



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, Drink and Effort.
- 8 Signage, Helmets, Routes
- 9 Bike and personal kit.
- 10 Your ride, Sleep, Lights and Ride Buddies
- 11 Route key points, Kit drop and Sunday morning coffee

Competition Time! Post Your Photos and Win!

In the week following the event June 26 to July 3, 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

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 first Mighty Corinthian – 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 Laurel and Hardy Museum in Ulverston. There's masses of accommodation in town and nearby camping.

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.

Turn right at the second roundabout for 'town centre' and you will find two car parks on your left in the first 100 metres.

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 Laurel and Hardy Museum. It is a well-known local venue, simply ask for directions. Registration will be open during the following times:

Friday June 24: 3pm until 5pm

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

Start Times

It is essential that we get the start times right. The difference between the fastest and slowest riders will be as high as 6 hours. As a result, we need to spread the start times so that the gaps are still manageable in the last 75km. Please use the following as guidance.

| Expected Average Speed | Suggested Start Time |
|-------------------------------|-----------------------------|
| 16kph / 10mph | 0300 |
| 19kph / 12mph | 0340 |
| 22kph / 14mph | 0410 |
| 24kph+ / 15mph+ | 0430 |

Venue Facilities

The Museum has a bar, toilets, seating etc but no showers. It will be fully open at registration and for the finish but access will be limited at start time.

Make a Weekend of It!

Ulverston is a great place to spend the weekend – for detailed accommodation information see: http://visitulverston.com/accom-view/?filter_1=&filter_10=Ulverston+town+centre&filter_2=&mode=all

Contact us for campsite details.

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!

Descending

Experience tells us that if we have an incident, it will usually be as a result of careless descending. This is particularly so in this event where everyone will be tired, particularly in the last 80km. Please descend with great care, many of the country lanes will have gravel washed from farm gates or mud from agricultural vehicles. Even a minor crash is likely to undo any gains made by taking risks.

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 – 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 holiday motorists will drive irrationally and think for them as well as yourself, things will be fine!

Sections Requiring Particular Attention

Due to the length of the route, we can't describe these in detail, however, we have produced a video of some of the places where we think that extra care should be taken.

Medical and Emergency

You will be supplied with a 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.

Give details of: Illness, Injury, Allergy, Medication.

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, Drink and Effort

Apologies to the genuine retro-istas, but there is a hint of science here – but all to the good.

Food and Drink

You may use more the 6000 calories in riding this event – that takes a lot of eating and is the equivalent to just short of 2lbs of fat! The timing of your eating, the rate at which you ride and what you eat will all have an impact.

We are famed for our event food, you will not be hungry! The food will not be the usual high carbohydrate event food – for this type of riding, we believe that ‘normal’ food with a mix of fats and sugars will serve you best. There will also be water, tea, coffee and the odd small beer available at every food stop. Dehydration is much more likely to finish you than lack of food! Due to the event distance, you are advised to carry electrolyte tablets to avoid cramp and possibly a couple of emergency gels. As always, use a brand which you have used before to avoid the risk of stomach problems. Sending your domestique for brandy is usually a bad idea, unless you are riding in to town for the finish!

What you eat in the lead up to the event is really important. In the 2-3 days before the event, you should be eating more than usual and this should be good quality, fresh, low processed food with a good mix of fats, sugars and proteins.

Your body can only store enough glycogen (sugar) for roughly 90 mins of intense exercise, so it’s essential that you are stocked up. Glycogen is also stored with water, so this will enable you to start the event fully hydrated.

Please let us know if you have any special dietary requirements.

Effort

This is the key to everything! If you ride too hard, you will use mainly glycogen as fuel (remember that you only have 90 minutes’ worth.) If you ride with less effort, you will also oxidise fat as fuel, 1 pound of fat = 3500 calories, which means that I could ride around the world slowly without eating! So, how hard should you ride? Well, here is a simple measure:

If you are breathing deeply and regularly, but still able to maintain a conversation, you are roughly at your maximum effort for an event of this length (unless you are a super athlete.)

You will go above this on some of the steeper sections, but try to use this as your guide for maximum sustained effort overall. When you are feeling good, use this to protect your reserves rather than going faster.

We also recommend taking it more slowly in the first half – you can always make up time towards the end.

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!**

This is particularly important between km31.5 Skelwith Bridge and km 35 left turn to Grasmere, we will share this section of the route of C2C in a day. Do not follow their signs into Ambleside!



In areas where we cannot mark clearly, we will use **PINK Road Marking Spray**

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’re not sure, give us a call or ask a local. Your route card will also contain a basic but accurate map of the route.

Helmets

This is an historic cycle’s event and operates under the ‘helmets advised’ category. Riders should consider their own safety carefully on a route of this length and the note in our standard terms and conditions.

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 some GPS apps, it will even talk to you as you ride along!! We’re aware that this isn’t retro, but given the distance we believe that both Gino and Fausto would forgive you particularly if it saves you from getting lost! The course

markers will be roughly 40 miles ahead of you, but we can never guarantee that signs won't be tampered with.

Ride with GPS: <https://ridewithgps.com/routes/10412968>

Strava: <https://www.strava.com/routes/5279907>

Strava Group Ride:

https://www.strava.com/clubs/127679/group_events/104153

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

Should be from 1987 or older (or a suitable replica.) This means: downtube shifters, friction brakes and either steel or era specific aluminium.

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

Being under-gearred is unlikely to be a problem. There are long fast sections but we would recommend using these for recovery. This means that you can go as low as you like – always better not to need the grovelling 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.

Weather. It will be hot and sunny / windy / cold / snowing or possibly all of the above! We will issue forecasts 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. In our view, the key to success is to arrive at Hartside Pass in good shape – this is half way.

Sleep

Starting a major endurance ride at 0300 is never ideal. We've chatted to a few experienced people and here are some basic bits of advice.

- Adjust your sleep pattern. If you're working in the days before the event, you can still make minor changes. Try going to bed one hour earlier and getting up one hour earlier for the 3-4 days before the event. It will make the very early rise less painful. If you have a few days off, you should be able to adjust almost completely. Sleeping the day after will not be a problem.
- Anxiety. Being unable to sleep when sleep is essential is both frustrating and exhausting. If this is likely to be a problem for you, there is little harm to be done from a couple of beers or a glass of wine – but don't go mad!

Lights

The need for lights will vary depending upon your start time and cloud cover. The times below assume thin or no cloud cover. Add 15-30 minutes depending on whether cloud or thick cloud is forecast.

Start time:

0300 Half-light, you will require lights.

0330 Pre-dawn, LED lights should be OK

0400 Dawn, use LED lights to be seen only.

If in doubt, be cautious and use lights.

Key Junctions and Route Sections

We've put these into a short video. You should be able to download this onto your phone and use it offline for support on the day.

Video here: https://youtu.be/47_aZReyyiM

Buddies

Riding alone will make the event both physically and psychologically more difficult. Having a riding partner will improve your prospects of success and make the day more enjoyable. Remember, that due to the starting time gaps and the length of the route, you may see very few other riders during your day.

If you would like us to share your details with other riders, email us on info@sportivelakes.co.uk stating your expected ride time +/- 1 hour and your intended start time. We will then put you in touch with other suitable riders.

Kit Drop

You will be able to leave kit at registration for collection at the first food stop. You will also be able to leave kit at the first stop to collect at the finish. This will allow you to adjust for the cool early morning start. If weather conditions are challenging, we will also extend this service to food stop 2.

Sunday Morning Coffee

Due to the distance involved and the spacing of start times, you may not get the chance to meet many of your fellow riders. As a result, we will be meeting for morning coffee at 1030 on Sunday 26th at The Farmers Arms for coffee and perhaps breakfast! This is in the middle of town opposite the market cross:

<http://www.thefarmers-ulverston.co.uk/>

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