can always speed up towards the end.



Sections Requiring Particular Attention

The route crosses a couple of crossroads where there may be high speed traffic. Please stop and check every time.

KM10 A5092 X-ing Penny Bridge.

Hazzard: 'A' road crossing at end of descent.

Action: Please come to a full stop and ensure all is clear.



KM31.8 Long Route

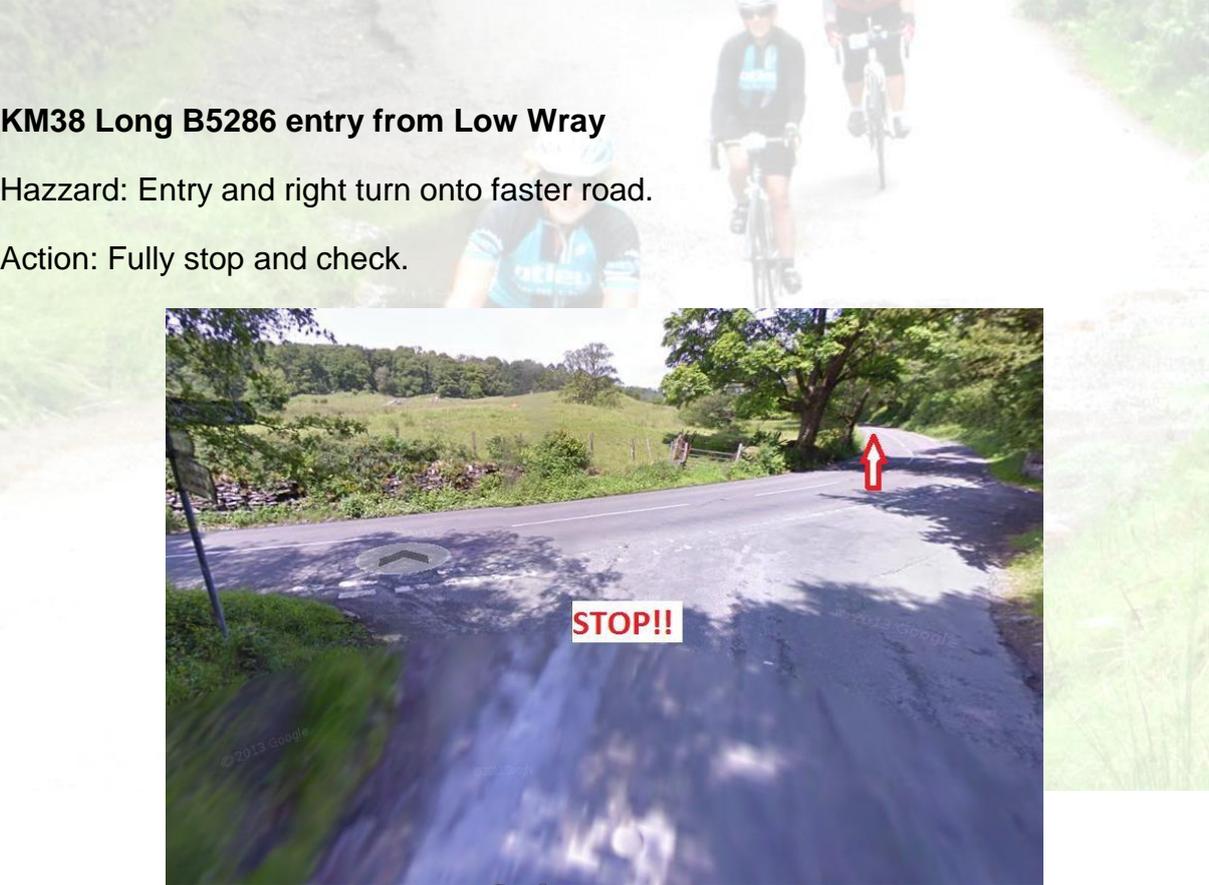
Hazzard: Right turn across B5285 at bottom of long descent. Action: Stop and check before turning right.



KM38 Long B5286 entry from Low Wray

Hazzard: Entry and right turn onto faster road.

Action: Fully stop and check.



KM46 Long Tarn Hows exit to B5285

Hazard: Small lane, fast descent exit to busier B-road.

Action: Stop, listen, check



KM36 short KM59

long. A5084

Crossing Red Lion

Lowick Bridge



KM38 short KM61 long A5092 Crossing

Hazzard: Possible high speed driving.

Action: Cross with extreme caution.



The Final Descent! KM44/97

Hazzard: Very high speed section with tired riders increases potential risk.

Action: Stay switched on, 25%+ descent with bends and rough surface! But take in the view!!



We're very much looking forward to meeting you on the weekend. If you need to know more, you can do this through our Facebook page or email info@sportivelakes.co.uk

www.sportivelakes.co.uk