



Selkirk MTB Marathon and Selkirk MTB Enduro – Sunday 6th May 2018

FINAL RIDER BRIEFING

Race HQ

We will be using Selkirk Rugby Club as race HQ. It will house sign-on, camping and the finish line.

Selkirk Rugby Club
Ettrickhaugh Road
Selkirk
Scottish Borders
TD7 5AX

Weekend Schedule Stuff

The critical bits of the schedule for the weekend are below;

Fri 4 th May	4pm	Campsite @ Selkirk Rugby Club Opens – see below for details.	
Sat 5 th May	5pm – 7pm	Registration Open @ Selkirk Rugby Club	
	7pm – late	Bar Open @ Selkirk Rugby Club. Plenty of food + drink options in Selkirk town centre as well!.	
Sun 6 th May	7am	Car Park Opens	
	7am – 9:30am	Registration Open @ Selkirk Rugby Club	
	9:50am	Race Briefing at the Start Line (Selkirk Rugby Club)	
	10am	START – All Courses (Selkirk Rugby Club – NOTE: this has changed for 2018 and is NOT at the High Street!)	
	1pm (approx.)	First Finishers	
	5pm (approx.)	Final Finishers	
Mon 7 th May	11am	Campsite Closes	

Course Stuff

Course Maps: No, we don't physically issue these, but will put a copy on the website for download. This is a deliberate decision – we don't want to irritate the landowners, especially during lambing in the Spring – we obviously rely heavily on their goodwill. Technically you're allowed to ride the course whenever you like, but we feel it's part of our duty of 'responsible access' to not make this a free-for-all outside the race weekend mainly because lambing still takes place in the weeks before race date – sorry.

We won't publish the Enduro course at this stage – riding the stages blind is part of the fun 😊

NOTE: The start of the event in 2018 is at Selkirk Rugby Club. Please be ready for a 09:50 compulsory briefing.

Start Procedure and Courses

The Marathon rides (25K, 50K) begin at 10am with a rolling neutralized zone from the Rugby Club to the entrance to Bowhill Estate (approx. 4 miles). Please do not overtake your lead vehicle, and please stay on the left hand side of the road at all times.

MTB Enduro Riders – you'll start in small groups at 10am just after everyone else. At registration please sign up to a start wave – choice of these will be first-come-first served basis.

You will race a stage local to Selkirk (in the Haining Estate) before the first big climb up the Duchess' Drive in Bowhill. MAKE SURE to listen to the instructions at the start line and to follow directions/signage for the Enduro, otherwise there's a pretty good chance you will end up following the Marathon riders!.

Roads are not closed for the event. You must always ride according to the Highway Code when on public roads. On farm tracks and forest roads, it's possible you'll encounter traffic – beware.

The courses are hilly and have occasional technical sections and other hazards – they're 'proper' MTB routes. Tweed Valley Mountain Rescue Team will be at the race to help pick up the pieces.

It goes without saying that the whole course has hazards and you'll need to take responsibility and care for yourself, and be prepared to bail out if necessary (whilst leaving the riding line clear for other riders who are able to ride it).

You **MUST** take great care and ride to your abilities – you are responsible for deciding what you ride, and what you don't. You starting the rides is confirming your understanding, and your agreement to this.

The Marathon courses are all broadly the same technical difficulty. If we use the trail centre gradings (which are a bit more meaningless on the natural trails we use), the course is overall probably somewhere between Blue and Red. The climbs are generally Blue, but long and sometimes steep. The descents are a mixed bag, mostly Red, some are between Red + Black (they can be narrow, rocky, twisty, occasional small drops/roots, rough in places). There are a couple of descents that are closer to Black ("Sheep Pen" and "Edge of the World" in Yair Forest are examples) – steep, occasionally rocky, sometimes narrow, usually muddy and slippery), but these should

be walked if necessary (and many people do). The final descent, which all 3 courses will probably do, is predominantly a 'Natural Red' kind of standard.

Make sure you follow the signs for the correct course – there are several split/join points for each of the MTB Enduro, 25km and 50km courses.

The Enduro courses are sometimes a little more technical, but there's nothing too crazy and super-gnarly. However, you **MUST** ride within your abilities, and remain in control and at a speed that enables you to stop quickly if needed.

The weather plays a huge role as well – you're on hilltops of the Southern Uplands several times during the day, where the conditions can get lively, even in May, so you'll also need to go out equipped (we insist that you carry tools/spares/puncture repair stuff), but you may also **very likely need to carry waterproofs**, additional clothing, extra food, extra water etc.

There will be regular Aid Stations on each course, stocked with the usual water, bananas, cakes, energy bars etc.

Aid Stations are located at;

	How far into the course (approx..)?		
	<u>25km</u>	<u>50km</u>	<u>Enduro</u>
Black Andrew			15km
Bodybag			25km
Broadmeadows	12km	25km	
Yair (SUW path)		38km	

You **MUST** allow faster riders to pass you – if you're walking, stay off the riding line and give others plenty of space to ride.

No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, plastic cups, knackered tubes etc. If you've got any of these, either bring back to the finish with you, or hand to a marshal. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!

Cut Offs

We will impose a couple of strict cut-offs – these are for your safety, and that of our marshals and supporters – we need to get the event finished at a reasonable time!. **PLEASE: Be realistic about your abilities and be prepared to bail out if necessary.** We ALWAYS get a handful of folks who are too ambitious and are pushing darkness by the time they finish – this is not fair on our marshals or safety teams.

50km (overall 8 hour cut-off)

- You must be past the Yair Aid Station by 4pm (i.e. 6 hours after the ride starts) to continue. After that time we will send you along the low road back to Selkirk.

Format – Selkirk MTB Marathon

The Marathon 25km & 50km rides are sportive-style and are not a race. However we will issue you with a Sport Ident 'dibber' type chip – this is primarily for safety/logging purposes.

It's a 'follow the arrows' format – but make sure you make the correct choices at the 25km/50km split points.

You'll receive your timing chip (Sport Ident 'dibber' type) and bike number at registration.

Format - Selkirk MTB Enduro

There will be a new course for 2018. It will have 4 special stages – these will have 'contactless' SI Air+ timing points at the start and finish – you'll be able to ride through rather than stopping to dib. Follow marshal instructions.

Only the special stages are timed, but we will enforce an easy-to-achieve course closure time of 3:30pm – this will give you 5.5 hours to ride approx. 35km.

Follow the arrows/course markings in the transition sections, and follow the obvious trails in the timed sections. We'll put course tape out, but need you to play your part as well and keep yourself right.

Finish + Prize-Giving

You must make sure you 'dib' at the finish line at the end. Please make sure you **DOWNLOAD** and return (or we'll charge you £35 – regular dibbers, £80 – SIAC dibbers, to replace it) your dibber at the finish line. You will also collect your t-shirt at the finish line.

We intend prize-giving for Selkirk MTB Enduro to be at the Finish Line (good weather), or Rugby Club (crap weather) at around 4pm.

In addition to Selkirk MTB Enduro prizes (no prizes for the Marathon – it's technically not a race).

Social & Practical Stuff

Food, Drink & other stalls

[The Haggisman](#) will also be on site all weekend serving up both meat and vegan Haggis, neeps and tatties

[Selkirk Distillers](#) are sponsoring the Trail run events and will also have a stall doing off sales which will be open all weekend

[Orbea Bikes](#) will be on hand with demo bikes for you to try on Sunday 6th May

[Hardies Bikes](#) will be there to offer help for any last minute adjustments, you can also pre order parts and pick up at the event, they are offering all riders 10% off products

Selkirk Businesses Offers:

[The Fleece Bar and Kitchen](#) are offering a 10% discount off any meal with a drink for MTB Marathon competitors and their guests, just quote "DURTY10" when booking your meal.

Camping

- Saturday and Sunday night camping at the Rugby Club is included in your entry fee, so come along and make a weekend of it.
- Please stick to the authorised camping areas – see the attached plan. We need to keep the Rugby Club happy (they're bigger and fitter than us!) and so there's a handful of things we ask you not to do please;
 - a) Please, no vehicles on the pitch surfaces – any of them
 - b) Campervans/Caravans are fine by us – either on the hard standing areas next to the Rugby Club main pitch, or on the grassy areas adjacent to the rear pitches behind the club stand (but no vehicles on the pitch itself please).
 - c) Please make sure you take everything away with you after you pack your tent. None of us fancy the idea of Rugby players going into a tackle and finding there are tent pegs embedded in the turf. Ouch.
 - d) Tents should not exceed 12'x12' unless accommodating more than four people. Gazebos and tents for common areas are not permitted.
 - e) Litter: please take all camping litter away with you. There will not be a skip this year. Please don't dump stuff in the Rugby Club bins – they need the capacity themselves.
 - f) Cooking: open fires, barbeques (of any kind) or large 'Calor Gas' bottle style cooking units/heating units are not allowed in the camp site. Small personal gas cooking appliances are fine. There will be catering options to choose from all day Saturday and well into Saturday night.
 - g) Glass: glass bottles or glass drinking vessels of any kind are also not permitted in the camp site, thank you.
 - h) Noise: There is not a designated quiet area at this event. However, we insist that all revellers retire quietly to the camping area. Noisy neighbours (however musical or funny they think they are) are not nice ☺. We'll turf you off the campsite if you're being a PITA and annoying others.
 - i) Please, no generators. Ta.

There are toilets within the Rugby Club that will be open all weekend. Toilets will be opened while the camping areas are live. Please note there are only limited shower facilities at the events (within the Rugby Club).

There are several accommodation options in Selkirk (including The County Hotel, one of our supporters – www.countyhotelselkirk.co.uk)

– there are some details here: <http://www.visitsouthernscotland.co.uk/selkirk-c236.html>

There's loads of things to do in the Borders if you stay on. Many of the world-famous '7 Stanes' mountain biking centres are within easy striking distance of the event. There's also plenty of great opportunities for walking and road biking. If you fancy taking it a bit easier post-race, the local towns are all attractive and vibrant, and there are several castles, stately homes and gardens locally that are open to the public. Some details are at www.visitscottishborders.com

Car Parking/Public Transport

Car Parking is extremely tight. Please share cars to come to the race site if you can. Please do NOT drive vehicles onto any of the pitch areas, even to drop kit off. We will lose the use of the venue for future events if you do this. Not good.

Please sensibly use the local streets and industrial estate for overflow parking.

Public transport might be an option. The new Borders Railway has stations at Galashiels and Tweedbank – both approx. 6-7 miles from the race HQ.

Sponsors and Supporters

We're really grateful to our sponsors and supporters – if you get a chance, please repay their support;

Orbea Bikes		www.orbea.com
Hardies Bikes		www.hardiesbikes.com

Phew, we think that's it. See you at the race.

Cheers

Paul McGreal + Pete Laing
Race Organiser + Course Organiser