



Cycle Sportive | 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 17th 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

Registration opens at 7am in Langholm Rugby. 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

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duration of the event. Helmets are compulsory for participation in this event.

The Ride

The Cycle Sportive Mass start will commence at 8.30am with all routes heading out behind a lead vehicle.

THE ROADS WILL NOT BE CLOSED, YOU MUST STAY IN THE LEFT HAND LANE OF THE ROAD BEHIND THE LEAD VEHICLE.

We advise all cyclists to enjoy the atmosphere of a peloton start however be vigilant regarding their surroundings and ride at a safe distance behind riders in front. The peloton pace will be dictated by the lead vehicle.

DO NOT PASS THIS VEHICLE AT ANY POINT FOR YOUR OWN SAFETY.

The lead vehicle will peel off when you exit Langholm. All riders must obey the laws of the road at all times.

For those on the Long route you have the option to leave independently from 7.30am

The Route

The route will be marked with luminous yellow signs indicating directional changes at all major junctions. Maps will be available for your chosen route at basecamp or downloadable from MTAf strava page.

On the 30 Mile Route: 1 x Unmanned drink station will be located at 20 miles approx. (Baillie Hill). This will consist of bottles of water available for re-filling bike bottles.

On the 60 Mile Route: 2 x Drink and Feed Stations (Wamphrey & Eskdalemuir Community Hub) consisting of – Water Refill, Energy Drink*, Jelly Babies, Flap Jack, Salted Nuts and Chocolate Bar.

On the 100 Mile Route: 3 x Drink and Feed Stations (Wamphrey, Cappercleuch & Eskdalemuir Community Hub) consisting of - Water Refill, Jelly Babies, Flap Jack, Salted Nuts and Chocolate Bar.

There will be a sweep van bringing up the rear of the group with limited mechanical assistance however we advise all cyclist carry puncture repair

kit and mobile phone in the event of mechanical failure.

Be Prepared

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.

Enjoy The Ride!!!

We are delighted to have you on board for this year's Muckle Toon Adventure Festival and we hope you enjoy every minute of this year's 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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