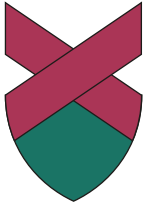


SPORTIVE KINROSS



B A N D R U M
nursing home



FINAL INFORMATION FOR RIDERS - 27 April 2024

PLEASE NOTE: THE EMERGENCY CONTACT NUMBER ON THE DAY IS
07597 766715

If you abandon the ride or require help, please phone this number

This event is held on open roads please ride in accordance with the Highway Code and be courteous to other road users.

1. Arrival / Parking

The event HQ is located at the Loch Leven Community Campus (Kinross High School) **KY138FQ**. This is located on the north side of Kinross just off the A992 Milnathort road. Please refer to parking locations diagram. There are 2 designated car parks for this event. Please car share where possible or ride to the start if you are near to Kinross.

Car Park 1 Loch Leven Health Centre.

This is adjacent to the event HQ. PLEASE NO PARKING ON GRASS OR OUTSIDE MARKED BAYS. Please respect this as we will lose the whole area if abused.

Car Park 2 Kinross Golf Club.

Adjacent to the Green Hotel and on the grass area. Access is from the north side of the green. Please follow the direction of marshals.

Please note that there is strictly no parking on the east side of the Health Centre, at Kinross Swimming Pool or in Burnbank Meadows and Gallowhill Rd. These areas will be coned off, we have received complaints from the residents at past events.

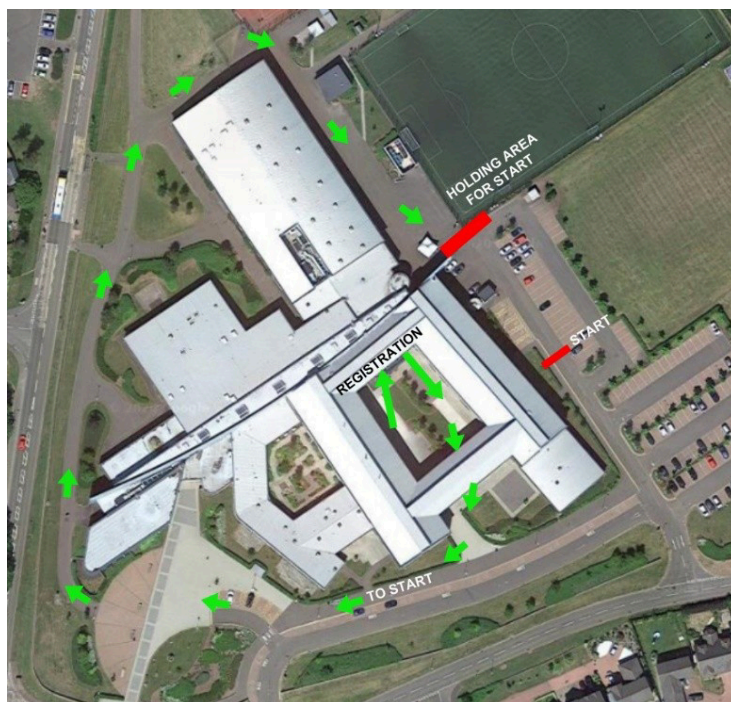
2. Parking Locations



3. Registration (08:00 – 09:30)

When arriving at the registration please ensure you have your completed Rider Agreement form with you.

- Entry to registration is via the quadrangle at the front of the school. Exit from reception is again via the front doors into the quadrangle.
- The registration will have 5 tables numbered 1-200, 201-400, 401-600, 601-800 & 801-1000. These numbers relate to your rider number (as in the email sent) so please ensure you are waiting in the correct queue. The queue may initially be a single queue but be aware as you approach the tables that the queue will split.
- If you arrive without your rider agreement form or don't know your number please go to the table behind entrance door to the left hand side of quadrangle - a volunteer will be there to help find your number and fill out a blank agreement form if necessary. Once this form is complete then you can join queue for your registration table. **SO PLEASE REMEMBER YOUR FORM IT MAKES YOUR WHOLE DAY A LOT EASIER**
- At the registration tables the volunteers will confirm your identity and ensure your Rider Agreement form is completed and signed. (Anyone found to give a false identity will be disqualified from the event).
- Once registered you will leave the table with your Bike number plus cable ties to fit your bike number to the front of your bike. Please fit your number so that it can be clearly seen from the front by our marshals and the timing crews. A timing chip will also be embedded into your number. The timing system will use this to calculate your time for the event.



4. Starting (08:00 – 10:00)

After collecting your bike numbers please proceed to the rear of the school buildings as shown on the diagram above. This will ensure that the start area is kept free of congestion for other users of the campus.

All riders will be held in line by event marshals and will be called to the start line in groups of 20. Please ensure you are ready to start when called forward. Groups will be started at 2 minute intervals.

5. Riding the Sportive

Route details can be found on the event website for each of the 3 routes. These include maps and also gpx files for on bike navigation. There will not be hard copy of either maps or route sheets available on the day. If you need these print a copy and bring it along. Although the routes will be fully signed, with marshals at key points, please ensure you are familiar with your chosen route, particularly where routes split. We want you to enjoy the Sportive Kinross and while we do not wish to impose too many restrictions there are a few things you can do to ensure the day is memorable for everyone and for all the right reasons.

6. Safety Briefing

- In order to preserve the safety of yourself and others, we would like to take this opportunity to highlight that this event is not a race.
- This is an open road event, please remember that marshals are there primarily for your safety and to ensure that you do not stray from the planned course, they do not have the power to stop and hold traffic. Please do not assume it is safe to cross a junction without stopping when you see a marshal, always check it is safe to do so by using your own judgement.
- Please consider all other road users while cycling this event considering any situations you may be subjected to on the route. At all times, please obey the Highway Code and signage or direction from local authorities including Emergency Services. You are and will be held responsible for your own actions as a road user.
- Always ride on the correct side of the road. Ride no more than two riders abreast and please single out on narrow roads or sections where visibility is limited.
- Ride responsibly; look after yourself and the people around you. Respect the environment and ALL other road users.
- Please do not litter – take your rubbish with you or discard it at the feed stations where waste receptacles will be provided.
- Kinross Cycling Club would like to wish all participants a great ride and look forward to seeing everyone return safely!

Please DO:

- Dress sensibly for the conditions on the day. In late April you could be suffering from heatstroke or exposure due to very low temperatures on the hills.
- Ensure that your bike is roadworthy. It's also a good idea to have it serviced before the event to reduce the chances of an unexpected mechanical on the day.
- Carry some form of identification / contact number in the event of an accident or other emergency.
- Carry tools, pump, spare tubes etc. Be self-sufficient for small breakdowns etc.
- Carry sufficient food and drink with you.

Please DO NOT:

- Bring a TT bike, or a bike with tri-bars fitted. If you do you will be asked to remove them or you will be withdrawn from the event.
- Drop wrappers from energy bars, drinks bottles or any other litter. Keep everything until the end or find a roadside waste bin. Not only does it spoil some very beautiful countryside but it is unlawful.

- Pee 'alfresco' while out on the course. Toilet facilities are provided at the LLCC and at both feed stations.
- Abandon the event without contacting the event HQ (on the number supplied).

Take Care:

Road Furniture / Hazards:

- Take care when riding in a group especially if it is wet, puddles can hide deep holes. Please be alert at all times and if you are at the front of a group please signal the hazards to your fellow cyclists.
- When riding in groups please take care and be aware of street furniture and other obstacles protruding into the road. Riders at the front should give a verbal warning and hand signal to indicate to those behind. Riders in the group should be aware at all times what is happening in front as the rider ahead of you may brake or swerve suddenly.
- Our three routes contain a wide variety of roads from smooth to badly pot holed. From flat to fast descents. Always ride to the road conditions and your own ability. Where specific hazards exist, these will be signed or notified in the safety brief.

7. Route Information

You can find route maps and gpx files on our event web site.

BLUE:

[The Blue Route](#) click on the map to display the zoomable high detail map.

RED:

[The Red Route](#) click on the map to display the zoomable high detail map.

BLACK:

[The Black Route](#) click on the map to display the zoomable high detail map.

8. Feed Stations

There will be two feed stations.

Although water will be provided at the two feed stations the quantity will be limited. This is to reduce the amount of single use plastic waste. Please ensure you start off with full bottles and only take water at the feed stations if you really need it.

Newburgh: (09:30 to 12:45 Red and Black routes)

At the east end of the town opposite the petrol station.

Please Note: Only water and bananas will be available.

Dunning: (09:00 to 14:45 all three routes)

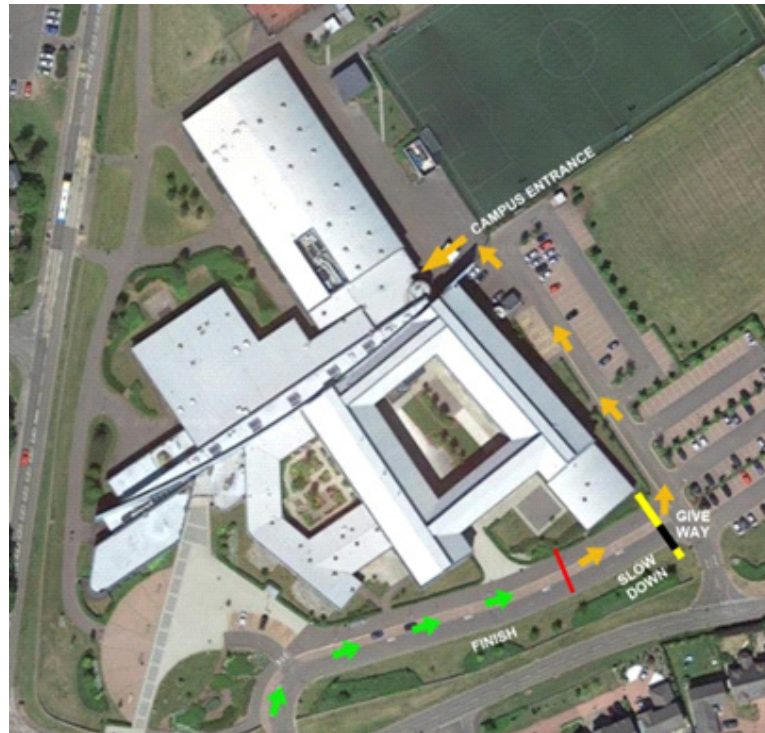
The Dunning feed station is located at Dunning Primary School which is on the left-hand side as you enter Dunning.

Water, a selection of tray bakes and other items will be available.

9. The Finish

On arrival back at the Loch Leven Community Campus ensure you pass over the finish line to record the time taken to complete the event. Please then proceed to the rear of the building as shown on the diagram below where you will receive your event memento and a voucher to obtain refreshments at the campus cafe.

PLEASE NOTE: The centre closes at 18:00. There will be **NO HOT FOOD** available after 16:00 and no cold food after 17:00 Toilets are available within the Community Campus. We hope to have the results available on our web site within 24 hours of the finish.



10. Post Event Sports Massage

As in previous years, post event sports massage will be available at this year's Sportive!

Carrie Robson/Nirvana Therapies:

I am a fully qualified massage therapist with over 13 years experience.

Over the years I have adapted my treatment method to better suit injuries and general aches and pains and have treated frozen shoulders, tennis elbows, sciatica etc.

Diane Rogers/Beauty By Diane:

Beth Gibson/Beauty By Beth:

Fully qualified massage and beauty therapist with 10+ years experience. Providing a range of treatments, specifically for this event post sports massage therapy to help aches/pains/cramping.

We have all provided post event massages at the Sportive Kinross for a number of years now and look forward to this years event!

£10 for 15 minutes!

(Cash or card available)

There will also be a tombola raffle table (all in aid of CHAS) where our local fundraising group #friendsofchaskinross have rounded up some prizes!

All proceeds going to CHAS - please don't miss out!

Enjoy your cycle guys!



11. Red and Black Route Change

After a Risk Assessment (10/04/2024) it's clear to our Safety Team that Falkland Hill will not be safe to ride. Especially so when descending due to ongoing road works which have created highly variable and potentially dangerous road surfaces. In the interest of rider safety we have altered both the red and black routes taking riders along the Ochil Hills with some spectacular scenery to enjoy. Riders will rejoin the route, used in previous years, at Falkland where it will remain unchanged for the remainder of the ride. Distance is approximately the same.

The Blue route remains unchanged.

Please Note: The changes described here are modifications to the original published routes for 2024

After leaving the event HQ head east along the north side of Loch Leven. At the Balgedie Toll Tavern turn left onto the B919 and follow the signed route through Glenfarg village before turning right onto the Arngask road. Follow the event signs through the Ochils, crossing the A91 at Strathmiglo before arriving in Falkland to pick up the route used in our previous events.

For detailed route information please refer to our website for information, particularly the following

Red Route https://www.sportive-kinross.co.uk/route/2024_red.html

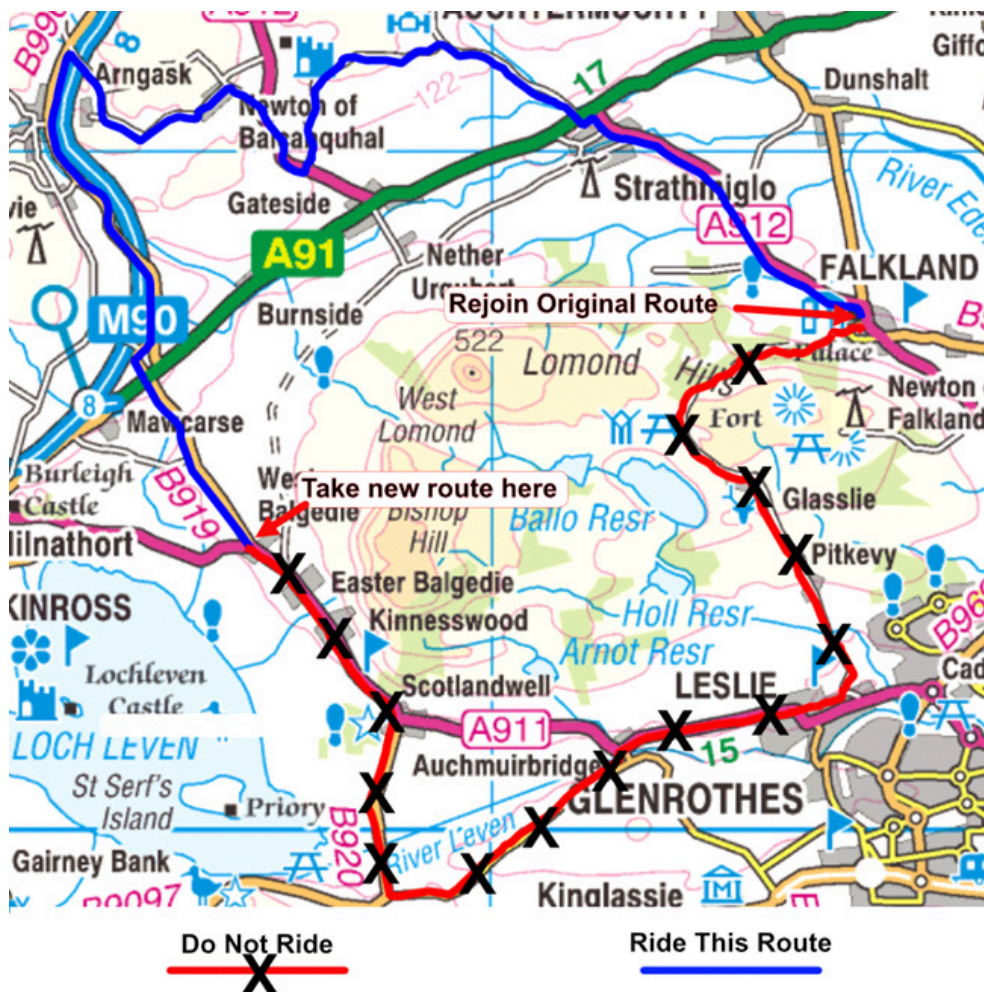
Black Route https://www.sportive-kinross.co.uk/route/2024_black.html

These maps can be zoomed in to view individual junctions

For your on ride navigational requirements please download the gpx files

Red Route https://www.sportive-kinross.co.uk/images/routeInfo/Red_Route_2024.gpx

Black Route https://www.sportive-kinross.co.uk/images/routeInfo/Black_Route_2024.gpx



Our main sponsor once again is Bandrum Nursing Home

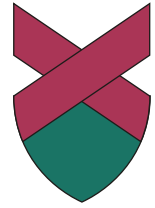
A range of nursing facilities

We have 6 specialist units, staffed by registered nurses, nurse assistants and experienced care staff who ensure the safety and well-being of our residents.

We are registered to provide care to adults aged 21 and upwards, with a range of physical and emotional health needs, including CVA, acquired brain injury, Huntington's, MS and learning difficulties, to name a few. We also have a general nursing unit, and a specialist dementia unit.

A friendly, comfortable home

At Bandrum Nursing Home, we've got a great range of facilities, comfortable accommodation, nutritious menu and a daily activity programme. We want our residents and their visitors to feel at home here, and we create a fantastic warm atmosphere that helps make that possible. Visitors are always welcome, and we've even got a free bus from Dunfermline seven days a week to help you



B A N D R U M
nursing home

We are very grateful to have **RAYNET** on board to provide communications between our HQ at Loch Leven Community Campus and various out stations around the 3 routes. Without their dedicated team of volunteers it would make the management of our event much harder.

RAYNET was formed in 1953 following the severe East coast flooding, to provide a way of organising the valuable resource that Amateur Radio is able to provide to the community.

Since then, it has grown into a very active organisation with around 2000 members, providing communication assistance on many hundreds of events each year.

Amateur Radio operators have access to a wide range of radio bands, operating modes and equipment which allows RAYNET to offer a unique range of emergency communication services to our user services. Coupled with our members endless resourcefulness, RAYNET is regarded as a professional support organisation by both the statutory and volunteer emergency service organisations.



Sportive Kinross is proud to support Children's Hospice Association Scotland (CHAS) is a charity that provides the only hospice services in Scotland for children and young people with life-shortening conditions.

CHAS offers care in two children's hospices, Rachel House in Kinross and Robin House in Balloch. The hospices support the whole family by offering short planned breaks, emergency support, end of life care and a range of bereavement services.

CHAS also provides a home care service, called CHAS at Home, staffed from both hospices and with dedicated teams in the North of Scotland. The service offers care to families in their own homes when they need it most.

CHAS supports over 250 families, as well as a significant number of families who receive bereavement support. The services are funded mainly through the generosity of the many supporters who help raise over £7 million needed each year to provide these vital hospice services. Part of your entry fee will go to CHAS to help them continue their important work.



Proud to support