

Ayr Burners - Ayrshire Alps Friendly

100km and 60km Sportive Rides

Sunday 28th August 2016



Rider information pack

What?

The 'Ayrshire Alps Friendly' is a social group ride across the area known as the Ayrshire Alps Cycle Park. There will be two ride options, 100km and 60km. Both rides will be run as 'Sportives' and insured by British Cycling.

British Cycling has this to say about Sportives

Sportives are personal challenge rides allowing you to test your legs without the hassle of having to plan a route yourself. Routes usually range from 20 to 100+ miles.

Sportives are a great way to take your cycling to the next level if you are a regular commuter, take part in led rides, go on weekend rides with friends or simply looking for an opportunity to get out on the bike where all you have to worry about is turning up.

Why?

The idea for the inaugural 2015 Ayrshire Alps Friendly came about on Twitter™ via conversation between Fullarton Wheelers, Walkers CC and Ayr Burners. The premise is simple: bring together riders from different cycling clubs and communities. Cycling is on the up, there are lots of established and informal cycling groups across the South West and there are lots of great roads in 'the south of South Ayrshire.

The 2016 Ayrshire Alps Friendly grows on the success of 2015, which saw over 90 riders enjoy a great day in the 'Alps. This year we run as a Sportive with the same relaxed atmosphere, additional marshals, signage and food stops on route.

Our entrance fee of £10 is deliberately low, in line with our aim to encourage cyclists to visit Ayrshire. This fee helps cover the costs of insurance and overheads. Any and all profits generated by the event will be used to further promote and develop the Ayrshire Alps project.



When?

The Ayrshire Alps Friendly takes place on Sunday August 28th, starting at 09:30. This being the tail end of the summer it is an ideal slot for road racers to wind down after the road season, cyclocross racers to wind up for the winter season, and for the rest of us to top up tan lines(as we did in 2015!), enjoy some scenery and great banter.

Riders will be set off in groups of approximately 30 riders so as not to create a nuisance for the handful of drivers on the road. Riders will be asked to identify the speed they aspire to travel at. By setting out these speeds the intention is to remove stress from groups and match riders with others of similar pace. On the road, and the hills, you may of course choose to ride at other speeds. Rough timing schedules have been calculated as below:

100km	KM	Miles	12mph (20kph)	16mph (25kph)	20mph (32 kph)
Kirkmichael Start	0	0	09:30	09:35	09:40
Summit - Blackie's Brae	20	12	10:30	10:20	10:16
Summit - Glenginnet	30	19	11:05	10:46	10:37
Summit - Glenalla	47	29	11:55	11:23	11:07
Summit - Nic O Balloch	56	35	12:25	11:46	11:25
Summit - Tairlaw Shalloch	64	40	12:50	12:05	11:40
Summit - Largs	81	50	13:40	12:42	12:10
Patna Village	95	59	14:25	13:15	12:37
Kirkmichael Finish	103	64	14:50	13:35	12:52

If you expect to travel at less than 12mph average we would ask you to ride the shorter 60km route as our hall rental time is limited until 3pm.

Where?

The Ayrshire Alps Friendly rides will start and finish by the McCosh Hall in Kirkmichael ('Guitar Village').

We have access to the hall from 09:00. If you are intending driving down please show consideration for the villagers when parking on surrounding streets.

Strip Address:

*McCosh Hall,
20 Patna Road,
Kirkmichael,
KA19 7PJ*



There will be two routes (both viewable in full at www.ayrburners.org):

100km (64miles)



60km – (38 miles)



The 60km ride features 'just' three Ayrshire Alps, while the 100km features six categorised climbs. The 100km ride involves 3 right-hand turns that will be marked on the route card.

The Ayrshire Alps Friendly is a self-timed event: if you want to record your time (*truthfully, of course...*) you can enter it on your return to Kirkmichael, or by the survey link that will be released the evening after the event. Finishing positions will only be published for riders who have provided their time. Riders who use Strava may opt to see how they perform on the following segments:

Climb	60km	100km	Segment
Blackie's Brae	★	★	https://www.strava.com/segments/3642988
Glengennet		★	https://www.strava.com/segments/4651066
Glenalla		★	https://www.strava.com/segments/742793
Nic O Balloch	★	★	https://www.strava.com/segments/909715
Tairlaw Shalloch	★	★	https://www.strava.com/segments/914200
Largs		★	https://www.strava.com/segments/7228354
100km		★	https://www.strava.com/segments/10353386

You can read more about all the climbs of the Ayrshire Alps Cycle Park online by visiting www.ayrshirealps.org



How?

Registering

The 2016 Ayrshire Alps Friendly can be entered via British Cycling. To ensure a good experience for all, we have set the event capacity at 150. Entry on the line will only be available if any spaces are remaining.

All participants should sign on at the event HQ and collect their number and goody bottle including a **RAFFLE TICKET**. Oh boy – you might even win a Prize!

We require to collect a few basic details including the distance you intend to ride, and emergency contacts, so please save yourself some time and have this handy.

The 60km is essentially the same as the 100km but with two shortcuts. Riders can decide for themselves which way they wish to continue at each of the splits.

The McCosh Hall should be open from 09:00 so please arrive with enough time to get signed in and ready to ride by 09:30. You can leave bags and changes of clothes in the hall. However, please do not leave valuables as we cannot guarantee that someone will be looking over the bags at all times and take no responsibility for loss.

Directions:

The Ayrshire Alps Sportive will NOT be fully marshalled. However, we will put signs out that show the way. Signs will be positioned by convenient roadside furniture and look like this:



Signs will be orange for the 100km route, and there will be some yellow variations showing the 'short cuts' for the 60km ride. We will have marshals at key junctions, including both the route splits.

Feeding

New for 2016 is the all-important food stop for both the 60km and 100km riders, situated by the Bell Memorial in Rowntree Toll. Top up on water, a hot drink, bananas or a gel to power you over Tairlaw. The stop is only possible thanks to the good people at Ayrshire Garden Studios and Fresh Food Company



Thanks to the lovely members of Ayr Burners Cycling, there will also be a fantastic spread of cakes and snacks at the McCosh Hall on your arrival at the finish. Please drop a coin or two in the donation box!

In addition to our own food stops we highly recommend visits to both the community shops in the villages of Barr and Straiton (on both the 100km and 60km routes).

NO Technical Support

Please note we will not be providing technical support so please carry a road side repair kit with essentials such as: 2x spare inner tubes of correct size, tyre levers, pump, multitool, chain splitter. The feedstop crew at Rowntree toll will have a track pump, some basic tools and a rag or two, so if you conveniently break down there then breath a sigh of relief!

Otherwise, if you are not confident using your spanners, glue yourself to the wheel of someone who is and make big Bambi eyes at them in the event of a mechanical misfortune.

Mobile phone reception for much of the route will be very limited. Riders should look out for each other to relay messages back to the strip. Along with the Broom wagon, the de-routing team will set off at 3pm to drive the route and remove the signs, so if you are stranded we will find you (eventually).

The Open Highway

The Ayrshire Alps Friendly takes place on open roads and therefore all participants are expected to ride responsibly and follow the Highway Code. This is not a race so there is no excuse to cut corners or run junctions.

The Ayrshire Alps is a road cyclist's dream with testing ascents and very quiet roads (you can expect to pass a car every 5km ridden). The 100km route will feature a busy stretch of road between Dalmellington and Patna. Please be careful and look after each other.

Many of the hill roads you will cross are on exposed moor and the surface is best described as 'dynamic' depending on the weather. Look out for broken surface, cattle grids and free-range animals and communicate to those you are riding with.

Who?

Participants

The Ayrshire Alps Friendly is aimed at you! We invite riders to come along and represent your clubs and communities, wearing which ever jersey you feel most proud to be associated with.

For Ayr Burners familiar with our star rating, this is a 4★★★★ event – aimed at experienced cyclists. Although the speeds are not necessarily fast, we expect participants to have some experience of group riding and the endurance required to ride 40 or 60 miles across challenging terrain.

If you are not sure about your ability before the ride, why not join one of the many local clubs for a group ride first? Information on many Ayrshire clubs can be found online at www.ayrburners.org/friends

Ayr Burners Cycling – QTS

Ayr Burners Cycling QTS is a local development group committed to promoting local cycling opportunities and encouraging cyclists to visit Ayrshire. Since constituting in December 2014 we have welcomed more than 150 subscribers to the group, enjoying a broad range of activities including balance bike sessions, off-road adventures, sportive preparation rides, cycle jumbles and much more. We manage the Ayrshire Alps webpage and are developing a family cycling resource called 'Sea Ayr Cycles'.



Ayr Burners Cycling is sponsored by QTS Group. We are affiliated with CTC and Scottish Cycling. Find out more at www.ayrburners.org

Ayrshire Alps Cycle Park

The aim of the Ayrshire Alps Cycle Park is to create Scotland's first 'Road Cycle Park', taking advantage of the incredible road cycling opportunities in the area across the hill roads that are referred to locally as the 'Ayrshire Alps'.

The concept was created by Christopher Johnson and supported by South Ayrshire Council. Ayr Burners Cycling was in part established as a community group to develop the Ayrshire Alps further. Our future plans involve securing funding to install markers at the base and summit of ascents, and map display boards within the village centres.



The Ayrshire Alps featured in the March 2015 edition of [Cyclist Magazine](http://www.cyclistmagazine.com)

You can find out more online at www.ayrshirealps.org

Have fun and see you again in 2017!

