



Event Guide
Saturday 24th & Sunday 25th July

Welcome

Thank you for your entry to the new 24seven event.

Event weekend is approaching fast and we want to make sure you have all of the information you need so that you're ready to go on the 24th July when you arrive.

We can't stress enough how important it is for you to review and read the Rider Briefing in full. There is some complexity around this race, especially concerning what support vehicles can/cannot do. We especially need to ensure you are fully aware of the Covid measures we have in place to ensure a fun and safe time is had by all!

This document includes information on the following:

- Covid-19 Measures
- Race Timing, GPS and Cut-Offs
- Support Vehicles Rules and Guidelines (inc. 'No Vehicle Zones')
- Race Rules
- Event Supporters

We look forward to welcoming you to 24seven – see you in Glentrool on July 24th!

Important Note: There will be no event specific toilet or café facilities, please check ahead on the trail centre websites for facility opening hours



Event information

Event Registration: Saturday 24th July 10:30am to 11:45am, 7 Stanes Glentool Visitor Centre Car Park, Newton Stewart, Dumfries & Galloway, DG8 6SZ

Event Start: 12noon Saturday 24th July (note: this is two hours later than previously advised), 7 Stanes Glentool Visitor Centre Car Park

Start Method: Small groups (c. 10 teams/solos) in waves, spaced a few minutes apart (our intention is to not have large 'pelotons' forming during the first few miles). Don't worry – we will be noting the start time for every team and you will get your full 24-hour allocation whichever wave you start in. All teams need to be at the start and ready to ride at 12noon. Allocation of start wave will be done at registration.

Overview: 24seven is a team relay event for solo, pair, trio and quad teams. The ride will comprise the following sections;

- 7 Stanes Glentool. Starting at the Glentool Visitor Centre, we're riding the 'Purple' Big Country route, but clockwise (i.e. not the normal signposted direction) until it meets the Kirroughtree Black MTB Trail at Post 63.
- 7 Stanes Kirroughtree Black MTB Trail following the normal signposted route (which then joins/becomes the Red) from Post 63 (Black Craig) to the Kirroughtree Visitor Centre
- Road Bike from Kirroughtree to Dalbeattie (watch for the rough mile or so of tarmac after leaving Creetown)
- 7 Stanes Dalbeattie – Red MTB Trail (full)
- Road Bike from Dalbeattie to Mabie
- 7 Stanes Mabie – Red MTB Trail (full)
- Road Bike from Mabie to Ae Forest (via Dumfries – care required on busy roads)
- 7 Stanes Ae Forest – Red MTB Trail (full)
- Road Bike from Ae Forest to Newcastleton village
- 7 Stanes Newcastleton – Red MTB Trail (full) (starts/ends in village main square)
- Road Bike from Newcastleton to Glentress
- 7 Stanes Glentress – Red MTB Trail (full, including Matrix and Lombard Street)

Course Maps and descriptions can be found on our [website](#).



Event information Cont.

The route is compulsory (no freestyling it!). It will not generally be course marked – you will need to self-navigate the road bike sections. The MTB sections will be following the marked Red trails at the 7 Stanes (with the exceptions at Glentool and Kirroughtree as outlined above).

Map My Ride – Road Bike route (complete): <https://www.mapmyride.com/routes/view/4347580957> (.gpx file download available via the 'MORE' tab)

7 Stanes Trail Centres maps: <https://forestryandland.gov.scot/visit/activities/mountain-biking/7stanes>

Glentool section .gpx file is available from <https://www.durtyevents.com/event/24seven/>

In the event of diversions being in place at the Trail Centres, our marshal teams at each of the 7 Stanes will draw your attention to the changes before you leave the trailhead.

Ae Forest will also be hosting a car rally on 24th July. We've slightly moved the time of our race start at Glentool (to 12noon) to ensure we don't arrive at the venue until after the rally participants and operations have left. In the unlikely event at the rally over-running we may need to alter or abandon the Ae Forest section of 24seven. Our intention is to let you know before you leave Mabie Forest if this is the case.



Course Overviews Maps and descriptions can be found on our [website](#).

GPS Tracking

Important Note: You will be given 2 GPS trackers, one for the “live rider” and one for your support vehicle, Both must be handed in at the finish line. Failure to do so will result in a charge of £150 per device

GPS Tracking

Each team will be issued with two GPS tracking devices at registration. The GPS devices are small and light – no larger than a pack of playing cards. One will be your relay ‘baton’ and MUST be transferred from rider to rider at each changeover. The other will be for your support vehicle. You will also be given a weblink that will allow you to see the positions of the trackers on a map in real time. This system allows us to;

- a) Keep an eye on everyone from a safety perspective, and quickly re-unite rider and support if required.
- b) Check you’ve followed the correct route
- c) Monitor that the support vehicle is not remaining too close to the rider (i.e. not leading or tailing the rider, which is specifically NOT allowed during the event – the support vehicle will be required to ‘leapfrog’ up the course).

Please hand your GPS devices back at the Finish line (or make your way back to the Finish line after 24hours and hand them back).



Support Vehicles and Changeovers

Important Note: Solos and Teams are only allowed 1 support vehicle and the GPS tracker must be kept in this vehicle for the race entirety

Your support vehicle and crew are **NOT** allowed to closely shadow the rider – i.e. no ‘tailing’ or ‘leading/pacing’. Instead, the support vehicle and crew will ‘leapfrog’ the rider up the course.

You can change riders and bikes wherever you want, assuming it’s safe to do so. We strongly advise you do not go overboard with this – it won’t be safe or efficient, and could lead to you arriving late for changeovers.

Solo riders should have a support driver to transport their selection of bikes and carry any food and drink they may require

Changeovers **MUST** take place in safe locations off the carriageway. Highway Code rules will apply at all times to both riders and support vehicles.

Changeovers from Road>MTB>Road at each of the trail centres must take place at the marshal station – this will be in an obvious location marked with a feather flag on arrival at each trail centre.

We are not envisaging that you will change riders during the MTB sections (it would be really hard to achieve this anyway) – in all likelihood your rider will complete the section in full.

Road Bike sections could be split down with multiple riders as a relay (within the ‘do it in safe locations’ rule). This will be at the discretion of each team, though we’d suggest no more frequently than 10-25 miles or so. Suitable locations for this are likely to be car parks, lay-bys, towns/villages etc. Passing Places on narrow roads are not acceptable places for changeovers.

We will supply each team with a vehicle ID sheet. This must be completed with the team number and a contact mobile phone number (in the vehicle) and clearly displayed in a window.



Support Vehicles and Changeovers Cont.

There are two **'No Support Vehicle'** zones – these are for safety reasons (the roads are too narrow to safely handle both riders and event vehicles);

- a) Minor road between Creetown and New Rusko (B796)
- b) Minor road between Locharbriggs (Dumfries) and Ae Forest

In both cases the support vehicle will need to use an alternative route – choose this for yourself.

The support vehicle does not need to exactly follow the same route taken by the riders – e.g. you may choose to use the A75 for your support vehicle in the first half of the race to move between locations more quickly.

Each team will be issued at Registration with one special event car parking permit for the 7 Stanes – this must be displayed clearly in your vehicle. You do not then need to use the 'Pay and Display' machines at the 7 Stanes. This permit will be valid at;

- Glentool
- Kirroughtree
- Dalbeattie
- Mabie
- Ae
- Glentress

The car park at Newcastleton is in the centre of the village. Please park sensibly and considerately on the nearby square and streets. Please be respectful of the local residents at all times, and especially between 10pm and 8am – be really quiet in the village!.

Your vehicle will also need to bring the team to the finish line (if you have not already reached it) once the 24-hour limit has been reached. As the 24-hour limit will be reached at slightly different times for each team we will endeavour to alert teams when their cut off time has been reached, please ensure you have given us the correct phone number for your support driver.

In particular, please be careful about your timings between Mabie and Ae – if Dumfries is busy, you may find your rider can travel quicker than the support vehicle in parts, and you really do not want them to arrive at Ae before the support!.

There will be no feed stations provided on the course so please ensure you have all the nutrition that you/your team needs to complete this event



Timings and Cut Offs

Timing and Cut Offs

You've got 24 hours from the time of your start to complete this monster and the clock will not stop through the night – make sure you bring your lights!

The Cut Off Time is 24 hours from the start time. If you have not reached the finish line then you must collect your current active rider and head to Glentress (Finish line) to hand in your GPS devices and officially leave the event.

We need you to check in at the finish line to ensure everyone is accounted for, please make sure you report to the finish and hand in both of your GPS devices

Not making it to the Finish does NOT mean DQ though. The way we will rank results is (a) by time at the Finish for those who complete the whole course, and then (b) in order of distance covered when the clock stops – we'll take a snapshot of the GPS locations and use that.

We need you to check in at the finish line to ensure everyone is accounted for, please don't just head home, this will trigger a search and rescue mission!



Rules

Yep, no-one really likes them, but, you know... Think of the below as a starter for 10, we will probably need to add to it as we think of stuff, and you ask us questions.

1. Rule #1 applies at all times. In particular, if it feels wrong, it is wrong.
2. 24seven is a draft free race. Riders are not permitted to draft other competitors, nor are you allowed to have bike or vehicle drafting/pacing from your support team.
3. Highway Code applies at all times to riders and support vehicles. In particular: traffic lights, stop signs etc, must be obeyed. Yes, even if that does cost you a few seconds. Changeovers MUST take place in safe locations off the carriageway. This also means no parking in passing places on minor roads
4. No support from a moving vehicle (All support must be given from outside of the vehicle while parked). This is not the Tour so please do not hand bottles, food etc out of moving car windows
5. Your rider GPS tracker must be transferred between active riders during changeovers – it's the relay baton (and a safety/event control device). Failure to complete handover may result in a DSQ
6. Your support vehicle GPS tracker must remain in the support vehicle at all times.
7. You must be quiet and considerate during the race, especially in residential areas, and in particular in the hours of darkness (Newcastleton will be a likely hot-spot for potential impacts – don't let it be you that jeopardises future events).
8. Riders do not have priority over other users of the trail centres and roads. In fact, think of yourselves as ambassadors for the event.
9. Penalties may be issued at the sole discretion of the Race Director. These could take the form of time penalties for minor infringements through to DQ for more serious or repeated issues.
10. Front and Rear lights are compulsory from dusk to dawn. We also strongly suggest you have a red rear light on at all times.
11. We encourage all support teams and riders to self-police. You are our eyes and ears. If you see dodgy driving, or other infringements whilst on the course, phone us on the Race Control numbers.
12. No headphones, this applies to both trails and road sections, we need you to be alert to what might be going on around you



Covid19

Due to the current Covid-19 situation we have made a number of changes to the event to help keep everyone safe full details of the changes can be found throughout this document but the main points are listed below:

DO NOT ATTEND IF:

- You have felt unwell in the last 10 days
- You have a High Temperature
- You have a new and Persistent Cough
- You have a loss of taste or smell
- If you have been hospitalised with Coronavirus or have isolated due to symptoms it is recommended that you undergo a Health Screening prior to taking part in this event

If you develop any of these symptoms on event day please go home immediately and alert event staff via Race Control or info@durtyevents.com

- There may be no detailed verbal briefing on event day, so please read this document carefully before attending
- Prior to registration on event day we need you complete a Health Declaration – this will be emailed to you, and will need your response.
- Face coverings must be worn in the Registration Area and any other common areas
- To reduce the number of people in registration we only need one member of each team to attend registration.
- Hand sterilisation stations will be located within the common areas please use them
- Marshals on the course will endeavour to keep a 2 meter distance from riders
- At the finish line you will be required to remove your own GPS devices and place them in the container
- IF WE DON'T GET YOUR GPS BACK YOU WON'T GET A TIME AND WE WILL HAVE TO CHARGE YOU £150 FOR THE LOSS OF THE GPS

**Please complete your Pre-event Health Declaration Form and Support Driver Details
This form will be open from 16th to 22rd July 2021, Look out for the email with the link**

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DURTY EVENTS

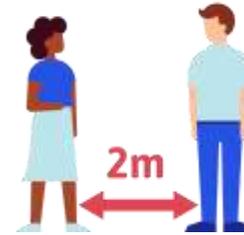
Covid 19 On Site Guidelines



HAND HYGIENE

Remember to wash your hands regularly for at least 20 seconds

We will have hand sanitisation stations around the site please use them on arrival and between areas. Our Crew will also be sanitising their hands regularly



SOCIAL DISTANCING

Please remember to stay 2 meters apart from others, we will have markings on the ground in registration to assist you



WEAR A FACE COVERING

Face Coverings must be worn in communal areas e.g. registration, transition areas when setting up equipment and in any indoor situations



SITE HYGIENE

Our Crew will be sanitising their hands regularly.

All equipment will be sanitised before and after the event.



STAY AT HOME

If you feel unwell or have any symptoms of COVID 19 please do not attend the event, Head home and contact NHS Track and Trace



AFTER THE EVENT

If you develop symptoms of COVID 19 after the event isolate, contact NHS Track and Trace, email us at info@durtyevents.com and advise you are awaiting test results



With thanks



To our Supporters