



Mountain Biking | Pre-Event Information

We are thrilled that you have signed up for what is looking to be an action packed weekend in The Muckle Toon.

Please read the following Information carefully before attending on the 16th June 2018.

Directions

If coming via A7 North you will approach Langholm over a traffic lighted road bridge. Continue for a ¼ mile before turning right into Langholm Rugby Football Club.

If coming via A7 South you will approach Langholm over a traffic lighted road bridge. Continue through Langholm high street and as you exit the town you will see Langholm Rugby Football Club on your left hand side.

Continue for 500 yards before turning left into the event village. Please take care on entering Basecamp as pedestrians and participants will be in the vicinity.

MTAF Basecamp

On entering Basecamp, you will be directed to the car park. Please drive carefully and obey the 10mph speed limit. Car Parking within Basecamp – FREE all day.

Camping opens from 3pm on Friday 15th June

Registration

Opens at 7am in the marquee where you will be issued with timing chip and asked to complete an "In Case of Emergency Card" which we ask you to keep on your person for the duration of the event. Helmets are compulsory for participation in this event.

www.mtaf.co.uk

The Ride

All MTB Routes start and finish at Basecamp. Registration for all routes opens at 7am with registered riders commencing their route between 8am and 9am in groups of 10 riders approx. STRICTLY no riders will be able to depart after 9am.

The Start

You will be provided with a race chip at registration and you will leave through the start finish line in groups of 10 riders approx. You leave Basecamp onto the main A7 road where all riders are expected to follow the highway code. All MTB routes will follow aluminous yellow triangle signage. The route takes you into the town centre of Langholm before heading up the famously challenging Kirk Wynd.

The Route

All routes cover a variety of single track, open/exposed moorland, fire road, footpaths, bridges and road crossings. Please ensure your bike is in good working order and be aware that a HELMET is COMPULSORY.

Mountain Biking requires concentration and awareness and we advise you take the utmost care when negotiating roads, traffic, rough terrain and narrow footbridges. There will be 1 Drink station and 2 Feed/Drink Stations on all routes. We advise you take some supplementary energy drinks, gels, sweets etc to ensure you have enough energy to complete and enjoy the course.

The route will be marked with aluminous yellow triangle signs indicating directional changes however on open moorland Mountain Bikers will follow aluminous ribbon which will be attached to highly visible canes. Route Splits will be clearly marked with LONG/MEDIUM and SHORT ROUTE directional changes. Please pay close attention to the route you are following. Be aware that other signage will be on display as a result of trail running events being undertaken on the same day.

There are sections of the running route that will merge with the mountain bike event. Signs stating, "CAUTION ROUTES MERGE" will be in situ at these points and we advise all participants to be aware of their surroundings, cycling on the left hand side of a trail identified as 'merged' Be assured that appropriate risk assessments have been undertaken and that all these areas

have been identified as low risk as competitors will be travelling at slow speed with clear lines of sight. At any positions where this is thought not to be the case Marshals will be in attendance to ensure your safe passage.

Please come prepared for all weather conditions. If it is forecast to be warm, think about using sunscreen and keeping hydrated. In the event of high winds, low temperatures and/or rain, ensure you have warm, suitable clothing to keep you comfortable throughout the whole event.

Road Crossings

As the route circumnavigates the town, there are a number of road crossings. Marshals will be in attendance at these crossings and "SLOW CAR" signage will warn you of oncoming road crossings. BE AWARE, marshals are NOT there to stop traffic for you. You MUST stop at road crossings should traffic be passing.

Keep the Route Tidy

The route crosses beautiful countryside and we STRONGLY urge all participants to place all litter in bins, leaving the trail as you would wish to find it.

We want you to enjoy the event but please be responsible and courteous. Stick to the marked trails and be mindful of others who are enjoying the countryside as well as wildlife and livestock and help us make this one of many Muckle Toon Adventure Festivals

Enjoy The Ride!!!

We are delighted to have you on board for this We are delighted to have you on board for this years Muckle Toon Adventure Festival and we hope you enjoy every minute of this years event. Help make the event a huge success by packing a smile and plenty of energy for what looks set to be an action packed weekend in the Muckle Toon!

The Muckle Toon Adventure.

A company Limited by guarantee, registered in Scotland, number SC448923.

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