



THE TOUR OF
THE NATIONAL
FOREST

SUNDAY 2nd OCTOBER 2016

ROUTES: 65 KM / 100 KM / 160 KM



EVENT MANUAL





THE TOUR OF THE NATIONAL FOREST

Welcome to The Tour of The National Forest Sportive. We hope you all enjoy this sportive. Our aim when designing this sportive was to produce an event that provided all participants with value for money and also to change your view of the east-midlands as a cycling destination. We want to ensure that you leave with nothing but praise for the challenging route, which winds its way through the picturesque country lanes that criss-cross the National Forest area.

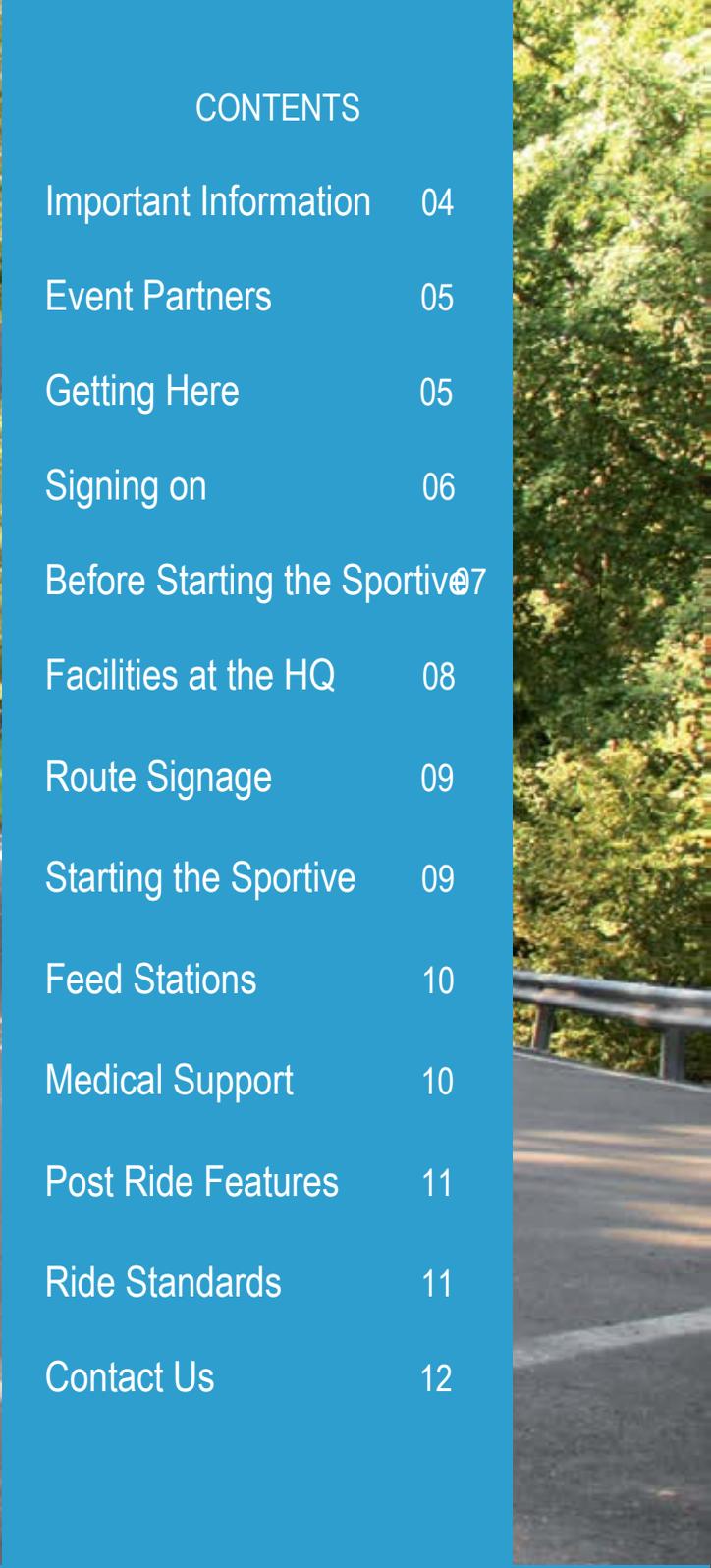
We urge all participants to take the time to read and understand all the information within the event manual in order to maximise your enjoyment on the day.

If you have any further questions please get in touch.
Titanium Cycling Events



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IMPORTANT

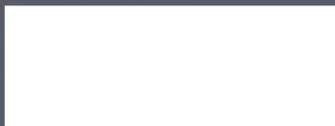
- * Each rider is expected to be sufficiently trained prior to participation in this event. Each rider must make their own decisions with regard to final preparation, whether to participate on the day, nutrition, choice of clothing and equipment etc.
- * Please follow the instructions of stewards and event officials when parking.
- * Titanium Cycling Events cannot accept any liability for any loss or damage caused to any property whilst parked in the allocated car parks.
- * Participants must display their rider number at all times on their bike. It is imperative that this number is visible, as this will be used by the timing system.
- * Please note the HQ will shut at 5.30 pm so please choose your start time accordingly
- * Please deposit all rubbish in the bins provided at the HQ and feed stations and please do not drop any litter on the public highway.
- * We expect all participants to follow the highway code and be considerate to other users. We will be assisting the police with their enquiries into any alleged littering or public highway offences.
- * Please add the support team's number into your mobile before you start the sportive. [Event Organiser 07737 624585](tel:07737624585)

EVENT PARTNERS

This event has been kindly sponsored by: -

HIGH FIVE (WWW.HIGHFIVE.CO.UK) - HighFive energy drinks and energy gels will be available at the HQ and at all the feed stations along the route - free of charge.

HIGH5
SPORTS NUTRITION



GETTING HERE

Car Park - Hollywell Park, Loughborough University, Loughborough - LE11 3GR
(Car Park FREE to all Participants & Spectators)

IMPORTANT NOTE: You need to access the campus via the west entrance. On arrival at the security gate please follow instructions from event officials. There is plenty of parking available very close to the event HQ.

FROM M1, J23

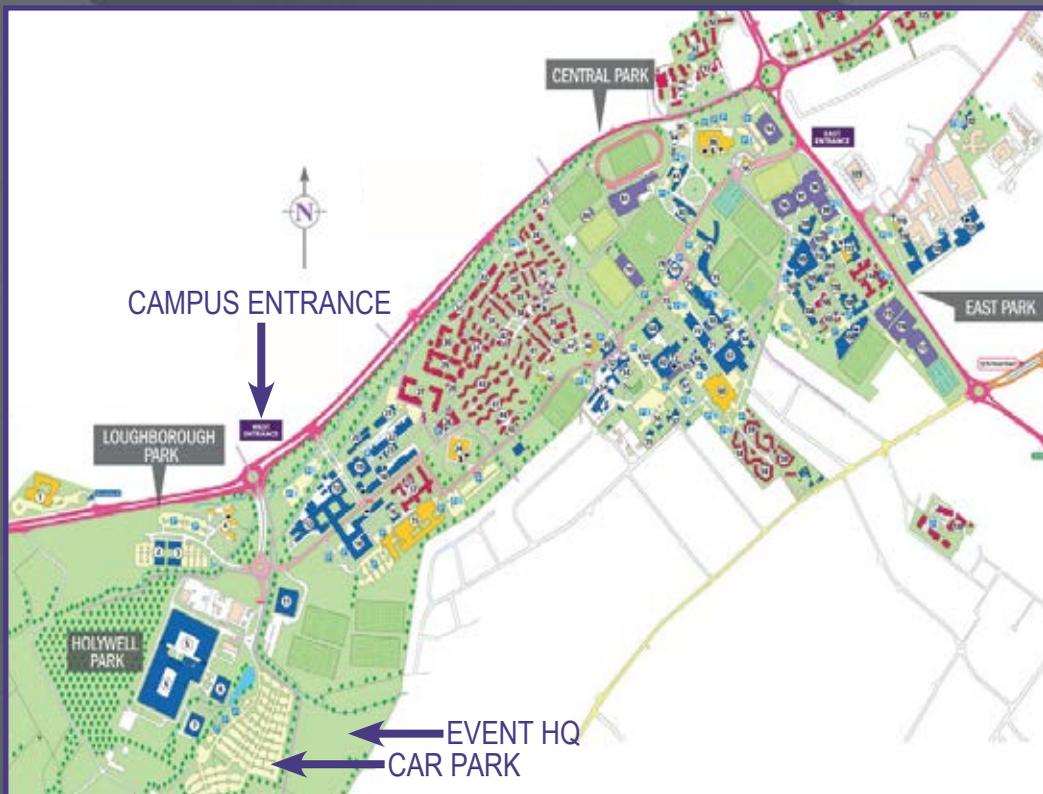
Leave the motorway and head east on the A512 towards Loughborough. At the first two sets of traffic lights go straight ahead. At the first roundabout turn right. Then stop at the Security Gatehouse.

The main University entrance will be on your left just before the next roundabout. Ignore this entry onto campus and turn left at the roundabout. Follow the road through the traffic lights (note campus accommodation on your left). At the next roundabout turn left. After two hundred yards, turn left and stop at the Security Gatehouse.

A6 FROM DERBY

Turn right at the first roundabout as you enter Loughborough. Turn left at the next roundabout, then straight on at the next. Turn right at the next roundabout towards the motorway. Follow the road through the traffic lights (note campus accommodation on your left). At the next roundabout turn left. After two hundred yards, turn left and stop at the Security Gatehouse.

CAMPUS MAP



SIGNING ON



On arrival at the HQ, please sign on. Signing on is a simple process with Titanium Cycling Events and should only take a couple of minutes.

At signing on, you just need to sign to say you agree with the British Cycling terms and conditions. Then one of our event team will give you your personal rider pack which will have been pre-packed for you.

No information will be sent through the post prior to the event as we like to keep that personal touch at our events!

IMPORTANT: Signing on opens at 7:45 and closes at 10:00

WHATS CONTAINED WITHIN YOUR RIDER'S PACK:

At signing on you will receive a rider pack which will contain the following:

- * Confirmation Letter
- * Printed OS Route Map
- * HighFive Gels
- * Rider Number + Cable Ties
(with Timing Chip Attached)



BEFORE STARTING THE SPORTIVE

1. FINAL CHECK OF YOUR BIKE FOR MECHANICAL ISSUES

Before starting the sportive you should make sure that there are no issues with your bike. CycleCraft will have a stand near the start line, so if you have any last minute issues please ask them to help you! There is no charge for any mechanical support at the sportive (Excluding Parts), but it is far easier for us to resolve any problems before the start of the event.

2. ATTACH YOUR HANDLEBAR NUMBER:

Please attach the rider number onto the handlebars of your cycle using the cable ties supplied in your rider's pack. It is imperative that this number is fitted so that the timing system works.

3. WATER BOTTLE CHECK

Why not take a chance to fill up your water bottles at the HighFive water station.

4. SMILE & ENJOY THE DAY

Finally, make your way over to the start. One of our event team will give you a brief about the event and any hazards that may be on the route and then will send you on your way for an enjoyable day!





FACILITIES AVAILABLE AT THE HQ

The HQ for the sportive is Loughborough University Football Stadium.

The stadium has a wide range of facilities that can be used by all participants free of charge: -

TOILETS - are available on the ground floor of the HQ.

CHANGING ROOMS / SHOWER FACILITIES - are available on the ground floor of the HQ

BIKE RACKS - There will be bike racks outside the HQ. Please do not take any bikes into the stadium. Please note Titanium Cycling Events cannot accept responsibility for loss or damage of property in this bike park.

LIGHT REFRESHMENTS - are available all day in the function room on the 1st floor

HIGHFIVE - A HighFive drinks station will be available outside the HQ, where you can stock up on HighFive energy drinks prior to the start of the sportive.

MECHANICAL SUPPORT - There will be a mechanical support station outside the HQ, where you can get last minute mechanical problems resolved.

ROUTE SIGNAGE

Each rider is responsible for their own navigation. A route map will be provided in each rider's pack for this purpose and the route will also be clearly marked with fluorescent orange signs.

We have a dedicated signage team who will erect approximately 400 signs, to ensure you do not get lost. You should be able to navigate the course without a GPS device or map. We provide you with an OS route map just in case anyone decides to move some signs.

GPX files for all routes are available to download at the event website.



STARTING THE SPORTIVE

START TIME - The start line opens at 8.00 am and closes at 10.30 am. Riders on the 100km and 160km route can report to the start at any time between this two and a half hour period. Riders on the 65km route can start after 9.30am.

Riders will be set off in small groups of approximately 15 riders. You may have to wait a small amount of time before you can leave. At the start officials will brief you on any specific issues along the route.

PLEASE NOTE: The post ride meal will be served from 11am - 5 pm, so please plan your start time so you arrive back to the HQ after 11 am.

CHANGING ROUTES - You may change route at any time, however on arrival back at the HQ please inform the service desk located in the HQ.

BROOM WAGON - A broom wagon is available but please remember this is not a taxi service. If you need this service please contact the [Support Team on 07737 624585](#).

FEED STATIONS

65 KM ROUTE

1. King Edward VII Science and Sport College (34 KM)

100 KM ROUTE

1. Repton Village Hall (38 KM)
2. King Edward VII Science and Sport College (70 KM)

160 KM ROUTE

1. Repton Village Hall (38 KM)
2. King Edward VII Science and Sport College (70 KM)
3. Somerby Village Hall (115 KM)

All our feed stations have toilet facilities and a wide range of food and drink available. Not forgetting the home made flapjack and wraps, which the riders all seem to talk about!

MEDICAL SUPPORT

As this is a non-competitive event you are responsible for your own medical assistance. At Titanium Cycling Events we always want to improve the safety of the riders. For this reason we have a dedicated team of qualified paramedics based at the HQ and along the route.

The paramedics will be located along the route so you can request thier services by phoning the support number. If you need urgent medical assistance you should call for an ambulance. Please also call the support number for a paramedic to attend as our staff may be able to attend quicker than the ambulance.

[Medical Support Team 07712 401126.](tel:07712401126)



POST RIDE FEATURES

As you approach the stadium please take care as you approach the finish line.

You have not finished until you pass well under the finish gantry, where stewards will greet you and give you a meal voucher.

FOOD - A free post ride meal is included in the entry fee. The meal will be Lasagne (Meat or Vegetarian), served with salad & fruit. **If you have any dietary requirements please let us know prior to the event.** A selection of cold drinks will also be available.

RIDE STANDARDS

Riders in all distance options have the opportunity to target a time based rider standard of Bronze, Silver or Gold. Standards are awarded based on the distance covered in the time recorded from start to finish. This includes all stop times at feed stations. We now include split point timing at feed stations, are to provide a personal indication of the time spent at each feed station!

IMPORTANT: If you ride a different option to that entered please inform our service desk, or alternatively you can change your route using our new automated system on www.titaniumracetiming.co.uk.

Riders need to complete their route in less than the following times (hrs:mins) to qualify for each standard:

160 KM route - Gold 5:50 or less,	Silver 6:37 or less,	Bronze 7:39 or less
100 KM route - Gold 3:33 or less,	Silver 4:08 or less,	Bronze 5:11 or less
56 KM route - Gold 2:09 or less,	Silver 2:25 or less,	Bronze 3:30 or less

CONTACT US

GET IN TOUCH

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TWITTER

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