Dentdale Beauty & the Beast Sportive
May 26th 2012

WELCOME to the Dentdale Valley

We hope you have a great day riding in this wonderful part of the country. You will travel through two of the most beautiful counties, 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 photographe**r.**

THE EVENT EMERGENCY PHONE NUMBER IS ON THE FRONT.

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

EVENT CENTRE

Will open at 07.00 on the Saturday morning and is situated at THE DENT MEMORIAL HALL, MAIN STREET, DENT, CUMBRIA, LA10 5QJ.

Directions – At M6 junction 37 take slip road to A684, head towards Sedbergh, then follow the signs for Dent, through the village and up the Main street.

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

CAR PARKING
This is less than a few meters from HQ and start area as you approach the village at High Laning Campsite. There is plenty of parking, so just follow the marshals instructions.

ACCOMMODATION
There is plenty of local B&B's and Public Houses in the Dentdale valley.

REGISTRATION AND TIMING CHIPS
Registration will be a very simple and quick procedure and will be from **07:30 – 10:30**. 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

Beast Route Start Times: **08:00 – 09:30**
Beastie Route Start Times: **09:00 – 10:00**
Beauty Route Start Times: **10:30 – 11.00**

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 event

Beast route

- CP1 – Park House Campsite, Keld (1st Feed Station)
- CP2 – Eyyegales Farm, Cowgill (2nd Feed Station)

Beastie route

- CP1 - Park House Campsite, Keld (1st Feed Station)

Beauty route

- None

Cut off times will be posted in the main hall and will be based on 10mph. For the Beast route this will be 2.00pm at Deepdale.

FEED STATIONS

These provide Energy Drink, 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.

The local Meadowside Café Bar will be open for you to purchase the usual tea and coffee, but also other foods…. 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.

It is essential that you hand in your SPORTident Timing Card come what may to avoid a **£25 charge.**

PHOTOGRAPHS

All photos will appear soon after event on www.cyclesportphotos.com.

TIMING STANDARDS ESTIMATED

Male	80 Mile			50 Mile		
Ages	**Gold**	**Silver**	**Bronze**	**Gold**	**Silver**	**Bronze**
18-29	4:00:00	5:30:00	8:00:00	2:30:00	3:30:00	5:00:00
30-39	4:15:00	5:45:00	8:15:00	2:45:00	3:45:00	5:10:00
40-49	4:30:00	6:00:00	8:30:00	3:00:00	4:00:00	5:30:00
50-59	4:45:00	6:15:00	8:45:00	3:15:00	4:15:00	6:00:00
60-69	5:00:00	6:30.00	9:00:00	3:30:00	4:30:00	6:15:00
70+	5:15:00	6:45:00	9:15:00	3:45:00	4:45:00	6:30:00

Female	86 Mile			50 Mile		
Ages	**Gold**	**Silver**	**Bronze**	**Gold**	**Silver**	**Bronze**
18-39	4:30:00	6:00:00	8:30:00	3:00:00	4:00:00	5:30:00
40-49	5:30:00	6:30:00	9:00:00	3:30:00	4:30:00	5:45:00
50-59	5:45:00	6:45:00	9:15:00	3:45:00	4:45:00	6:00:00
60-69	6:00:00	7:00:00	9:30:00	4:00:00	5:00:00	6:15:00
70+	6:15:00	7:15:00	9:45:00	4:15:00	5:15:00	6:30:00

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 FRONT 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 on the Coal Road and the T-junction at the end of the descent, also descents off Nateby Fell, Buttertubs, Dead Dent Head Viaduct and Kingsdale. Please take care at the junction onto the B6255.

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 in places.

ORGANISER

If you have any further questions, please contact **Martin Kirton**, the Event Organiser.
martin@lyon.co.uk

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