

ENJOY AN EPIC
DAY IN THE DALES

hope

PRE PEAKS

WHEN:

Sunday 18th August 2019

WHERE:

The event starts and finishes at:

The HOPE Tech Factory
Calf Hall Road
Barnoldswick
Lancashire
BB18 5PX

<https://goo.gl/maps/nHX3AXwLo4t>

PLEASE NOTE: There is FREE Event Car Parking located at the end of Fernbank Avenue in Barnoldswick. This Car Park will be signed from Gisburn Road and then the walking / cycling route to Registration and the Event Start will be signed from the Car Park.

<https://goo.gl/maps/KEU598kBfKQ2>

This Car Parking area is approx. 10 mins walk from Registration and the Start at the HOPE Tech Factory so to save having a faff please bring everything you're going to need for the ride (including your helmet) with you to Registration.

ROUTES & GPX FILES:

There are two Hope Pre Peaks Routes.

The HOPE Pre Peaks 85 (Long Route):

84km / 52.5 miles with approx. 1,850m of Ascent

DOWNLOAD THE PREPEAKS 85 GPX HERE - <http://po.st/PrePeaksLong>

The HOPE Pre Peaks 70 (Short Route):

69km / 43 miles with approx. 1,410m of Ascent

DOWNLOAD THE PREPEAKS 70 GPX HERE - <http://po.st/PrePeaksShort>

PLEASE NOTE: The Short Route is simply a direct route between Street Gate (Grid Ref: SD 904 656) and the Rejoin Point on Mastiles Lane (Grid Ref: SD 930 654). It removes approx. 15km / 9.5 miles and approx. 440m of Ascent from the Long Route.

Both routes are the same up to Street Gate and after the Rejoin Point

Please note both routes comprise of extended sections on remote Bridleways and Byways. FULL BODY COVER (water & windproof jacket and trousers), A SURVIVAL BAG & A WHISTLE MUST BE CARRIED BY ALL PARTICIPANTS.

START TIMES:

The HOPE Pre Peaks: 07:30 - 09:00

Please arrive in plenty of time for the Event Start.

Riders will be set off in small, staggered groups by our event marshals from the rear of the HOPE Tech Factory.

The Finish for both routes is in the same location as the Start.

REGISTRATION:

Event Registration will be open as follows and will be located at the rear of the HOPE Tech Factory.

Sunday 18th August 2019: 06:30 - 08:30

Registration at events can often be busy so please allow plenty of time to register.

PRE EVENT:

Sweet treats, teas and coffees will be available from Fells & Dales Caterers which will be located close to Registration and the Start / Finish area at the rear of the HOPE Tech Factory.

HELMETS:

Helmets are mandatory for this event and you must bring your helmet with you to Registration. Once your helmet has been checked, you can collect your event number (to be fixed to your handlebars) which has the timing chip on the back. You will not be allowed to enter the event if you have no rider number.

ROUTE SIGNAGE & NAVIGATION:

Both routes will be fully signposted using PINK arrows with additional Long Route / Short Route signage at, and immediately after, the route's Split Point at 39.5km / 24.5 miles.

You will also receive a waterproof route map at Registration and you can load the route GPX file onto your navigation device.

IT SHOULD BE NOTED THAT, WHILST THE VAST MAJORITY OF FARMERS AND STAKEHOLDERS AROUND THE ROUTE HAVE BEEN VERY ACCOMMODATING AND SUPPORTIVE, THERE HAS BEEN ONE EXCEPTION.

RIDERS SHOULD BE AWARE THAT, WHILST WE WILL TAKE REASONABLE STEPS TO PREVENT SIGN TAMPERING ON THE ROUTES, ADDITIONAL CARE WITH THEIR ROUTE NAVIGATION IS ADVISED BETWEEN STREET GATE (GRID REF: SD 904 656) OVER HIGH COTE MOOR TO ARNCLIFFE COTE (GRID REF: SD 946 703) ON THE LONG ROUTE AND BETWEEN STREET GATE (GRID REF: SD 904 656) AND THE REJOIN POINT (GRID REF: SD 929 654) ON THE SHORT ROUTE.

The routes follow sections of the Canal Side Trail between Gargrave and Barnoldswick towards the end of the ride. Riders should dismount as necessary on this section and ARE INSTRUCTED TO DISMOUNT AND WALK UNDER ALL OF THE BRIDGES THAT THE ROUTE PASSES UNDER ON THIS SECTION.

There are stables and riding centres close to the route between Bank Newton (SD 910 530) and East Marton (SD 910 510) and horse riders regularly use the section of the route between these two points. Whilst you can expect horse riders at virtually any point on the route you should anticipate Horse Riders before and after this area and ride accordingly and respectfully at all times.

Riders are advised that there are numerous technical sections on the routes, especially so for cyclocross bike riders. It is the responsibility of each rider to ride within their abilities and abide by The Off Road Code / Highway Code (as applicable) at all times. If there is a section of the route which is beyond your skill level or ability to ride then simply dismount and walk (or run) through with your bike - you'll not be the only one!

IF YOU ARE FINDING A TECHNICAL PIECE OF TRAIL TOO TRICKY TO RIDE THEN GET OFF AND WALK OR RUN

CAR PARKING:

We ask that you please use the allocated event parking at the end of Fernbank Avenue in Barnoldswick.

<https://goo.gl/maps/KEU598kBfKQ2>

BAGS & CHANGING:

We recommend that you leave your travel bags in your car or with your accommodation provider. You may prefer to arrive in your cycling kit and have some warm dry items to put on after the event. There are no shower facilities available at the end of this event.

GATES, ENVIRONMENT & CONDUCT:

Long distance, mixed terrain Cyclocross / Gravel / Adventure Cross Events are now a popular cycling discipline and we respectfully ask you all to be ambassadors for yourself, for the event, for HOPE Tech and for cycling at all times during the event.

Take the opportunity to say hello to other trail users around the route, say "Thank You" to the event marshals and take extra care to ride appropriately around any horses and horse riders.

Permissions to use the routes have been negotiated with a large number of authorities, land owners & managers and stakeholders. Please do not let your conduct be a barrier to us running this event again in future. Gates that are closed when you arrive MUST be closed behind you. Please do not vault gates, fences or walls.

Given that other people will also be using the multi user trails a bell is a good idea for giving advance warning of your approach to walkers, runners, horse riders and other riders.

DO NOT LITTER:

LEAVE NOTHING BUT TYRE TRACKS - AVOID SKIDDING AND RIDE STRAIGHT THROUGH, RATHER THAN AROUND, ANY BOGGY SECTIONS. RESPECT THE COUNTRYSIDE AND THOSE THAT WORK & LIVE IN IT. THE COUNTRYSIDE IS A WORKING ENVIRONMENT - FARM WORK AND THE MOVEMENT OF LIVESTOCK SHOULD BE ANTICIPATED AND RIDERS SHOULD BE PREPARED TO STOP IF/AS REQUIRED.

FEED STATIONS:

Feed Stations are there to provide you with a water top up and to supplement your own supplies of event food.

There will be TWO Feed Stations around the routes:

- >> The First Feed Station at Long Preston @ 25km is for ALL riders on both routes.
- >> The Second Feed Station close to Lea Farm @ 58km is for riders on the Long Route ONLY.

Both Feed Stations will be marked on your waterproof event map.

On the Long Route there will be an additional opportunity to top up your water bottles at Kilnsey – close to the start of Mastiles Lane and the King/Queen of the Mountain (KOM/QOM) Sector.

Feed Stations will be clearly marked with advance signage and will have water and a range of high carb foods.

Feed Stations will also have track pumps and First Aid Kits.

In accordance with industry best practice guidelines we will have the Ingredient Lists for the Feed Station foodstuffs available for inspection. The Organisers cannot guarantee that any foodstuffs (regardless of that item's labeling) will be free of allergens or cross contamination from those items production facilities, their transport or from their prep and display for the event itself. If you have a severe or life threatening food allergy we **DO NOT RECOMMEND** that you use the Feed Stations or Splash & Dash on this event.

PLEASE DO NOT LITTER AT, OR AFTER, THE FEED STATIONS. DROPPING ANY WRAPPERS or RUBBISH IS SIMPLY UNACCEPTABLE.

ROUTE CUT OFF POINTS & TIMES:

There will be ONE Route Cut Off Point in operation AT THE ROUTE Split Point at 39.5km / 24.5 miles:

Cut Off Point

At 39.5kms / 24.5 miles, at the split of the Long and Short Routes. Riders on the Longer Route must clear this point by 12:00 noon. After this time you will be directed onto the shorter return Route.

This Cut Off is in place to regulate against slower riders on the longer route option returning late to the Finish. In the event of low light and/or poor visibility on the day of the event the organisers reserve the right to shorten the route on safety grounds as necessary.

FIRST AID:

There will be First Aid Kits at each of the Feed Stations and in the Event Organisation's vehicles. Event Safety Group will be providing additional Paramedic cover around the route in two 4X4's vehicles.

TOILETS:

Toilet facilities are available at the Start/Finish and at Feed Station 1.

If you stop to use a cafe or hotel/pub toilet en-route, please ask before using their facilities. We ask all participants to be respectful of the local environment, residents and other riders in all sanitary matters!

POST EVENT:

There will be free Tea / Coffee post event and there will also be home made chilli and jacket potatoes on sale from Fells & Dales Caterers

BIKE WASH:

HOPE Tech will be running a free Bike Wash at the Finish of the event.

EVENT PHOTOGRAPHY:

Don't forget to Smile, Smile, Smile www.sportivephoto.com are the official event photographers.

YOUR CONDUCT & SAFETY:

- >> HAVE FUN & BE SOCIAL, IT'S NOT A RACE. SERIOUSLY, IT'S NOT A RACE, SO DON'T RIDE LIKE IT IS.
- >> This event will take you into remote terrain on rough tracks and quiet roads and you should be prepared physically, mechanically and mentally for this challenge AND carry appropriate supplies of food, drink, spares, inner tubes, tools and spares with you.
- >> FULL BODY COVER (water & windproof jacket and trousers), A SURVIVAL BAG & A WHISTLE MUST BE CARRIED BY ALL PARTICIPANTS.
- >> When riding on open public roads it is essential for your own safety, and that of all other road users, that you comply with the Highway Code.
- >> When riding on Public Bridleways, Forest Roads, Cycle Routes and Sections of the Off Road HOPE Pre Peaks Routes you must show consideration, good manners and common sense to all other trail users and adhere to the Off Road Cycling Code www.cyclinguk.org/article/cycling-guide/off-road-cycling-code-conduct
- >> Route Marshals are there to indicate the direction of the route only and to help manage the event. Marshals will not be stopping traffic.
- >> Please ride considerately at all times, ride no more than two abreast and let traffic pass.
- >> Particular attention should be given to the surface both on and off road all the way round the routes and you should expect the unexpected at all times e.g. blind corners, steep descents, trails & bridleways that have been washed out and are in VERY ROUGH CONDITION, livestock crossing, roads, gravel, cattle grids and stone wash-out from potholes and from road gutters, etc.
- >> It is your responsibility to judge whether or not your skill level is sufficient to ride all sections of the route. If you are in doubt then simply get off and walk/run with your bike.
- >> If you have entered the Long Route and are finding it tougher than anticipated you can switch onto the Short Route at 39.5kms / 24.5 miles.
- >> We request that your supporters do not bring any vehicles out on the route to follow you as this may create congestion. Any riders observed, or reported as, riding or behaving in an unsafe, antisocial or inappropriate manner will be withdrawn from the event and may be reported to the police.
- >> The event support vehicles can only follow the event on the tarred road sections are there to assist you in the event of a mechanical breakdown only. They cannot assist with mass withdrawals due to bad weather, etc.
- >> Should you withdraw from the event under any circumstances it is your personal responsibility to make your own way back to the Event HQ. We advise you to carry some emergency money in case it is required for a taxi, phone call etc.
- >> There will be a Rather Be Cycling Broom Team that will be riding the routes at the rear of the event. They will be wearing Fluro Orange vests and are able to assist you with any minor First Aid or trail side mechanical issues en-route.

IN THE EVENT OF AN INCIDENT:

- >> If you are involved in, witness or come across an incident requiring immediate medical attention, firstly phone 999, requesting the service/s you require and advising them of your location. Then phone the Event Emergency Contact Number to update the event organisation.
- >> For minor injuries there are first aid kits and first aiders at each of the two Feed Stations.
- >> Please call the Event Emergency Contact Number in event of injury / withdrawing from event.
- >> Please add the numbers below to your mobile phone and take your phone with you during the event – please do not use these numbers inappropriately.
- >> UK Emergency Services Number 999
- >> Event Emergency Contact Number: 07624 307 954
- >> Mechanical Support Number: 07624 307 943

FINAL CHECK LIST DON'T FORGET!

- >> You must bring your helmet to Registration so the timing chip can be fitted.
- >> To eat a healthy carbohydrate meal and to try and avoid alcohol the night before the event.
- >> Eat something light and carbohydrate rich and stay well hydrated prior to the event.
- >> Carry two spare inner tubes, tyre levers, a (real) pump, a Powerlink, chain tool and multi tool.
- >> If using Tubeless Tyres still take at least one spare inner tube with you.
- >> A waterproof jacket and a fully charged mobile phone.
- >> Enough fluids (2 x bottles or a Camelbak) and food for the event.
- >> To drink & eat regularly during the event to keep your energy levels topped up.
- >> Money for tea / coffee / food / taxi (in the event of retirement).
- >> A full change of warm dry clothing for after the event.
- >> To bring lights - including rear light and head torch if you have one.
- >> To fit a bell to your bike.

KEY RIDER INFORMATION

- >> The HOPE Pre Peak routes reward riders who choose their lines carefully and avoid pinch flats.
- >> The HOPE Pre Peaks routes are designed to be ridden on either a cyclocross or amountain bike.
- >> Tyre choice for crossers is a consideration for this event. Extended sections of the route are rough and rocky, whilst others are grassy. Some may be muddy and some sections are on tarmac roads. Tyres are always a compromise between grip, puncture protection and weight but we suggest that you for cross bikes we suggest broad 35c (or wider) tyres with thick sidewalls (such as a Schwalbe Land Cruisers) rather than skinwall tyres.
- >> We suggest a lowest gear of at least 34x28 on crossers.
- >> For MTB's something narrow that rolls well on hard pack and tarmac is ideal. We do not recommend slick tyres for mountain bikes.
- >> Your bike should be fit for purpose and should be checked / serviced prior to the event.
Your bike should be in good working order and legally roadworthy - two brakes on any singlespeeds!
- >> You MUST carry at least two spare inner tubes (new ones), tyre levers, a (real) pump, a Powerlink, a chain tool and multi tool.
- >> A small Camelbak is ideal for this type of event and allows you to easily carry the spares, food and fluids you will require.
- >> You MUST carry a waterproof jacket, waterproof trousers & an Emergency Blanket and a mobile phone. We strongly advise you also carry a dry base layer and small first aid kit.

MAKING A WEEKEND OF IT:

North Lancashire and The Yorkshire Dales are fantastic areas to visit and explore so why not make a weekend of it?

You can find out more about the area and accommodation links here:

Barnoldswick <http://www.visitbarnoldswick.co.uk/>

Settle <http://www.settle.org.uk/settle-tourist-information-centre/>

Malham <https://www.yorkshire.com/view/attractions/skipton/malham-tourist-information-centre-1164918>

Gargrave <http://www.gargrave.org.uk/>