



RIDER NOTES

PLEASE READ THE FOLLOWING INFORMATION IN FULL
THIS INCLUDES VITAL ROUTE INFO & LINKS

Sunday 15th Sept

Gravelfoyle 10 is a fantastic new challenge for cyclists in The Loch Lomond and Trossachs National Park. She's a 25km loop and you have 10 hours to get as many of those loops in as you can, whether as a solo, pair or team of up to 4. Grab a cup of something - here is all the information you should need to have a braw day out on the bike...

Race Format

When you sign on, you'll be given a chip to attach to your bike and our timing system will record your laps through the day. For solo riders, you leave your chip as is and get pedalling. For any riders racing as part of a team, you **MUST** hand the chip over to your teammate before they head out otherwise the lap won't get recorded! You can take as long as you like to chill in the pits or just keep pedalling to your heart's content.

Registration

Location: [Cobleland campsite](#)

Saturday: 4pm-7pm

Sunday: 6am-7am the pits by [Lemahamish picnic area](#)

Kids Registration: As above plus 10am-11am at Lemehamish startline

RIDER BRIEFINGS WILL BEGIN 10 MINS BEFORE RACE START AT THE GATHERING AREA

The 10 hour race starts at 8am on Sunday 15th Sept. You must register beforehand to collect your timing chip and race number. If you are not booked to stay at Cobleland, parking is extremely limited, so please use the main [Riverside car park](#) in Aberfoyle and cycle or walk up to Cobleland for reg. Parking there is free.

PLEASE ENDEAVOUR TO SIGN ON EARLY TO PREVENT DELAYS TO RACE START

Race pits are located at [Lemahamish picnic area](#), a short walk or pedal from Cobleland campsite or short pedal from the Riverside car park in Aberfoyle.

EVENT MAP

<https://www.google.com/maps/d/u/1/edit?mid=13j7QWkEENkx1Y9vJn6VoaYrzekfff5Q&usp=sharing>

THERE IS NO VEHICLE ACCESS TO THE PIT AREA

If you would like anything transported to the pits that you can't take there yourself (tools, food, tents, mascots), we will provide you with a number tag at sign-on to attach to your belongings. We will transport those on your behalf for 7.30am on Sunday morning. Please ensure your belongings are easily identifiable and sensibly contained (backpack, box, bag or similar will be grand).

PARKING

There is no parking at Cobleland unless you are camping there so please use the main [Riverside car park](#) in Aberfoyle and cycle along the cycle path to Cobleland. Parking there is free. You can leave your belongings pre-race in the main tent at the event village (at your own risk).

DISABLED PARKING

We have a limited number of spaces available on the course. Please confirm disabled parking is required by emailing beth@biketrossachs.com with your vehicle registration number by 10th Sept - + MAP

Disabled parking access is available on the morning of the 15th from 7am - 7.30am

START/FINISH

The event will start at [Lemahamish picnic area](#). Le Mans start for 8am! You must complete your last lap within the 10 hours for it to count so getting your timings right will be key!

Kids race will start at 12pm from

ACCOMODATION

Please ensure you have pre-booked your camping and campervan spaces at [Cobleland](#) if you are staying.

TOILETS

We will have toilets on site, including disability toilets.

BAR

Our pop up bar will be open from 12pm serving beers and beverages (including alcohol free).

KIDS RACE

Starts 1pm Sunday 15th The kids will be given 90 minutes to complete as many laps of a 3.4km loop as they can. If they head out before the 90 minutes are up, the final lap will still count. They can race solo or in relay pairs and age categories will be age 8 - 9, 10 -11 and 12-14. The course will be partially shared with the adults for extra excitement! Kids Podiums will be at 2pm.

FOOD AND LOCAL FACILITIES

On Friday night sign on (4pm - 7pm) we will have the Stirling Pizza Company on site in Cobleland Campsite. If you'd like a fresh wood-fired pizza to be ready for you we recommend you order in advance [here](#)

Trackside, Coull Beans will be race-side selling teas, coffees and some tasty BBQ scran throughout the day. We will have water on site to keep you topped up and hydrated as well as a plentiful supply of energy drinks courtesy of RedBull.

Aberfoyle is a small village 10 mins away and is well serviced with 2 pubs, a range of cafes, a bike shop, deli and co-op.

MECHANICALS

We expect you to be proficient at trailside repairs and to carry all the basics you should need but if there is a wee snag that needs looking at on the Saturday there is a bike shop in the village if you need any last minute spares.

PACKING LIST

The Queen Elizabeth Forest Park is a temperate rainforest so first and foremost, please pack a rain jacket... just in case! Please also ensure your bike is recently serviced and in good riding condition. **Make sure that you carry essential spares and have the ability to undertake rudimentary repairs of your bike; parts of the route are remote and have no signal:**

REQUIRED KIT

- Helmet (mandatory)
- Bike suitable for off-road terrain (Gravel/CX/MTB)
- Puncture repair kit (worms and spare tube even if riding tubeless)
- Pump/gas/tubes/tyre levers
- Multitool
- Mobile phone

- Sufficient food and water (little & often!)

RECOMMENDED KIT

- 33c or larger tyres. The course is designed to favour gravel bikes but any off-road capable bike in good working order can be used
- Spare disc pads
- Chain breaker/ links
- Spare rear mech hanger
- Chain lubrication
- Basic first aid kit
- Tyre Boot
- Bell
- Waterproof jacket
- Whistle
- Emergency Blanket
- GPS navigation device (mobile is acceptable but needs good charge)

ROUTE INFO

The route is still unfortunately subject to change due to forestry works. Route options can be seen in the google map link provided but GPX files will only be shared once this has been finalised.

Please be aware of the following:

Riders must be considerate to other users of bridleways, tracks, byways and public ways when off road. Riders are expected to respect the countryside that the event travels through.

CUT OFF TIMES

You must be back by 6pm for your final lap to count!

RELAY TEAMS & PAIRS

If you're in a relay team, you will be given 1 timing chip for you to share. This will be supplied on an ankle strap and is easier to change over than a fork-mounted chip. Teams and pairs can ride as many loops per person as they choose as long as it is one at a time.

RACE CATEGORIES

You will automatically be allocated a place in your age and gender matched category ranging from: Junior 14 - 17, Senior must be 18+, Veteran: Must be 40+, Grand Veteran: Must be 50+ and Super Veteran is 60+ on the date of the race. **In the adult solo event, if there are less than 3 riders in a category the category will be automatically combined with the closest age category.**

Teams and pairs will be assigned as mixed, female or male.

Kid's Wee Grav: Must be 8+ on the date of the race. Riders will be allocated a category based on age on the day separated by 2 yearly intervals.

Riders aged 14 are also eligible to ride in the adult event if more appropriate. It is down to the child and their parent's/guardian's discretion to agree which event would be most suitable.

E-BIKE CHARGING

Charging will only be available at Cobleland if you are camping - there are no charging facilities available race-side. We recommend you take a spare battery should you require more than 1 full charge.

RETIREMENT

Each participant, upon signing the registration form, agrees that they are physically and mentally capable of riding the distance of this challenge. If, during the event, they decide to change their route, then all consequences of this action are the participants. **If you are retiring from the event you must notify race organisers of this.**

EMERGENCY SUPPORT AND RIDER SAFETY

In the event of an emergency please call Kerry: **07447948208** or Beth: **07810273455** or inform the next available marshal. We will have roving marshals on the course and Trossachs Search and Rescue will be on course as our team medics.

As a rider, if you see someone in need of support please call one of the numbers above or if you have no signal, please ask a passing rider to do so for you. **Take note of rider numbers.** If the situation arises that you are in an accident and are not capable of making the decision to call the emergency services, the rider agrees that a member of the organisation or a member of the public/other rider may call for them.

All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. (Organisers cannot take responsibility for loss or damage of personal possessions during the event.)

We will have roving marshals in high vis on the route - please flag them down if you are having any issues.

Filming and Photography

Film and photography will be taken through the weekend and event. If you'd prefer for your image not to be shared publicly, please let us know in writing prior to the weekend at kerry@biketrossachs.com

Final thing... Dinnae be an Eejit!

Pick up your rubbish, keep left on shared paths and open roads, ring your bell when you see walkers and have a blimmin' braw day oot in Gravelfoyle!

Kerry & Beth
Bike Trossachs CIC