



Getting into the zone!

- Overview of event
- What happens on the day?
- Event Rules
- Training Guide
- Kit List



EVENT OVERVIEW

- DATE:** Friday 28th August to Saturday 29th August 2014
- LOCATION:** Knockhill Racing Circuit, by Dunfermline, Fife, KY12 9TF
- REGISTRATION:** 7pm – 9pm Thursday 27th August &
7am – 9am Friday 28th August 2015

What's included?

CTW Participant Registration Fee includes:

- Race Number
- Timing Chip
- Camping space
- CTW Medal
- 24 hours physio treatment
- 24 hours mechanical support
- Basic food provisions

CTW Onsite Facilities:

- Free parking
- Full restaurant facilities for spectators to purchase hot and cold snacks opening hours TBC
- Cyclist Zone – dedicated indoor area for participants to rest and receive physio treatment along with facilities to heat up food and supply of tea and coffee.
- Camping Zone for all riders (camping) – space is available for Caravans / trailers however this needs to be booked – please contact ENABLE Scotland Events team for this. There is limited space / availability for electrical hook-ups, these must be pre-booked with ENABLE Scotland in advance.
- Toilet and shower facilities
- Access to plug sockets to charge mobile phones

Arrival at Knockhill

On arrival at Knockhill Racing Circuit, make your way to the “Media Centre” building, which we are calling the “Cyclist Zone”, to register and receive your rider number and complete any required paperwork. After which you will be directed to the Rider Village to have your timing chip attached to your bike. Participants that register on Thursday evening will not receive their timing chip until Friday morning.

To speed up the registration process on the day it would be helpful for participants to complete and return in advance the following paperwork:

- ENABLE Scotland Event Disclaimer
- Next of Kin & Medical form
- Knockhill Racing Circuit Disclaimer

Event Timeline

Thursday 27th August

7pm – 9pm Registrations in the Cyclist Zone / Media Centre

 Kinnairds Restaurant will be open until 8pm to purchase food if required

Friday 28th August

7am – 9am Registrations in the Cyclist Zone / Media Centre

9am – 9.30am Participants photos

 Track time and timing chip testing

9.30am Safety Briefing

10am Event Start

Saturday 29th August

10am Event Finish

10.30am – 11am Medals Ceremony

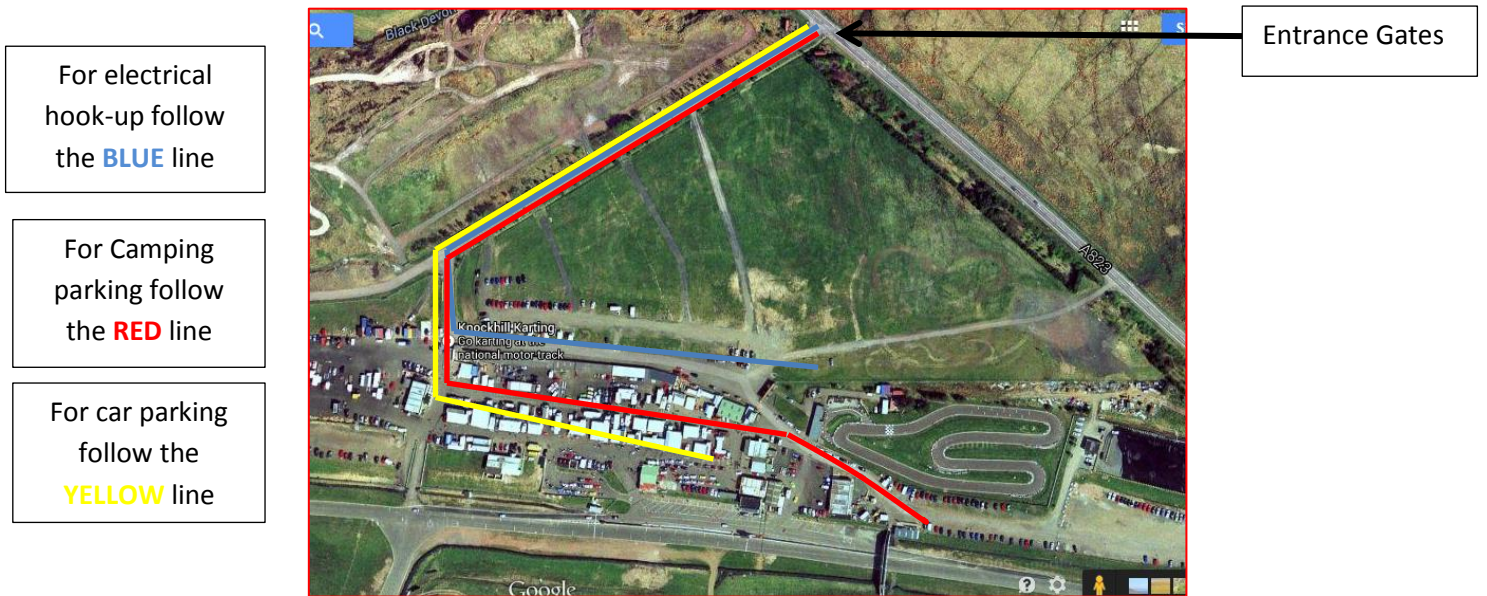
Knockhill Racing Circuit



Knockhill Racing Circuit is a demanding road-circuit style track, 1.3 miles (2km) long, and 30 feet (10 m) wide, with a unique series of twists, turns, drops and climbs, varying by around 200 feet (60m) from highest to lowest point.

Cycling the World Experience:

On arrival all cyclists will be directed to the Cyclist Zone where you will be allocated your camping area. Cars will not be permitted in the camping area, parking facilities will be in a separate area. Please see map below.



For electrical hook-up follow the **BLUE** line

For Camping parking follow the **RED** line

For car parking follow the **YELLOW** line

All cyclists, are required to register in plenty of time, registration will close at 9am for preparation and cyclists to start at 10am. At registration you will be allocated your bike numbers and timing chip, you will also be asked about your fundraising totals and asked to sign the event disclaimer.

Your timing chip will allow you 24 hour access to the participant areas. You must ensure that you wear your wristband at all times. Showers, toilets, massage area, first aid support, mechanical support, viewing stands, pit lane, and bike storage, 24hr water supply, for riders are all available throughout the event. There is no additional entertainment onsite.

At 10am the race commences. Riders can cycle for as long or as little as they wish.

At the end of the race at 10am on Saturday, the awards ceremony takes place the bar/viewing stand. The ceremony will take place approx. at 10.30am.

Food Provision:

There will be basic level of food provision over the 24hrs however it is recommended that you also bring food and supplies that work for you to keep your energy levels up. There will be access to hot water / kettle and a microwave to heat up food as required. Below is a list of the food that is provided to participants. Kinnairds Restaurant will also be open between 8am and 8pm Friday 28th August if participants and spectators wish to purchase additional food items.

Friday 28th

8am – 10am	Breakfast rolls, tea & coffee
1pm – 3pm	Pasta dish
6pm – 8pm	One pot dish, bread rolls

Porridge, bananas, cereal / energy bars, bottled water and energy drinks will be available throughout the 24hrs in the Cyclist Zone. Soup will be served here between 8pm and 8am.

Saturday 30th

8am – 11am	Breakfast rolls, tea & coffee
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WEATHER FORECAST

The long term weather forecast is currently looking very changeable. At the moment it is forecast slight drizzle with highs of 18°C and lows of 8°C. Please ensure that you bring weather appropriate clothing.

EVENT RULES

- Participants are fully responsible for their own actions whilst attending the event and ultimately responsible for their own safety and for the safety of others. ENABLE Scotland does not accept responsibility for the actions of participants nor the consequences of such actions. Participants must at all times respect the directions of the event officials.
- Each Participant, upon signing the registration form / disclaimer form, agrees that they are physically and mentally capable of participating in this 24hr challenge. Participants are responsible for managing their own rest times and can rest for as long as they need to. Event Officials reserve the right to withdraw any participant from the event should they feel that the participant is at risk to himself or others taking part.
- The participant confirms that the bike they are riding for the event and all of their equipment is of a suitable standard and state of road worthiness. Only road bikes or mountain bikes with road tyres can be used during this event and Bar-end extensions and triathlon handlebars are not permitted. It is mandatory that front and rear lights are used and high visibility jackets or panels worn between 8pm and 8am (these times may be subject to change depending on the conditions).
- It is mandatory that all participants wear appropriate clothing and are equipped with a safety approved helmet complying with the latest CE Standards EN1078. Any participant not wearing a helmet will not be covered by the event insurance will be disqualified from the event and could be liable for damages if involved in an accident on that basis. ENABLE Scotland reserve the right to refuse entry to the event to anyone with inappropriate equipment or clothing.
- Electronic chips will be used during the event. At registration you will be issued with this piece of equipment (one per person) and it is the participant's responsibility to use this as instructed by the Officials. Electronic chips will be attached to each participant's bike with cable ties and must be returned at the end of the event to a member of staff, failure to do so could result in a £70 fine.
- Participants must at all times display their rider numbers clearly and on no occasion alter the number in any way.
- The Changeover area at trackside must be kept clear at all times, no equipment should be left in this area which could cause an obstruction to riders, any equipment found in this area will be removed by an official. The Changeover area is for riders in teams to change between riders and no additional team members or helpers are allowed in this area at any time.
- Spectators are permitted throughout the 24hrs however access to the Pit Lane area is limited to only 1 support person per participant, there are several other spectator areas throughout the track, please look for signs.
- MP3/iPods may be used but only ONE EAR PIECE is to be used.

- Food and drink and Rider benefits can only be distributed to participants wearing the required wristband.
- Participants are request to respect their surroundings including parking areas, campsite and track facilities. All rubbish should be discarded appropriately and areas should be left as they were found.

Suggested Kit List

Team Kit

- Tent (a two man tent will do – you'll not all be in the tent at the same time)
- Team cycling kit is recommended
- Track pump
- Spare Inner tubes
- Combi – tool
- All appropriate tools
- Team tent sign or banner for easy identification
- Team cycling kit

Individual Kit

- Road Bike
- Helmet
- Drinks bottle
- Bike lights (You might be thankful if your lights have a still beam as well as (or instead of a flashing lights)
- Cycle shoes
- Cycle gloves
- Cycle jacket (waterproof)
- 3 pairs of socks
- 2 pairs cycle shorts
- (one short, one long arm)
- Arm and leg warmers
- Sunscreen
- Chamois cream
- Sunglasses
- Hi-vis jacket/kit for night riding
- Wash kit and towel
- (Ladies: sports bra)

For down time:

- Tracksuit/casual comfortable clothes to change into between cycling stint
- Underwear and socks
- Shorts
- T-shirt
- Sun hat
- Flipflops
- Trainers
- Fleece
- Waterproof jacket and trousers
- Woolly hat (and can be a bit chilly and night and early morning)
- Roll mat
- Sleeping bag

Non- essential:

- Energy bars/drinks
- Morale boosters
- Umbrella
- Clear cycling glasses
- Camera