



Event Guidance

**We're here to do our best at creating a wonderful day for you and your friends.
Please have a read of these, it really helps everything to run smoothly.**

Please Read These Notes in Conjunction with Our Standard Terms and Conditions: <http://sportivelakes.co.uk/terms-and-conditions/>

Welcome

Thanks for joining us on the 8th Velo Retro – we're really excited about delivering a great event and welcoming you to our wonderful area! At Velo Retro, we value the whole experience just as much as the ride. We also know from experience, that if everyone follows a few, simple guidelines, the whole event will be safer, more fun and will keep us welcome in the community.

Changes for the 8th Edition

General

COVID. We're aware that, despite restrictions being over, many of you are still being cautious. The good news is, that with our move to Ford Park, all of the festival is either outside, or in well-ventilated spaces. Infection rates in the area, mid-May, all low and falling rapidly.

Food Stops

Food stops at cycle events are a known source of contamination. Primarily as a result of road grime etc and rancid mitts! We encourage the following precautions at stops:

1. Remove gloves
2. Sanitise hands
3. Minimize touching of food unless you intend to eat it.
4. Give each other space in the queue, some people are still nervous about crowding.

Classic Cycles Display

This will be a static event this year. If you'd like to enter, let me know at alan@sportivelakes.co.uk or just have a word at reception. You'll need a display card, telling us about the bike, a stand, and a lock to fasten it to the fixed chain provided. The categories will be:

- Modern era racing bikes – post 1960
- Historic racing bikes – pre-1960
- Retro and vintage utility and fun bikes

Judging will be by Andrew Franks from UK Cycle Jumbles

Registration

Our volunteers will be making at least four hundred close contacts during the day. The area will be well-ventilated, and the queuing area will be outside the marquee. They may choose to wear masks at busy times.

Route Changes – see Map Links Below

Short route 'The Saunter.'

Route is the same as 2021, with the addition of the cross-town section, created by the change of venue.

The 22km option will take you straight into the food stop, without the hilly, coasty bit.



Medium Route Loafeur

Two changes, it is now out and back on the east side of Coniston Water. This is due to concerns around the significant increase in traffic on the west side. In previous years, after leaving Ulverston, the route turned right at a small crossroads. It now carries on for an extra KM to avoid the 'A' road crossing at the bottom. Food stop at Monk Coniston House as usual.

Long Route A L'ancienne

Two changes, it is now out and back on the east side of Coniston Water. This is due to concerns around the significant increase in traffic on the west side. In previous years, after leaving Ulverston, the route turned right at a small crossroads. It now

carries on for an extra KM to avoid the 'A' road crossing at the bottom. Food stop at Monk Coniston House as usual.

Route proceeds as usual over Hawkshead Hill towards Wray Castle. Once again there is no Wray Castle checkpoint this year, we hope to return in 2023. You can still pop in for the photos if you want though. Instead, ride past the front gate then immediately left onto the gravel lakeside track.

The route now deviates significantly from the past. As you head back north, the route heads towards Far Sawry, for the second food stop at Braithwaite Hall. It then skirts Esthwaite Water to the East, before heading past Hawkshead (feel free to pop into the village for a beer,) and on to Hawkshead Hill.

The Super Circuit!

For many, the Loafeur route isn't quite hard enough, but the À L'ancienne route too hard, for others, even the long route isn't hard enough. So, you know have the option of doing the Super-Loafeur or Super À L'ancienne! Starting with a check-in at the front gate of the first food stop, it's a 5.5km circuit, up to Tarn Hows – one of the finest views in England and the road brings you right back to the start. It's around 175m of climb and it's not easy...but not desperate! There's a halfway house for long route riders, who can do an out-and-back at the top of Hawkshead Hill, avoiding another climb of Hawkshead!

Important. The descent from Tarn Hows is one-way, which is good, but the surface is a bit agricultural, and steep in parts. Please ensure that your brakes are good and QR's secured correctly. As always, there are old cyclists and bold cyclists, but there aren't many old-bold cyclists!

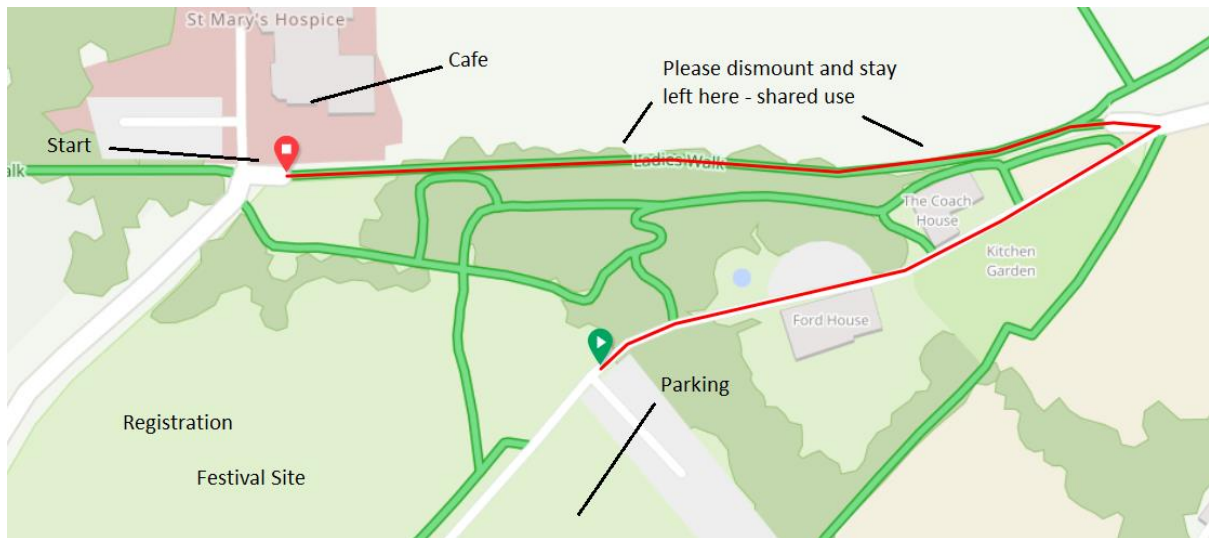
Gravel Sections

All gravel sections are shared use. Please ride considerately.

Venue

We're now based at Ford Park, still in Ulverston, but a green field site. There will be grass parking at the park. There is also a festival, with food and drink available. On the Sunday morning, there will be a café open at the Hospice, 10mtrs from the start line!

There is no cash point on the site, although the town is nearby, and we encourage people to visit as usual. Most outlets at the festival will have card readers, but some may be cash only.



Parking

There will be cheap on-site parking. Please don't park on the surrounding streets, it really upsets the local residents.

Travel:

Road: M6 Junction 36. Head west following signs for Barrow in Furness, travel time is roughly 30 minutes.

On entering Ulverston, cross the roundabout with Booths Supermarket on your left.

After 200m the road widens to three lanes. Take the right-hand lane and turn right past the Swan pub. First right again and Ford Park is ahead.

Post code LA12 7JP

What 3 Words: grips.paints.dares

Train: Ulverston is accessible with a maximum of one change from most areas of the country. There are direct trains from Manchester airport and all major North West towns in between.

Air: Fly to Manchester and catch the train direct to Ulverston from the airport.

Registration

Will be in the Velo Retro marquee in Ford Park

Saturday June 11th: 1100 – 1630

Sunday June 12th: 0700 -1030

Try to register on Saturday if you can, as Sunday before the event, can feel a bit pressured.

Please bring photo ID to registration so we can ensure that your entry is properly allocated.

Start Times

À L'ancienne Classic 85km	0830 – 0900
Loafeur 50km	0900 – 0930
The Saunter 30 and 22km	1100 - 1115

Make a Weekend of It!

Ulverston is a wonderful place to spend the weekend – for detailed accommodation information see: <http://www.chooseulverston.co.uk/category/accommodation/>

Campsite details. <https://www.campingathayfield.co.uk/>

The official campsite has good capacity but is likely to fill if the forecast is good. There is further camping at Priory View and Bardsea Leisure.

Staying Safe and Going Home Happy

Please ensure that the event leaves everyone feeling good by following our guidance.

What3words

Please consider downloading the What3words app. We have a small number of people off-route every year, if you have this on your phone, we'll guide you back on track very quickly!

Open Road Event: All sections of road will be open as usual and all sections of the Highway Code will continue to apply. In particular, please consider the following:

Group Riding: Many of our lanes are very narrow; please allow cars to pass. Leave gaps between groups to allow traffic to keep moving.

Be steady! Take care on the descents, they're often steep and gritty; avoid at all costs the temptation to cut corners or junctions.

Be kind: Thank motorists who are cautious and helpful and still try to win over the minority who might not be!

Descents and Gravel Sections There are some significant descents and gravel sections on this route. Loss of control on any of these could have serious and unpleasant consequences. The only safe way to ride these is to stay in control from start to finish. **Please ride these with great caution!** Note On the long and medium

routes, after the last steady climb to open moorland, you will see a village of white houses below. There is a narrow descent which tends to collect chippings at the bottom as you see the village. Please control your speed.

Coniston Water

On the lane to the east side of Coniston Water, from around 10 km on the med and long routes, there are a number of places where there are ridges in the tarmac caused by tree roots. We had an accident on one of these in 2019. Please take care as they're difficult to see.

Beware the Cutter!

Due to the roadside vegetation, visibility is often poor in the lanes:

Right hand bends – do not cut the bend, you may end up as a bonnet mascot!

Left hand bends – start wide for a better view, then stay in tight and listen for approaching traffic.

Lake District Hazards!

Cattle Grids: Possibly the least pleasant place to fall off a bike imaginable! If you're not used to them, here is some guidance.

Faster is generally smoother: But remember that if you're not in clipped pedals, your feet can slip – if in doubt, go slow.

90 Degrees Rule: Always hit a cattle grid straight on at 90 degrees, not at an angle. Always hit it upright and not leaning. If the grid is on a bend, make the turn before or after the grid, not on it.

Sheep! Yes, there are sheep here, lots of them...unfenced. If you hit a sheep, the animal may barely notice, you on the other hand will notice a lot! Sheep are utterly unpredictable in their movements, just because they've crossed the road doesn't mean that they're not coming right back! So, here is some guidance:

Sheep crosses road – chance of it coming straight back 75%

Sheep on one side with buddies on the other – chance of crossing 95%

Sheep on one side with lamb (youthful sheep) on other - chance of crossing 100%



Agricultural Vehicles

These are large and noisy and often have limited visibility from the cab – always assume that you have not been seen or heard.

Holiday Motorists

Please take extra care anywhere with a pretty view. This event is in one of the quieter weekends, however, you will experience a small percentage of motorists who have at least half of their attention on the scenery rather than the road. To put this into context, we have seen attempts to cross Hardknott in motorhomes, with caravans and on one occasion a tourist coach...oh yes! If you assume that some holiday motorists will drive irrationally and think for them as well as yourself, things will be fine!

Medical and Emergency

Your route card will have a medical conditions section, please fill this in and carry at all times on the event – it can save valuable minutes in the event of an incident.

Give details of: Illness, Injury, Allergy, Medication.

In the event of an incident or accident – if in doubt, call the emergency services 999 or 112. If it is minor, call our roving first aiders, you'll find the number on the route / medical card. Update registration asap.

If you're finding it hard, slow down and give yourself the chance to recover. We will wait for you to finish (within reason of course!)

Please carry a charged mobile phone, the signal is intermittent, but you are rarely more than five minutes from a signal. Emergency numbers will be provided.

Food and Drink

No one goes hungry at Velo Retro! The short and medium routes will have one excellent food stop, the long route two. All routes will get a chip butty and an Ulverston Brewing Company beer at the end. Café will be open adjacent to the start line.

Litter

Please take everything with you and use the bins at the food stops and HQ, we don't want the roads to be strewn with gel sachets as so often happens.

Signage

Lots of events in the Lakes, only follow the Velo Retro signs! There are some changes this year, as we attempt to move towards semi-permanent marking, in an attempt to outwit the sign-tamperers!

These are the new markers, they will be mainly stuck to existing road furniture. They are smaller than the usual arrows, but once you're used to spotting them, easy to see. There is also a stencil version of the same logo, on the tarmac.



Where we can't find a place to stick them, we'll revert to our usual pink signs, road spray and sticky pink tarmac arrows. So, either orange VR circle or Pink signage = good, all other signage = less so!



Lost?

Do not keep going! Stop and back track to the last sign and get back on course from there. If you're not sure, give us a call or ask a local. Your route card will also contain a basic but accurate map of the route. Use the [what3words app](#)!

Helmets

This is an historic cycle's event and operates under the 'helmets advised,' rather than 'compulsory' category. Riders should consider their own safety carefully and read the note in our standard terms and conditions.

Routes

We can never guarantee that signage won't be tampered with. We recommend downloading your route to check if you think you're lost.

Ride with GPS:

A L'ancienne Classic 85km: <https://ridewithgps.com/routes/37622440>

The Loafeur 50km: <https://ridewithgps.com/routes/37622563>

Saunter 32km: <https://ridewithgps.com/routes/34516508>

Saunter 24km: <https://ridewithgps.com/routes/36718880>

Super-Section 5.5km: <https://ridewithgps.com/routes/39294734>

The Mighty Hoad!

Returning downhill to Ulverston on the long and medium routes, you will see the option of riding up to the Sir John Barrow Monument. There will be a sign saying, 'Hoad or Home.' This is a short, quite challenging gravel section, which is worth the effort. It is unique to Velo Retro and the views are stunning!

Timings

Depending on your fitness, bike and approach, rough timings are:

85km: 4h30m to 7h

50km: 3h – 4h30m

32km 2h15m – 4h

24km 1h50m – 3h

All including food stops, socialising, pub stops etc.

Your Bike

Should be from 1987 or older (or a suitable replica.) This means downtube shifters, friction brakes and either steel or era specific aluminium.

Safety

Having your brakes, bars, stem, tyres, and wheels in good condition and correctly fitted can make the difference between fun and disaster on a route of this type. We will have a mechanic available for support and final checks, but please don't leave it until the day, get the bike checked over. There are two, good local bike shops in Ulverston, who may be able to offer a service on the Saturday.

Weather. It will be hot and sunny / windy / cold / snowing or possibly all of the above! We will issue forecasts in the lead up, please bring flexible clothing for the conditions.

Fancy a Ride Fri / Sat or Mon? Here are some suggested routes.

You can hire an electric bike from www.velobikes.co.uk or you can stay retro-true!

Breakfast Potter: <https://www.komoot.com/tour/69585731>

Cake Run with Gravel: <https://www.komoot.com/tour/69584050>

Coast, Hills, and a Big Lunch: <https://www.komoot.com/tour/59842532>

We're very much looking forward to meeting you on the weekend. Remember, there's a full weekend of festival activities: www.retrorendezvous.co.uk If you need to know more.