

TOUR O THE BORDERS

SUPPORTED BY

fi'zi:k

4 SEPTEMBER 2022
RIDERS' NOTES

IMPORTANT EVENT
INFORMATION.
PLEASE READ!



tourotheborders.com



Please read this info carefully
– it contains things you need
to know for the race.

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THANK YOU for entering Tour O The Borders supported by fi'zi:k 2022! We have a fabulous day on the bike ready for you, but for now please take a few minutes to read these notes – they should contain everything you need to know for the weekend.

Most importantly, remember this is a fun and friendly event – even though it will be a challenging day out for many! Give it your best, and above all, enjoy the ride!

Good luck – we'll see you in Peebles.

The Touro Team and everyone at the Hillside Outside Ltd

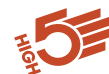
EVENT SPONSORS

A special shout out to our sponsors!

fi'zi:k



ENDURA 



■ CULLEN KILSHAW



EVENT ORGANISERS

hillsideoutside

LATE ENTRIES! Advance booking has now closed, but a limited number of last-minute entries will be available on Saturday at registration.



1. Schedule

Thursday 1 September

WAVE INFO & START TIMES SENT OUT

Saturday 3 September 10:00 – 19:00

REGISTRATION AT TWEED GREEN, PEEBLES

If you are registering for a friend, you must have their order confirmation with you, before you can pick up their rider pack.

Please note - a limited number of event entries will be available at registration.

Sunday 4 September 06:50 – 07:40

RIDER START

Arrive 30 minutes before your allocated start time and be ready to ride with number boards attached (your timing chip is on the back of your number board), wristband and helmet.





2. Getting There



Getting There

The Event HQ, registration and start is in Tweed Green, Peebles. It's within easy reach of Edinburgh, Glasgow, Newcastle, the Scottish central belt and the north of England.

The nearest postcode for the event village is EH45 8AP for sat navs.

What 3 Words: [///shoelaces.those.eggs](https://www.what3words.com/#!/en/3w/3w/3w/shoelaces.those.eggs)

If you are arriving by car the main roads into the town are the A72 from the south and west, and the A703 from the north.

Share car transport whenever you can – there's a very useful car-sharing website at www.tripshareborders.com

The closest stations are Tweedbank and Edinburgh Waverley Station. Check Travelline Scotland for dedicated bus connections.

Please be aware of the road closures in place for the event - this could mean additional planning is required for getting to the start in time. Please see the Road Closures map.

www.tourotheborders.com/community



2. Getting There (cont.)

2.1 Parking – IMPORTANT!

PLEASE NOTE, THERE WILL BE NO PARKING AVAILABLE AT TWEED GREEN ITSELF.

PARKING: SATURDAY

For registration on Saturday, there are car parks on Edinburgh Road, Kingsmeadows Road and at the Gytes Leisure Centre, all within easy walking distance of Tweed Green.

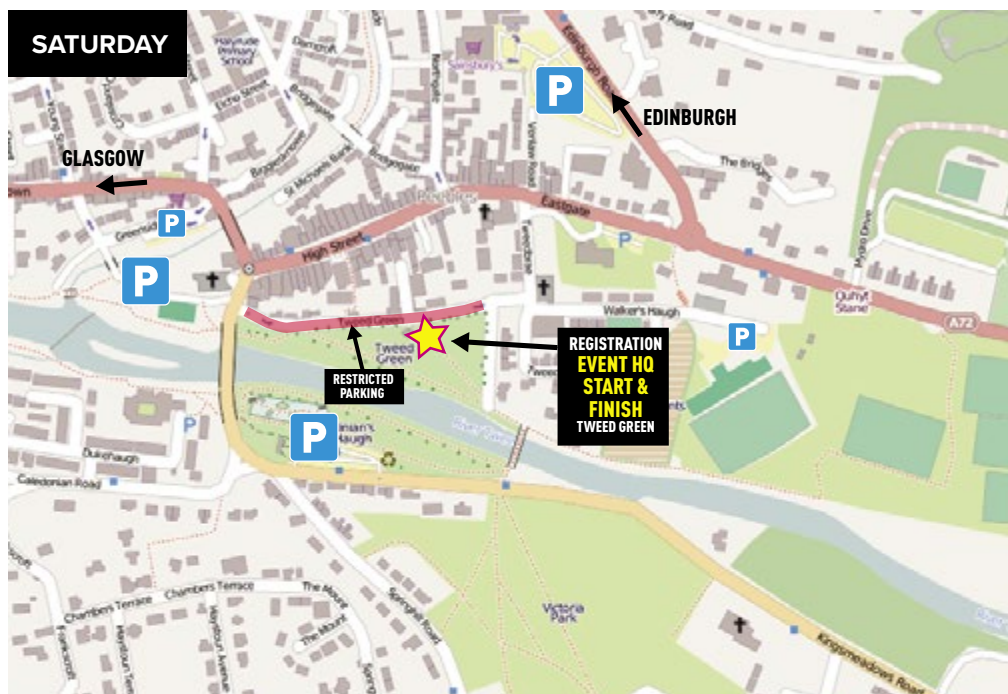
PARKING: SUNDAY

On Sunday only - event day - official parking will be available at Chapelhill Farm field on the north side of Peebles. Please see map for directions.

Parking will be charged at £5 per car for all day parking, bookable in advance [here](#) or you can pay £6.50 by cash/card on the day. If you book in advance, please bring your confirmation email.

On-street parking is possible on many streets around Peebles, but on event day it will be restricted in certain areas for safety reasons, particularly along the route of the event.

Please do not park in a way that will cause inconvenience to residents, restrict traffic flow or otherwise cause problems!





2. Getting There (cont.)

2.2 Courtesy

Please do not ride on the pavement at any time.

Please be courteous to residents and everyone else. Let's make sure the road cycling community has a good name and a reputation for good conduct.

2.3 Event Facilities

THE EVENT VILLAGE / Event HQ will be in Tweed Green on both Saturday and Sunday. Fi'zi:k and Pirelli will be there, so feel free to stop and have a chat with these bike brands and their experts. BSpoke Cycles will also be on hand to help with any mechanical issues or last minute bits and pieces.

Event toilets will be at Tweed Green in the centre of Peebles, where all riders will assemble before their start time. There will also be event toilets in the official event car park on Sunday, race day.

2.4 Event Preparation

Bikes

Please make sure your bike is serviced and in good, safe working order prior to event day. Make sure your chain is clean and lubed, and that your tyres are pumped up to the

correct pressure. Brakes and pads should be checked and an overall safety check carried out to make sure everything is tight and safe.

You'll get up to some fast speeds so you want to feel confident in the machine which will get you through the day and over all those miles. Your bike is your friend – show it you care!

Handlebars: No unconventional handlebars are permitted including triathlon bars, aero bars, clip-ons etc. Bar end plugs must be fitted.

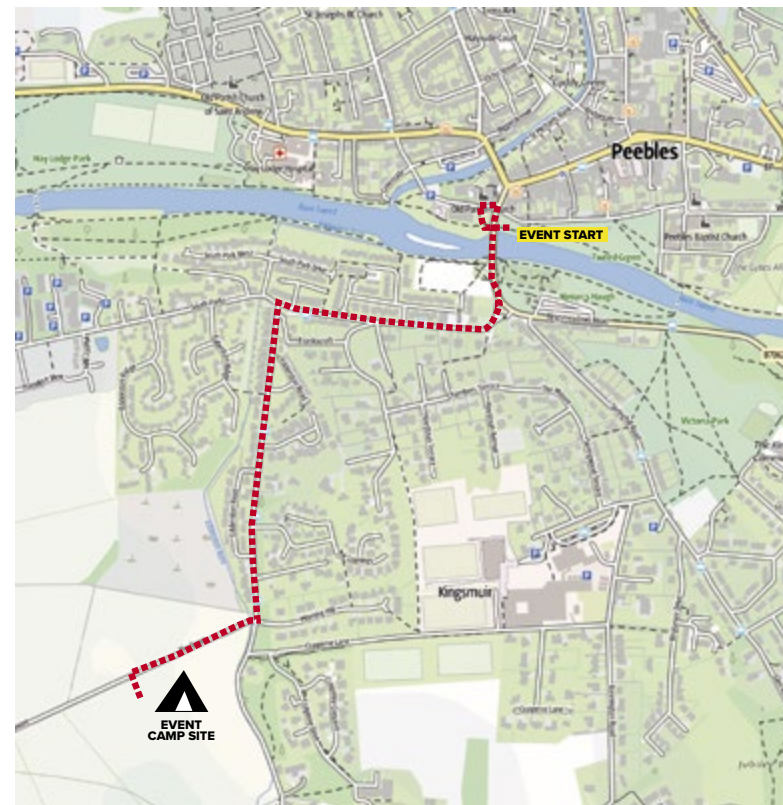
After The Ride

There will be music, food and drink vendors in the event village as well as stalls from fi'zi:k, Pirelli and Kidney Research UK to entertain you post ride. So, why not hang out and soak up the post-ride vibes and atmosphere.

Physio

The Physiotherapy Clinics based in Peebles are our physiotherapy and massage therapy partners. Their experienced team will be providing a massage therapy service at the event village on Saturday 3th and Sunday 4th September.

If you require injury advice or treatment, their specialist Sports Physiotherapists will also be available over the weekend. You can arrange an appointment or get advice by calling 07738 304238. If you tell them you are Tour



O The Borders rider you will receive a discount should you require treatment.

2.5 Camping

For the first time, we're able to provide camping in Peebles. Full details on how to book your pitch [here](#).

See map above for location.



3. Rider Info

3.1 Registration

Sign on is at Tweed Green, Peebles, EH45 8AP on Saturday 3rd September from 10am – 7pm.

Please be aware, it will NOT be possible to register on the Sunday. Due to the road closures for the event we must start promptly at 6.50am — registering 2000+ riders on the morning of the event would be impossible.

We appreciate that this is difficult for some riders but as an alternative it's possible for someone else (eg. a friend or another rider) to collect the rider pack for you.

If you are picking up a rider pack for someone else please bring a copy of their email confirmation/s. We will need to see this before we can issue rider packs to representatives of absent riders.

You will be asked to confirm the rider/s' mobile phone number and emergency contact details so please make sure you have a record of this information.

What Happens At Registration

When you arrive at registration to collect your rider pack, you will be asked to confirm your mobile phone number and emergency contact details. Please also bring your email confirmation.

You'll then receive your rider pack which will contain your number board, cable ties and your timing chip (attached to your number board). Don't worry about your medal, you'll get that when you come over the finish line.

PLEASE NOTE: If any of your details change (phone number etc) you must let us know!

PLEASE NOTE: We ask all riders to carry their mobile phone with them during the event. Your timing results will also be sent directly to your mobile phone shortly after the event.





3. Rider Info (cont.)

Changing Route Length

If between now and the day of the event, you decide to change from the long to the short route, or vice versa, please come to the info tent on Sunday morning and let us know, so we can update start/timing sheets, and validate your number board.

Shorter course riders will all start in the last three waves.

Please don't swap routes once you have started the event. However, if you really need to change from the long to the shorter course whilst out there, you must inform the event official at the junction where the two routes split (Gordon Arms). You may be asked to wait here until the long route riders arrive, at which point you may re-join the event. This is an important safety issue, to ensure the road closure is operational and safe on the section of road towards Traquair.



Before The Event

You'll be given:

- Wave Number
- Start Time

Please check your inbox for an email with a link to all this info, it's being sent on Thursday 1 September.

Changing Wave

If you wish to ride with a friend who's in a different wave, you may still be able to do so – ask an event official at registration and we'll do our best to make this possible.

Start waves are important for safety – remember they are based on your predicted speed on the course, and slower riders start later for safety reasons.



3.2 Number Boards

You will not be allowed to join the ride without your number board attached to your handlebars. Number boards must be fixed to your bars and be readable throughout the event. Cable ties will be provided for this.

Your timing chip is in the form of a disposable chip that is attached to the back of your number board. The timing chip reacts with the timing mats at the start/finish and on the neutralised Talla descent

Medical conditions and emergency contact details must be completed on the reverse of the number board (make sure you have these details with you!)

No rider may use another's rider's event number.



3. Rider Info (cont.)

Wrist Band

IMPORTANT: You will be given a wrist band at registration with your rider number – the same as is on your number board. You must wear this at all times during the event, and will not be allowed to start the ride without it.

Don't forget your rider pack on the day!

If you forget your rider pack there will be a £20 charge for a replacement on the day. You will need to come to the information tent between 6.00am and 6.30am on Sunday to collect this.

3.3 Marshals

Marshal Instructions - IMPORTANT!

You must follow all marshal instructions.

Marshals along the route will notify you of unexpected hazards (like emergency services on the route) when necessary.

Marshals will be wearing high visibility vests and will clearly signal if you need to stop or slow down. If a marshal needs you to stop, they will stand in the road and signal clearly with both arms, if a marshal needs you to slow down for a danger they will signal with one arm in a clear up and down motion.

3.4 Clothing & Kit

Please make sure that you are well prepared for a day out on the roads. Remember you'll be out exposed to the elements for several hours and must be prepared for delays if required.



You must have the following:

- Helmet (must be worn & fastened at all times while you are riding your bike)
- Mobile phone (charged)
- Suitable clothing

Strongly Recommended:

- Arm and leg warmers
- Waterproof jacket/extra layers in case of delays
- Water bottles
- Energy gels/food etc
- Puncture repair kit
- Spare tubes
- Pocket tools
- Cycle computer/GPX
- Sunblock
- Chamois cream
- Gloves



3. Rider Info (cont.)

Helpful Tips

On the evening before the event...

- Ensure all day you are on top of your hydration – you don't want to be playing catch up on event day!
- Carb loading is a thing of the past; you don't need to work your way through a mound of pasta! Focus on lighter proteins like chicken, fish or beans with some carbs and make sure you don't eat too late in the day.
- Get a good night's sleep.

On the day of the event...

- Try to eat 2-3 hours before then eat and drink something 30 minutes before the event – energy drink, bananas etc.
- Eat and drink at regular intervals throughout the event – you must stay fuelled for the body to work at optimum efficiency – don't wait until you feel hungry/thirsty.
- Check out further on the day nutrition information from event partner High5 [here](#).
- Don't go off at too fast a pace that you are not going to maintain – it's not a wise thing to do. Listen to your body during the event, set a





3. Rider Info (cont.)

comfortable pace and try not to get swept up into higher pace when being passed by other riders.

- If you're in a group of riders, ride safely and carefully, and don't make any sudden moves — there may be someone close behind you. If you are in a group and find yourself enjoying the slipstream of someone else's back wheel, have good manners — do your turn at the front!
- Please note, however, our advice is always safety first, so we would encourage all riders not to get too close to one another.

3.5 Environment

Part of why we run events is to celebrate the beautiful natural Scottish Borders environment we're proud to call home, so:

- Use correct bins provided. Don't contaminate recycling
- DO NOT DROP GEL OR NUTRITION WRAPPERS, OR ANY OTHER RUBBISH!



4. Course

4.1 Course Groups

Event Start and Start Waves/Times

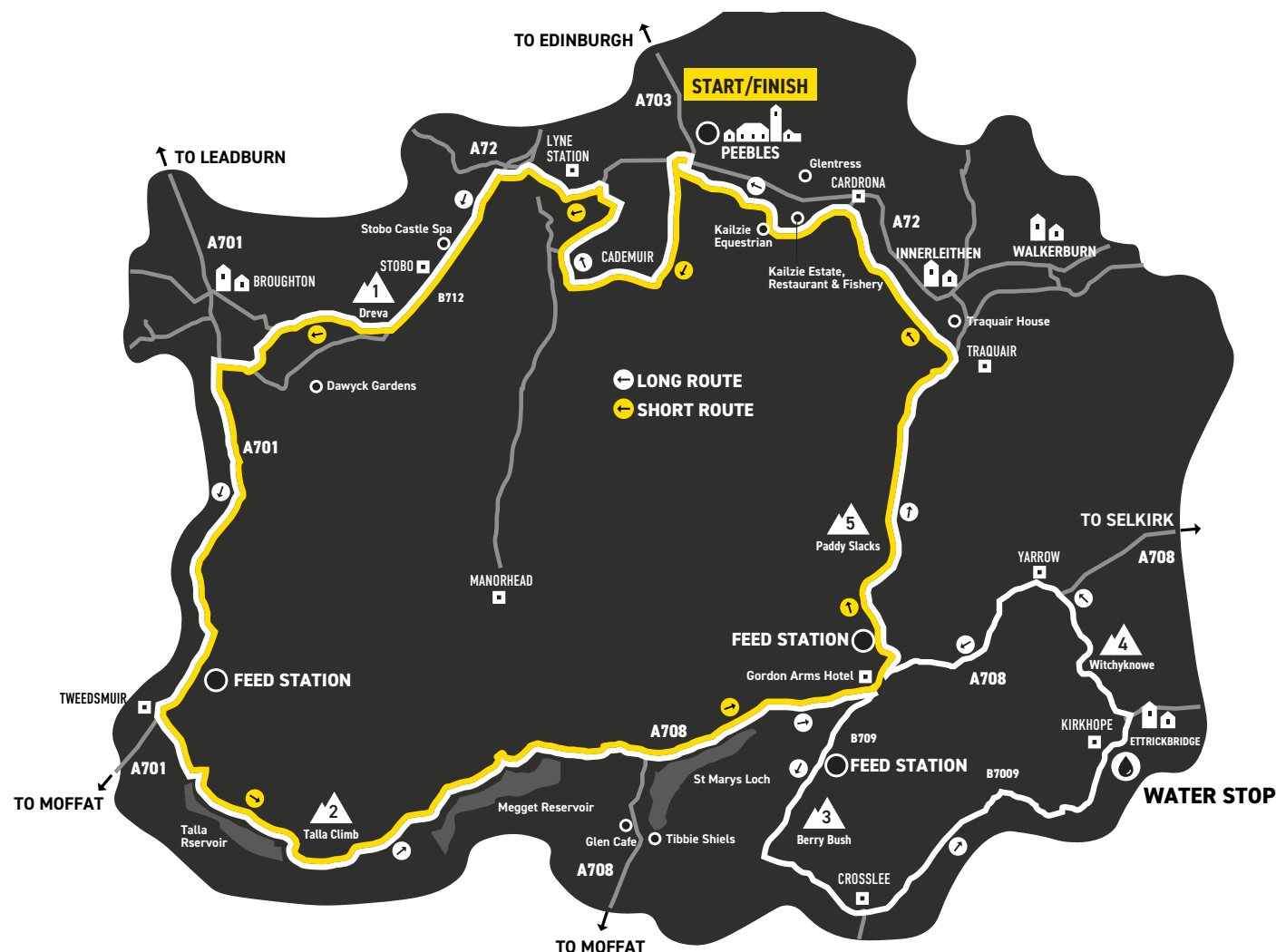
Event Safety is always our number one priority and with this in mind, every rider has been allocated an approximate start time. Riders will be started in waves of up to 150 riders.

Your start wave is on your number board. Riders will start in waves, between 6.50am and 7.40am.

You can check your wave start time on the event website from Thursday 1 September at [**www.tourotheborders.com**](http://www.tourotheborders.com). The link will also be emailed to you.

You must be at the Assembly area at Tweed Green 30 minutes before your start time – this is noted on the start times. Be ready to ride.

You should have your number board attached, timing chip in place (your timing chip is attached to the back of your number board), wristband and helmet on. Look for your wave number sign and wait with the others in your group - you'll soon be taken to the start. Please make sure you are ready in good time. Short route riders start last. Ride safe and have fun!





4. Course (cont.)

4.2 Course Summary

Full 120km | 1425m ascent
Challenge 88km | 921m ascent

Climbs

All climbs have descents directly after the top of the hill. Fastest descents will be climbs 2, 4 & 5. All riders must ride with due care and attention at all times on descents.

Please don't take risks. Control your speed on descents.

- 1 Dreva
- 2 Wall of Talla
- 3 Berry Bush
- 4 Witchyknowe
- 5 Paddy Slacks

Sweeper and Minimum Speeds

Riders need to complete the course at a minimum average speed of 16kmph. Otherwise the sweeper vehicle may pick you and your bike up (if you want/and if space available) and you may be asked to surrender your timing chip/number board.



Alternatively, you are free to continue the route (without your number board) on open roads after the sweeper has passed but entirely at your own risk/discretion, though please be aware course marking may have been removed.

Please note, roads are being re-opened as soon as possible to minimise inconvenience to residents and businesses around the route. Thanks for your understanding!

Start & Finish

Starting and finishing on Tweed Bridge, you can have your own Champs Elysees moment before rolling back down to the finish arena at the event

village on Tweed Green where you'll get your finishers medal and can join other riders and friends in the event village. It's perfect for your mates/adoring fans/unimpressed children to cheer you on to a heroic finish.

Please follow our finish area arrangements as indicated. You will first receive your medal, then your picture will be taken and lastly, you will receive your goodie bag!

Talla Descent Neutralised Zone

This is a fast descent which has been the scene of various cycling accidents over the years. It's a wonderful road with scenery to match, and often picks up a strong tail-wind, making it even faster. The road is narrow and some corners can be deceptively tricky at high speed on a bike, especially if it's even slightly wet.

Take it easy here and ride safely. A section of this descent is neutralised for the event meaning that whether you take 1 minute or 10 minutes on this short section, it won't matter for your overall time.

There's a timing station at the top and bottom of the descent, which will neutralise your time on this roughly 1km section of road.

Take your time down Talla.

ALWAYS RIDE WITHIN YOUR ABILITY.
DESCENDING AT SPEED CAN BE DANGEROUS.



4. Course (cont.)

Profiles and GPX

You can find the course profiles and download GPX files from the event routes hosted on Strava.

The 88km Challenge Course is [here](#).

The Full 120km Long Course is [here](#).

If you have any problems you can email us at info@tourotheborders.com and we'll email the gpx files to you direct.

Ride with care!

Don't be fast and furious!

It's not at all unusual for a fast rider to run out of luck in road sportive - even the best can crash when they're pushing hard. We've seen people pretending they're Tom Pidcock at over 70kph on twisty singletrack roads — and without the necessary skills and experience. Scary stuff!

So, no matter how fast and fit you are, ride safe and don't take risks! Thanks.

Retirement

If you retire from the event for any reason, please inform an event official as soon as possible. Please refer to the contact number on your



number board, and call or text in if you can't find a marshal. Otherwise, we'll be out looking for you and phoning your emergency contacts!

Swapping Course Mid-Ride

As noted earlier, please don't swap routes once you have started the event. This is for safety reasons and so we know where everyone is / should be.

However, if you really need to change from long to the shorter course whilst out there, you must

inform the event official at the junction where the two routes split (Gordon Arms). If you arrive at the junction before the lead vehicle has gone through from the long route, you must wait here until that vehicle and the leading long route riders have passed, at which point you may re-join the event. This is to allow for the road closure to come into effect on the next section of road (towards Traquair).



4. Course (cont.)

At the Finish

At the finish line, make sure you cross the finish line through the arch so your time is recorded. All riders' times are logged and available online as well as being sent via SMS to your mobile phone. The organisers will endeavour to give all entrants a time derived from the electronic timing chip system provided.

However, they are not responsible in the unlikely event of fault in the electronic timing system.

4.3 Course Marking

Once you set off from Peebles, the route will be marked with the **BLACK ARROWS ON YELLOW** signs. These will be at all junctions on the route. Please also look out for other caution or warning signs. These caution signs will be used where appropriate to mark potential hazards. When you see these signs, you should reduce your speed and ride with extra care.

There will be marshals along the route at road junctions and strategic points, these marshals will be able to assist you if you have any difficulties.

4.4 Food & Water

Feed Stations and Toilets

You should eat and drink 'little and often' during the ride, so carry the appropriate food with you.



We have good feed stations on course, but we advise all riders to have worked out in advance what nutrition works for them and to use the event feed stations as supplemental to their own established feeding routines.

The stations will have water (to refill bottles), bananas, delicious cakes from the Traquair Cafe, local bakery Forsyth's legendary (gold medal-winning) macaroni pies as well as plenty of High5 products.

Feed stations are positioned:

1. Tweedsmuir Hall at approx. 36km from start
2. Hartleap (On Long Route) at approx. 68km from start, on the Berrybush climb.
3. Paddy Slacks (On Both Routes) at km marker 98. This is at 65km on the short route and 98km on the long route.



5. Event Regulations

5.1 Terms & Conditions **IMPORTANT**

Here's a link to all the event's terms and conditions, including your liabilities and acceptance of event/cycling risks.

5.2 Cancellation Policy

If for any reason you are unable to attend the event, refunds will be available upon request (info@tourotheborders.com) as follows:

- Over 2 months prior to event date | 75% refund
- 1 - 2 months prior to event date | 50% refund
- Less than 1 month prior to event date | No refund

5.3 Insurance

Personal insurance coverage is not provided by Hillside Outside.

Participants are responsible for securing their own accident, rescue, health, travel, property and liability insurance.

Photography and Images

The organisers shall have unlimited rights to publish pictures and video images of the participants; to forward these photos to press representatives and to use them for marketing activities. By taking part you are agreeing to be

photographed or recorded for video purposes. You are also agreeing to potential video recording by drones, at any location around the event and course. Any drones operated on behalf of the organisers will be piloted by legally registered and qualified operators. Photography and video recordings may be used for promotional and publicity purposes.

A photography service will be in operation out on the course and a link will be sent to you after the event for images of your big day. Make sure your number board is clearly positioned on front of your bike so all your pics can be easily found online.

You can sign up for info and offers at

<https://www.mybibnumber.com/gallery/930>

Those that sign up will get information on how to get the best from the service, be notified when the gallery goes live and receive a voucher code for £5 off an order (digital only).

We will also have our own photographers in place who will provide images for the media and promotion of next year's event. If you don't want your picture potentially to be used for event publicity/ reporting let us know (with your rider number).





5. Event Regulations (cont.)

5.5 Safety

A helmet must be worn and fastened at all times.

- Anyone without a helmet will be asked to put one on or leave the event.
- Your wristband must also be worn at all times during the event. Your rider number is how you will be identified and cared for in the event of an accident.
- Please carry your (fully charged) mobile phone.
- Fill in the information on the back of your number board fully. In case of an accident this could make a critical difference.
- Tour O The Borders 2022 is a closed road event. We do however ask that you take care on the roads and cycle on the left except when overtaking.
- Vehicular access is maintained for emergency services, if you hear a siren - pull over and get off the course immediately.
- Potholes and rough road surfaces will be marked where possible but please always stay aware especially on fast descents.
- Please watch your speed! Steep descents will be marked with CAUTION signs.

- If you have any health concerns seek the advice of a health professional prior to the event.
- Bring any personal medication such as asthma inhalers and insulin. Please list these on your number board.
- Bring sunblock and sufficient layers of clothes with you.
- Bring sufficient food and drink.
- Riders must obey all event marshals' and event officials' instructions.
- Use of a mobile phone while cycling is not permitted, you must pull to the roadside and stop if you wish to make/ receive a phone call.
- Use of a music player or other similar device with headphones is also not permitted.
- Be aware of the potential of animals on the road and note cattle grids which may require care.
- Take care when overtaking other cyclists and look over your shoulder before pulling out. Please allow other cyclists to overtake you safely.

- Take care when pulling out from feed stations, if you are missing the feed station please slow down to ensure the safety of riders leaving the stops. Food stops will be marked well before hand.
- As the event will be on a Sunday there will be church services occurring along the route. Please be aware of pedestrians on the route.
- Please remember that an average minimum speed of 18 kmph (11 mph) must be maintained, as this is the pace the sweeper vehicle will maintain.

**TAKE CARE ON FAST DESCENTS.
WE DON'T WANT ANY ACCIDENTS!**



Join Us Next Time

Bosch eMTB Challenge
supported by Trek
17 September

Pirelli TweedLove
ProAm – Amateur
16–17 September

Pirelli TweedLove
ProAm – British Champs
16–18 September

TweedLove Bike Festival
16–18 September

Join us again on 16–18 September for the TweedLove Bike Festival – ride, race, demo a new bike, or just hang out at the UK's best bike festival! #TWEEDLOVE #tweedlovest www.tweedlove.com

Have a great day and enjoy the trails!

Join the conversation



#fizikofficial #tourotheborders #touro #touro22

www.tourotheborders.com

Post-race, we'll be sharing images and results from the event, make sure you follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

Please contact us at info@tourotheborders.com with any queries.



Event Merchandise

Visit Tour O The Border's [online shop](#) or come see us on the day!

There are very limited numbers of the 2022 Le Touro (made in Scotland by Endura) jersey left, first come first served at the event HQ tent at the weekend. There's also a final few of the 2021 jerseys available at half price.