

# EVENT MANUAL

This manual contains all the information you need for Tough at the Trough event.  
Please take a few moments to read it; it is intended to aid your enjoyment of the day.

## Registration, Start & Finish

Brindle Community Hall, Water Street, Brindle, Chorley, PR6 8NH

Registration will be inside the hall , for pre ride sign on and number pick up.  
Event HQ opens 07.30,

- Registration is from 7.45am . First riders away at 8.00am

At registration collect your bike number and cable ties, you will also get a wrist band to identify yourself at the food stops. Your number should be fixed to your handlebars or cables, it must be visible from the front. This is to indentify you for the Photograph.

Also ***check that we have your emergency contact details.***

Please us the sign on and sign out sheet when you arrive and Finish

There are toilets inside the Hall, En route there are Toilets at Dunsop bridge on the public car park 100yards past Puddle Duck Café and at the food stop at Abbeystead Village hall

## Car parking

There are spaces at the front of the hall for 22 cars and there is an **overflow car park** at the rear that takes over 50 cars, Please don't Park on the Road or block the entrance to the overflow car park.

08:00 Rider briefings begin at start line. Due to the small amount of riders can you please start before 9am

18:00 Event HQ closes (please be back before we close)

All riders must start and finish from the Hall. Please let us know if you have withdrawn, otherwise we won't know if you are missing! When you are back **please SIGN the FINISH SHEET**

**THERE WILL BE A SIGN IN SHEET at the Gazebo/food stop at RIBCHESTER, this is to let help us to know where you are up to.**

## Route Signage:

Routes are signed with:

Black arrows on a yellow background. These will be attached to lamp posts and fences, There will also be WHITE ARROWS SPRAY PAINTED on to the road at junctions.

This is to ensure the route is still marked in the event of someone tampering with the Signage. If in doubt, follow the WHITE ARROWS ON THE GROUND.



#### **NOTE**

Every precaution has been taken to ensure the course is clearly signed and is easy to follow, however please ensure you know the route. If you're following someone make sure they know the way and that they are part of the sportive!

#### **Any Questions?**

Should you have any further questions, concerns or comments, then please give us a call on 07904358969 or email [maghulltherapy@aol.com](mailto:maghulltherapy@aol.com) for the attention of Derek

#### **Routes**

71miles

100miles

Due to the nature of the course you may encounter some or all of the following:

**Animals** we are out in the countryside, so expect the unexpected. Several sections of the course will have sheep wandering around like they own the place, be careful!!!

Some sections of the road also have a generous covering of **mud**, which at best will make you dirty and slippery especially when wet/damp, take care...

Be especially careful on the descent's some have mud, gravel and **POT HOLES** on them. Keep away from the centre of the road. There are also some blind corners so **extra** care here.

#### **Cattle grids**

There are a number of these – please take care especially if wet.

If you are unsure please use the adjacent gate or dismount.

#### **: Rider Conduct**

Riders should obey the Highway Code and respect the Countryside Code at all times. Please be aware of your fellow cyclists and let those who are faster overtake - likewise, respect the slower riders. Please extend reasonable courtesy to all other road users, riding in single file when appropriate and no more than two abreast at other times.

**Marshals** should be respected at all times so please listen to them. Please remember that they are on the course for your safety, but they are NOT there to stop traffic.

Participants should not listen to headphones or use mobile phones whilst cycling. In the absence of any warning signs, it is the individual rider's responsibility to be aware of road conditions and hazards at all times.

This is rural England at its best so please be aware of heavy farm vehicles and any livestock on roads.

### **Top Tips**

Life's a whole lot easier if you employ some tactics. Just as pro riders make an art form of conserving their energies throughout a stage, you should aim to do the same when approaching the sportive or indeed any long ride.

**Don't come out of the blocks too hard:** It's difficult not to go hard and fast at the start of the ride. You're excited about the ride ahead and if you've started the ride in a big group, you're probably getting swept along by adrenalin! However, you'll pay the price later in the ride as the lactic acid accumulates in your legs.

### **Mix it up and stay flexible:**

Many riders find that stiffness and soreness in the back, neck, wrists and backside puts paid to their efforts long before muscle fatigue. Consciously varying your position, alternating between the tops, hoods and drops can really help to stave-off aches and pains and allow yourself to ride to your full potential. **Getting out of the saddle regularly** also helps to loosen up the back and alleviates soreness and numbness. Relax on the bike and you'll find yourself going faster for less effort. Tough at the Trough sportive isn't just about getting on and pedalling

### **Eat and drink little and often:**

Eat lots of quality carbs and drink plenty of water or energy drink whether you feel hungry or not.

**Little and often is best**, so stuff you can eat on the move. If you do make a lengthy stop at the cafe or at a feed-station, go easy for the first few miles afterwards, your body will be thinking "phew, it's all over!!" and will need some persuasion to continue.

Don't forget to enjoy yourself: Look up and enjoy the Forest of Bowland and Ribblesdale Valley- it's a fantastic place to ride your bike and these are some of the best cycling roads around (We know you will agree).

**Having the feed stations** is great for back up but it's well worth tucking some food and a gel or 2 into your pockets should you get a bit peckish. The feed station will be well stocked but we cannot emphasise strongly enough that all riders should bring the essentials with them. Bring water bottles, energy bars and gels or equivalent. You will have a long day in the saddle and the feed station may seem further than you think.

(ABBEYSTED VILLAGE HALL, Strait lane, Abbeystead LA2 9BQ)

**Mechanical Information:**

Please ensure that your bike is in good working order pre-event and that your choice of bike is one that is both efficient and comfortable. Check your brake pads, that your skewers are tight, and that your tyre condition is good. We recommend 90 – 100psi tyre pressure for this ride.

Please carry the essentials with you (Spare inner tubes/pump/puncture repair kit). This will help towards a great ride.

**Medical:**

There will be a first aider at the village hall and at the half way food stop, If it is an emergency please ring 999 first then ring the event organiser 07904358969.

**For any exhausted or injured riders there will NOT be a broom wagon so please enter the race with a decent level of fitness.**

If you require an inhaler or any other personal medication, it is your responsibilities to both bring your medication with you on the ride, and to assess your fitness to do it. Please consult your GP if you are in any doubt as to your capability to complete the ride.

**Please note that any rider requiring emergency medical support should call 999 as a first response. If you have no signal for your mobile, please flag down a rider or car to raise the alarm, or use a landline at the nearest house. PLEASE MAKE SURE YOU KNOW YOUR WHEREABOUTS BEFORE CALLING.**

**KIT**

If the temperature has dropped overnight We recommend that you wear long sleeves or bring arm warmers, a waterproof jacket, gloves and DRESS ACCORDINGLY! It is May but who knows the English weather.

Please carry spare tube, tyre levers and pump/gas canister.

**PLEASE PUT THE EVENT ORGANISERS PHONE NUMBER IN YOUR PHONE NOW:**

Mobile – 07904358969

**Fuel**

☑ Water bottle with water or energy drink

☑ Gels/bars as required

☑ feed station 38mile at Abbeystead Village hall , proof of ID provided at registration–bananas, tea and coffee will be available, toilets are in the Hall (this will be sign posted).

If you know your way around the trough you will be riding close to the Cobbled Corner cafe at Chipping and the Barn cafe at Scorton but please **DONT** stay too long this is only an emergency .

There will be a Gazebo just before the route splits at around 58miles, with water, tea/coffee and nibbles for the 71miler's and food top ups for the 100milers ie bananas and cake

### **Pulling out during the Ride**

If you decide to pull out of the event, please inform one of the following:

Feed station staff

Event Organiser

Sign on staff

Please give them your name and number if you pull out. If you do not, and you do not arrive back at the hall we will assume you are missing and act accordingly. Please do not be sat at home with a cup of tea whilst we and the emergency services are out hunting for you.

### **Finish:**

When you arrive back at the hall, **please sign the out sheet**. Once you have done this, claim your free Well deserved food, relax, and bask in your achievement! We look forward to congratulating you on your return and hearing about your ride.

**Please note** if you have any special dietary requirements please inform us no later than Friday 22nd email if possible

### **Event Photos:**

Riders are encouraged to display their entry number for easy identification.  
Good luck to all entrants and don't forget to smile through the burn!

Any Questions?

Should you have any further questions, concerns or comments, then please give us a call on 07904358969 or email [maghutherapy@aol.com](mailto:maghutherapy@aol.com)

Ensure your bike is in a roadworthy condition for the route, brakes are particularly important on the descents! Print a route card and description to bring with you, the route is well marked but this will act as a back up and also has the emergency contact numbers. Bring tools, spares and some money, there is no sweeper wagon so you need to ensure that you can get back if you should have mechanical difficulties. It is compulsory that you wear a hard shell cycling helmet (ANSI standard or similar).

**Both Route Cards will be on web site week commencing 18thMay**