

The Howgill Hammer Sportive - April 1ST 2012

WELCOME to the 2012 Howgill Hammer Sportive.

We hope you have a great day riding in this wonderful part of the country. You will travel through three of the most beautiful counties, Lancashire, Cumbria and Yorkshire.



RIDER NUMBER

This will be issued at registration and must be attached to your handlebars with zip ties provided so that it is in full view and visible to event officials and the photographer.

THE EVENT EMERGENCY PHONE NUMBER IS ON THE BACK.

Remember you are in hilly countryside and cell phones don't always work.

EVENT CENTRE

Will open at 07.00 on the Sunday morning and is situated at THE SPORT HALL, DALLAM SCHOOL, MILNTHORPE, CUMBRIA. Following the road through Milnthorpe village up the hill, until the mini roundabout, turn left into the school.

Directions – At M6 junction 35 take slip road to A6, head north to Milnthorpe for 5 miles, take the right turning through the village as above.

The start and finish areas for the events are just outside the HQ by the gate and will be clearly marked and signposted. There are plenty of toilets and hot showers that are available to all riders.

CAR PARKING

This is less than a few meters from HQ and start area. There is plenty of parking, so just follow the marshals instructions.

ACCOMMODATION

There is plenty of local B&B 's with Hotels in Carnforth and Travel Lodges in Lancaster and Kendal.

REGISTRATION AND TIMING CHIPS

Registration will be a very simple and quick procedure and will be from **07:30 – 09:30**. Go to the registration desk for your surname and collect your rider number. Then show your number at the SPORTident desk and you will be given an electronic timing card that you wear on a lanyard round your neck.

The course maps will be displayed on the wall and any last minute information will be shown on the white board situated in the main hall.

A weather forecast will be posted in the main hall.

MAPS, ROUTE CARDS and RISK ASSESSMENT FORMS are AVAILABLE AT REGISTRATION.

THE HIGHWAY CODE MUST BE OBEYED AT ALL TIMES, NO HELMET NO RIDE!!!!

START

Long Route Start Times: **08:30 – 09:00**

Short Route Start Times: **09:00 – 09:30**

Register your timing card in the Start Station and then you are on your way.

GPS and Cycle Computers---PLEASE ZERO BEFORE START.

Gearing—as low as possible 30x25 or 34x27 is ideal for both routes

SUPPORT VEHICLES

There will be one lead vehicle, two driving the course throughout the day to check signage and feed stations, one following up closing the route and checking on last riders.

FIRST AID kits will be carried by all support vehicles

CHECKPOINTS, CUT OFF TIMES AND SHORT CUTS

All riders **MUST** stop at the SPORTident Timing Points on their route to register their timing card otherwise you will not appear on the results for the route.

86 mile route

- CP1 - Soulby Village Hall (1st Feed Station)
- CP2 - Dent Village Hall (2nd Feed Station)

The shortcut for the 86 mile is to continue on the 50 mile route through Sedburgh.

50 mile route

- CP1 - Dent Village Hall (1st Feed Station)

Cut off times will be posted in the main hall and will be based on 10mph.

FEED STATIONS

These provide Gels, Energy Powders, Malt Loaf, Bananas, Water for bottles. Although we will ensure adequate food is laid on for all riders you are strongly advised to take some emergency supplies with you as this is a long and tough day in the saddle.

We have a catering unit onsite for you to purchase the usual tea and coffee, but also porridge etc. to top you up before the ride.....

WAYMARKING

The whole route will be marked with yellow signs with black arrows and do not stray from the main course and to reassure you we intend to put extra comfort arrows out at key places and they will be triple checked prior to the ride.

MARSHALS

WILL BE PLACED AT CRITICAL JUNCTIONS ONLY AS A SAFETY MEASURE AND WILL BE INSTRUCTED UNDER NO CIRCUMSTANCES TO HOLD UP OR DIRECT TRAFFIC.

FINISH

When you finish please register your SPORTident Timing Card at the Finish Station, park your bike and proceed immediately under no time pressure to the SPORTident download desk which is located where you registered for the event. Your timing card is downloaded and you will receive a splits print which will indicate time taken, split times and standard achieved.

A catering unit is available onsite before and after the event.

YOU MUST HAND IN YOUR SPORTident TIMING CARD

SI-Cards (timing chips) MUST be handed in to the organising team **ON THE DAY** and preferably at the Finish even if you retire during the event. This is an essential safety requirement of the event. Failure to do so will incur a **charge of £25** and could disqualify you from taking part in a future even

PHOTOGRAPHS

All photos will appear soon after event on www.twowheelsgoodphotography.com and www.sportivebike.com

TIMING STANDARDS ESTIMATED

Your time for the ride must be less than the time tabulated below, to achieve the relevant award.

Male	86 Mile			50 Mile		
	Gold	Silver	Bronze	Gold	Silver	Bronze
18-29	5:00:00	6:00:00	7:30:00	3:00:00	3:30:00	3:45:00
30-39	5:15:00	6:15:00	7:45:00	3:15:00	3:45:00	4:00:00
40-49	5:30:00	6:30:00	8:00:00	3:30:00	4:00:00	4:15:00
50-59	5:45:00	6:45:00	8:15:00	3:45:00	4:15:00	4:30:00
60-69	6:00:00	7:00:00	8:30:00	4:00:00	4:30:00	4:45:00
70+	6:15:00	7:15:00	8:45:00	4:15:00	4:45:00	5:00:00

Female	86 Mile			50 Mile		
	Gold	Silver	Bronze	Gold	Silver	Bronze
18-39	6:00:00	7:00:00	8:30:00	4:00:00	4:30:00	4:45:00
40-49	6:30:00	7:30:00	9:00:00	4:15:00	4:45:00	5:00:00
50-59	6:45:00	7:45:00	9:15:00	4:30:00	5:00:00	5:15:00
60-69	7:00:00	8:00:00	9:30:00	4:45:00	5:15:00	5:30:00
70+	7:15:00	8:15:00	9:45:00	5:00:00	5:30:00	5:45:00

EMERGENCIES

IN THE UNLIKELY EVENT OF A SERIOUS ROAD ACCIDENT YOU SHOULD CALL THE EMERGENCY SERVICES ON 999. FOR MINOR INCIDENTS, PLEASE RING THE EMERGENCY NUMBER SHOWN ON THE BACK OF YOUR BIKE NUMBER.

BIKE MAINTENANCE

Each feed station AND support vehicles will have a small stock of inner tubes chain lube and a track pump and some tyres. If you use these facilities please pay for them at the finish area before leaving for home.

Please make sure your bike is in good working order, particularly brakes and tyres. Ensure you carry spare tubes and a chain riveter plus pump.

IMPORTANT SAFETY NOTES

Take particular care on the descent into Sedburgh, busy road & tourist view points and down the Barbondale valley facing oncoming traffic.

There are many steep and difficult technical descents on the route with traffic descending and ascending so take care at all times. We are planning to have marshals at key points to advise you of any oncoming traffic. In several places the roads are very narrow with occasional high walls and hedges, so please be very careful when navigating these roads. Following vehicles are strictly banned as the roads in the main are relatively narrow and single lane.

ORGANISER

If you have any further questions, please contact **Dale Hollingdrake**, the Event Organiser.
dale@sportivebike.com.

We hope you have a great day on the bike and look forward to meeting you on the day.

The Sportivebike Team