

Tour O The Borders

Sunday 3 September 2023

RIDERS' NOTES



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WELCOME

THANK YOU for entering Tour O The Borders 2023! A fabulous day on the bike awaits you, but for now please take a few minutes to read these notes – they should contain everything you need to know for the weekend.

Sadly, it's currently looking like this may be the last-ever Tour O The Borders but we're fighting to change minds on this and save what we think is the UK's most beautiful and friendliest closed road sportive.

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!

LATE ENTRIES! Advance booking close on midnight Sunday 27th August, but a limited number of last-minute entries will be available on Saturday at registration between 10am-7pm.

1. Schedule

Tuesday 29 August

WAVE INFO & START TIMES SENT OUT

Saturday 2 September | 10:00 – 19:00

REGISTRATION AT TWEED GREEN, PEEBLES, EH45 8AP

If you are registering for a friend, you must have their emergency contact details before you can pick up their rider pack.

A limited number of event entries will be available at registration.

Riders who opted for postal pack entries will have received their packs in the post so don't need to come to Registration on Saturday.

Sunday 3 September | 06:50 – 07:40

RIDER START.

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

2. Getting There

The Event HQ, registration and start is at Tweed Green, Peebles, EH45 8AP. It's within easy reach of Edinburgh, Glasgow, Newcastle, the Scottish central belt and the north of England.

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

The closest stations are Tweedbank and Edinburgh Waverley Station. Check [Traveline 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 info and map [here](#).

2.1 Event HQ Facilities

Portable toilets are on Tweed Green on Saturday and Sunday, and available at the car parking field on Sunday.

Mechanics

Bspoke Cycles will be on hand at Registration to help with any mechanical issues or last-minute bits and pieces on Saturday. On Sunday, Bspoke Cycles will be based around the course and at feed stations. Their shop is very close by and will open early on Sunday morning for last minute problems.

Event Village

On both Saturday and Sunday the event village will be buzzing with music, food and drink vendors and stalls from Kidney Research UK, fi'zi:k and Pirelli. So, why not hang out and soak up the pre and post-ride vibes and atmosphere.

Massage

Our Massage Therapists, Melanie & Helen, will be in the event village for pre/post event massage. Let them ease your achy muscles or help you prep to enjoy the ride. They're on-hand for riders, supporters, spectators, all the amazing people that make the Touro magic happen!

Pop into their blue gazebo | £10 for 10mins

2.2 Bike Prep

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.

2.3 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.

2.4 Parking – IMPORTANT!

PLEASE NOTE, THERE IS 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 Cytes Leisure Centre, all within easy walking distance of Tweed Green. Please see the Saturday parking map below or download [here](#).



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 below for directions or download [here](#). From the car park it's an easy five min ride to the event start – waymarked with arrows.

On event day, parking in and around Peebles will be restricted. Please do not park in a way that will cause inconvenience to residents, restrict traffic flow or otherwise cause problems!

Advanced Parking Booking

Parking can be added to your Touro booking for £5 until midnight on Sunday 27th. After this, you can pay £6.50 by cash/card on the day.

If you've booked in advance, please bring your confirmation email with you. You do not need to print this.

How to book your parking (before Sunday at midnight):

- Log into SiEntries
- Go to the My Entries/Memberships tab
- Click Edit on the entry
- Then Edit/Substitute on the entry you want to change
- You will need to click Next
- Scroll down to Parking
- Tick and enter your vehicle registration, select Save
- Tick the disclaimers, pay the additional amount and Save Entry to confirm!



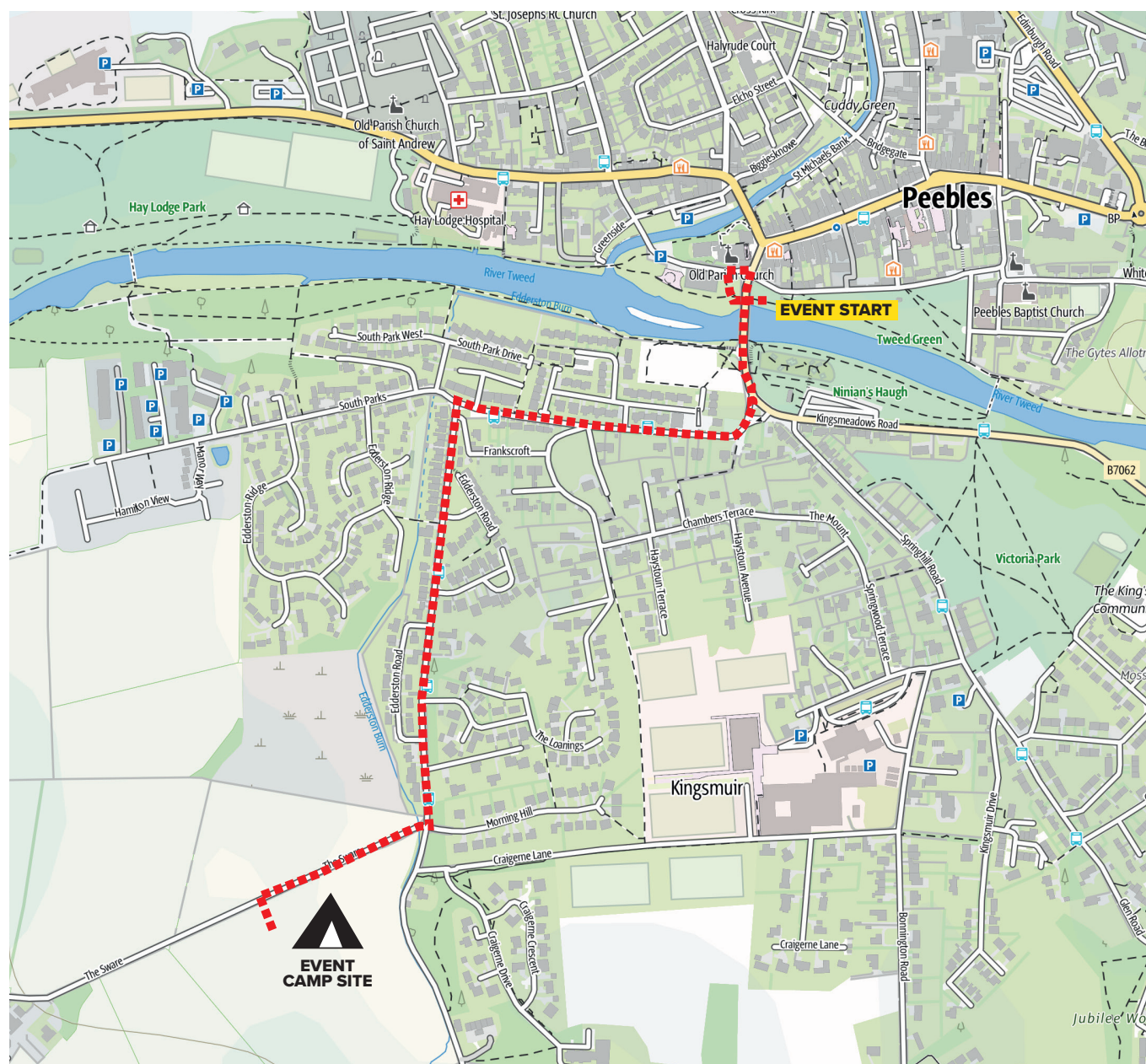
2.5 Barony Castle Hotel

Still looking for a place to stay? Barony Castle Hotel is a perfect destination for bikers and cyclists looking to explore the beautiful Scottish Borders region. With its convenient location just a 20-minute cycle from Peebles, the hotel offers easy access to various biking and forest walking routes.

[More info here.](#)

2.6 Camping

The official Tour O The Borders camping field is in the same location as 2022. Details on how to book your pitch and full location information [here](#). See map below for location.



3. Rider Info

3.1 Registration – IMPORTANT!

This applies to people who do not have Postal Pack entries. You'll be sent your Rider No, Wave No and Start Time in advance (29 August).

Sign on is at Tweed Green, Peebles, EH45 8AP on Saturday 2nd September from 10am – 7pm.

Please be aware, it will NOT be possible to register on the Sunday (unless you've made special arrangements with a member of staff). Due to the road closures for the event, we must start promptly at 6.50am – registering 2000+ riders on the morning of the event is impossible!

We appreciate that this is difficult for some riders but as an alternative it's possible for someone else (e.g. a friend or another rider) to collect the rider pack for you. If registering for someone else, you need to be able to confirm the rider/s' mobile phone number and emergency contact details.

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.

You'll then receive your rider pack which will contain your number board, cable ties and your timing chip (attached to your number board).

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

Changing Route Length

If you decide to change from the long to the short route, or vice versa, you need to come to the registration tent on Saturday or Sunday morning to 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 start 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 (Tweedsmuir/37KM marker). You may also be asked to wait where the short and long routes rejoin at 88KM marker/Cappercleuch. This is an important safety issue, to ensure the road closure is operational and safe on the section of road from Cappercleuch to the Gordon Arms.

Changing Wave

If you wish to ride with a friend who is in a different wave, you may still be able to do so – ask an event official 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 ride without your number board. Number boards must be fixed to your handlebars and be readable throughout the event. Cable ties will be provided.

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 zone in Moffat.

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.

Wrist Band

IMPORTANT: You will be given a wrist band at registration (or in your postal pack) with your rider number – the same as is on your number board. You **must** wear this at all times during the event – you will not be allowed to start the ride without it.

Don't forget your rider pack on the day!

If you do 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 6.20am on Sunday to collect this.

3.3 Marshals - 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, 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

Helpful Tips

On the evening before the event...

- Ensure 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 a pace you can't maintain. Listen to your body during the event, set a 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, 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 Maps

Please see the course map below or download [here](#).

Please see and download the KM Marker map [here](#).



4.2 Course Groups

Event Start and Start Waves/Times

Event Safety is our number one priority and with this in mind, every rider has been allocated an approximate start time and wave number. Riders will start in waves, between 6.50am and 7.40am.

Your wave start time will be emailed to you on or before Tuesday 29th.

You must be at the assembly area at Tweed Green 30 minutes before your start time. 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. Short route riders start last. Ride safe and have fun!

4.3 Course Info

Full 120km | 1200m ascent

Challenge 88km | 940m ascent

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 (if you want!) and lastly, you will receive your goodie bag!

Profiles and GPX

You can find the course profiles and download GPX files from the event website [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 70kmph 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 (Tweedsmuir).

At the Finish

At the finish line, make sure you go through the arch so your finish 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.

Climbs & Descents

All major climbs have descents directly after the top of the hill. All riders must ride with due care and attention at all times on descents. Please check out the map and be aware of fast descents.

The Talla descent is notoriously fast – PLEASE TAKE CARE

The Devil's Beeftub descent can also be very fast, so please be extra careful here too, but all the descents can go from fast fun to flat-out scary if there's a tailwind and you don't control your speed.

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

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!

Cut-off times

The latest you can arrive at Tweedsmuir (the short course turn-off) in order to continue the long course is 09.40.

You must leave Moffat by 10.50 to continue on closed roads.

Long course riders who have started in early waves and who divert onto the short course may have to wait for a short while to rejoin the shared course at Cappercleuch.

As we've already said, if you're going to switch course length, please let us know in advance!

4.4 Special Traffic Management Measures – IMPORTANT!

We have introduced some new Traffic Management arrangements in co-operation with local communities, residents and businesses:

Neutralised Zone

Important! **Moffat town centre is a neutralised zone.** Your timing is halted when you come into Moffat and recommences when you leave the town.

The roads in Moffat Town Centre ARE NOT CLOSED! Please ride carefully and be aware of traffic in this section.

The event's road closures are active from Moffat's boundaries – signs will be in place to show where.

Cardrona/Kailzie Local Traffic system

A restricted one way system will be in place between Cardrona and Peebles – to allow limited resident and local business traffic for a few km of the route. This is a strict and controlled one-way system for local vehicle access only, but please be aware you may encounter a vehicle (going the same direction as you) on this section.

Short Route Talla/Megget Local Traffic system

Though the road is closed at each end, we've come to an arrangement with the local community to allow farm and local residents vehicle movement on the section of road between Tweedsmuir and Cappercleuch if necessary.

Please be aware of possible vehicles on this section of the Short Route only.

4.5 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.

4.6 Feed Stations

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.

Tweedsmuir Town Hall

- Homebaked cakes (vegan & gluten-free available - please ask)
- Forsyth's legendary macaroni pies
- Bananas
- HIGH5 nutrition
- Water
- Hot drinks
- Toilets available

Moffat Town Hall

- HIGH5 Nutrition
- Water
- Toilets available (public)

Glen Café

- Homebaked cakes (vegan & gluten-free available - please ask)
- Forsyth's legendary macaroni pies
- Breakfast Rolls (£)
- HIGH5 nutrition
- Water
- Hot drinks (£)
- Toilets available

Mountbenger Toll

- Homebaked cakes (vegan & gluten-free available - please ask)
- Forsyth's legendary macaroni pies
- Bananas
- HIGH5 nutrition
- Water
- Toilets available

4.7 Mechanical Support

We're delighted to have Bspoke Cycles (High St, Peebles) providing mechanical back-up at Touro 2023. On Saturday they will be onsite at the event village for any last-minute spares and checks.

On event day, Bspoke's shop will be open in the morning for any last-minute issues, and then they will be based at Feed Stations and/or around the course.

There is also Mechanical Support at Moffat Town Hall with thanks to Annandale Cycles.

Motorbike marshals will mostly be carrying spare tubes and track pumps. But please carry the basics yourself.

Spare tubes are free of charge, but you may be asked to pay for other items and repairs depending on what's involved.

5. Rules & Regulations

5.1 Terms & Conditions

The event's terms and conditions can be found [here](#), including your liabilities and acceptance of event/cycling risks.

5.2 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).

5.3 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.
- This 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 16 kmph must be maintained, as this is the pace the sweeper vehicle will maintain.

TAKE CARE ON FAST DESCENTS.

WE DON'T WANT ANY ACCIDENTS!

6. Event Jerseys

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

There are very limited numbers of the 2023 Le Touro (made in Scotland by Endura) jerseys left, first come first served at the event HQ tent at the weekend. Cash or card accepted.

Postal orders for jerseys closed on Tuesday 22nd August, so any orders made after this date will be brought to the Event HQ for you to collect.

7. Event Pictures

No event is complete without the official photo that proves you were there! So, we've teamed with our pals at My Bib Number again to capture your Touro 23 moments in all their glory. And there's a special offer for those who get organised early...

[Sign up to My Bib Number here](#) **before 3 Sept and you'll get a £5 discount** off digital photos you order after the event.