



Event Guidance

Please Read This It Really is Worth the Effort!

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Competition Time! Post Your Photos and Win!

In the week following the event July 12 to Sunday July 19, 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

Or email them to: 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 Velo Retro (formerly Á L'ancienne) 4th edition – 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, Brogden St, Ulverston LA12

The venue postcode is: LA12 7AH

There is no on-site parking but there are multiple car parks close to the venue.

Hopefully the local Scouts will be running a 'bike creche' so you can leave the bike and take a stroll.

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 to the next large roundabout and turn right towards town; you will see multiple car park signs; all are within 5 minutes' walk of registration.

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. London 3hrs with one change.

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

Registration

Will be at the Laurel and Hardy Museum and will be clearly signposted, registration will be open during the following times:

Saturday July 15: 3pm until 5pm

Sunday July 16: 7.45am until 9.15am

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

Start Times:

The Long Routes: 0915 -0945

Le Loafeur: 0930 – 0945

This is for guidance only, if you really want to start in an early slot, that's fine.

Route Card

Route Card

Every rider will receive a traditional route card or 'brevet' this will be stamped at the start, finish and at checkpoints along the way as follows:

Le Loafeur: Start, Monk Coniston House, Finish Total 3 stamps.

Long Routes (remember, you can change your mind on the day, depending on how you feel.)

Standard. Start, Monk Coniston House (food 1,) Wray Castle CP, Satterthwaite Village Hall (food 2.) Finish

Le Sting. The optional short steep ascent to the Sir John Barrow Memorial, (lighthouse,) close to the end.

Make a Weekend of It!

Ulverston is a great place to spend the weekend – especially this one! Á L'ancienne is a partner in the Retro Rendezvous Festival which means the music starts with The Rhythm Slingers at the Laurel and Hardy Museum on the Friday evening and it's non-stop from 1000 Saturday with a closing gig on the Sunday night. You can see more detail here: www.retrorendezvous.co.uk

If you need somewhere to stay, you can see our accommodation information here: <http://www.chooseulverston.co.uk/category/accommodation/>

Camping here: <https://retrorendezvous.co.uk/festival-camping>

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 and Gravel Sections

There are some significant descents and gravel sections 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 ride these with great caution!**

Significant Sections

All routes KM 7-10 some fast sections with high hedges and restricted visibility.

Long KM25.5 descents from Hawkshead Hill, please control your speed.

Long KM34-39 Lakeside gravel track shared with walkers and family cyclists, please ride with care and consideration.

Long KM51-53 Descent to Rusland Valley a long, fast descent and tourist traffic in the vicinity of Grizedale Forest Visitor Centre – expect distracted motorists!

All Routes Final Country Lane Descent

After the last steady climb to open moorland, there is a narrow descent which tends to collect chippings at the bottom as you see the village. Please control your speed.

Le Sting KM 78-81 or KM58-61 Steep gravel section to the Sir John Barrow Monument for the final log book stamp. There will be two-way bicycle traffic and a loose surface to contend with. Take your time...you're nearly home!

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 clipped in to 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 and Activity

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

If you come across livestock being herded, please wait and take guidance from the farmer.

Holiday Motorists

Please take extra care around Coniston, Hawkshead, Wray Castle and anywhere with a pretty view. This event is in not in the school holidays, 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 motorists will drive irrationally and think for them as well as yourself, things will be fine!

Sections Requiring Particular Attention

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

When you return to Ulverston the festival will still be running, please be alert for wandering pedestrians!

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, then let us know after you have done this. 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

We like food...proper food!

All Routes

Your first stop will be at the Monk Coniston House culture, tea and cake!

Long routes

Your second food stop will be at Satterthwaite Village Hall

Finish:

There will be beer provided by the Ulverston Brewing Company and a 'straight from the oven' ½ pizza at the finish – you can pay £1 for a full pizza upgrade!

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** or **small 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. Your route card isn't detailed but is accurate – ask a local! If you're not sure, give us a call.

Helmets – Historic Event Designated 'Helmets Advised.'

Due to the historic nature of this event it is designated 'helmets advised' for all riders over 18.

Riders 16-18 can ride 'helmets advised' with parental consent.

All riders under 16 must wear an approved hard shell helmet at all times.

If you ride without a helmet you are strongly advised to read the relevant section in our standard terms and conditions: <http://sportivelakes.co.uk/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!

Ride with GPS:

Á L'ancienne Classic 84km: <https://ridewithgps.com/routes/10880705>

Le Loafeur 47km: <https://ridewithgps.com/routes/10880298>

Timing

Please note, we will not be using electronic timing for this event. We want to encourage, friendship, a shared experience and an appreciation of these great routes, we don't feel that electronic timing helps with this. 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!

Your Bike

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

Safety

Having your brakes, bars, stem, tyres, chain and wheels in good condition and correctly fitted can make the difference between fun and disaster on an event 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.

Enjoyment

I dropped out of L'eroica in Italy one year with a split back tyre – it was incredibly disappointing. Please make sure that the bits likely to fail are in good condition. If you're riding the gravel sections, please consider carrying a spare tyre.

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

If you've not ridden a vintage event before...it's going to be great, slow down (you'll probably have to!) enjoy the people, scenery and food, there really is no point in rushing!

Specific Hazards

A5084 Crossing Red Lion Lowick Bridge All Routes out and Back

Hazzard: Inattentive holiday driving.

Action: Cross with caution.



A5092 Crossing All Routes Out and Back

Hazzard: Possible high speed driving.

Action: Cross with extreme caution.



All Routes Final Descent

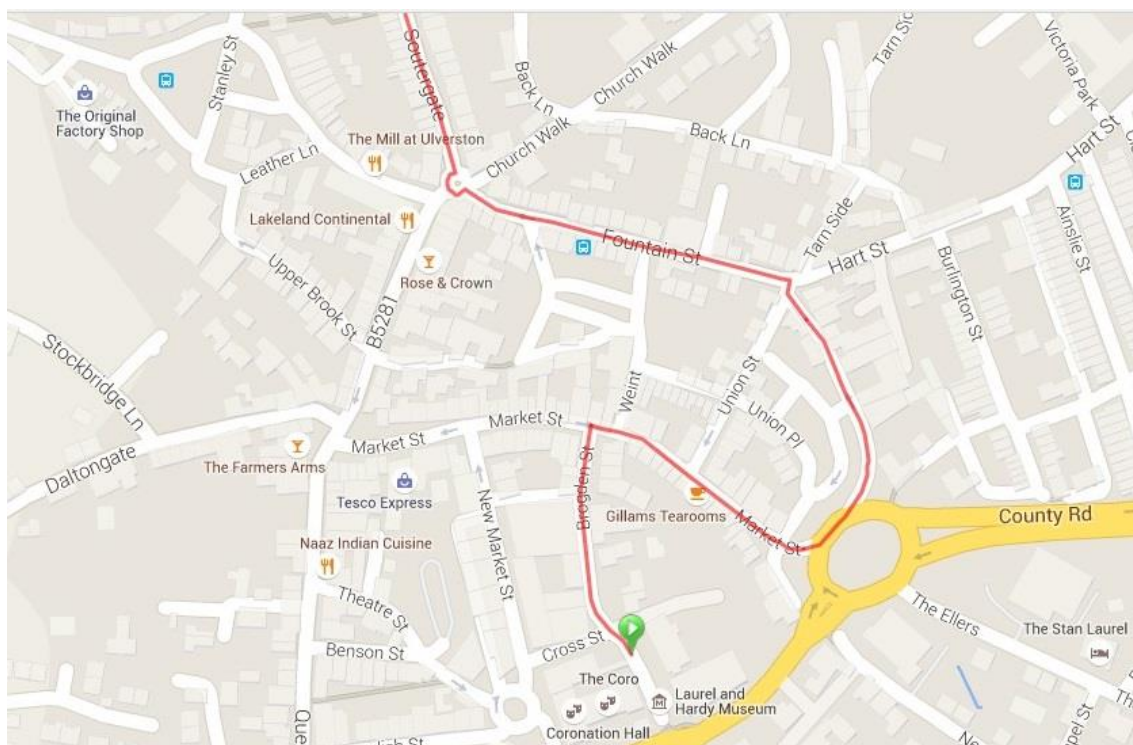
Hazard: Steep descent with bends and occasional gravel.

Action: Control your speed from the start. If you have historic brakes please consider walking.



Get Out of Town!

We will have signposting and marshals, but it's always good to have the route in your head!



We're very much looking forward to meeting you on the weekend. Remember, there's a full weekend of festival activities: www.retrorendezvous.co.uk

If you need to know more, you can do this through our Facebook page or email info@sportivelakes.co.uk



www.sportivelakes.co.uk