

You are receiving this email on behalf of the organiser of [the 3 Peaks Cyclo Cross](#).
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Dear Dave,

The 55th edition of the 3 Peaks Cyclo-Cross is nearly upon us and the Race Organising Group hope that your preparations for the event are going well. There are a few points that I need to bring to your attention as the race approaches:

1. In entering the race all competitors have agreed to our [Race Regulations and Instructions](#). Please ensure that you pass on these instructions to anyone who will be supporting you on race day as there are a number of instructions that apply to support vehicles. The race relies on the goodwill of landowners and the local community and failure to comply with the regulations could compromise future editions of the race.
2. Competitors are advised to familiarise themselves with [the course and the race route](#). Ordnance Survey Sheet OL2 Yorkshire Dales Southern and Western Areas covers the area of the race.
3. Please refrain from riding restricted parts of the course apart from during the race as this is private land over which there is no right of way. Training on the off-road sections of the course could jeopardise future editions of the race.
4. Riders must keep to the left hand side of the road during the neutralised section between Helwith Bridge and Gill Garth. All riders must remain behind the British Cycling lead car. Please note that the final climb and descent (Pen-Y-Ghent) uses the same track. Please be aware of oncoming riders when on this part of the course and keep to the left (in the direction of travel) where possible.
5. **Sign on will be on race day between 07:00 and 09:00 at the Helwith Bridge Inn.** Please ensure you sign on between these times to ensure you receive your number and dibber. The rider briefing will be at 09:25 and the **start of the race at 09:30**. You will not be permitted to start the race if you have not signed on at the registration tent.
6. If you withdraw or drop out of the race at any **time you must return immediately to the registration tent at Helwith Bridge** (i.e. do not spectate or head directly home). Please report to the sign-on desk and return your dibber to SportIdent. Failure to do so may result in a search and rescue operation being launched which unnecessarily risks the safety of our support team and other riders.
7. Riders are reminded that they have responsibility for their own safety, the safety of other competitors, spectators and public. Please adhere to the Highway Code when on the road sections of the course. On the off-road tracks and paths there will be many walkers who have priority over the race - please respect this.
8. Bowland and Pennine Mountain Rescue Team will provide first aid support to riders participating in the event. A separate first aid provision will be available for spectators and supporters provided by Event Medical Services. This team will follow the race as it moves around the course and will be positioned at Cold Cotes (10:00-11:15), Ribblehead (11:30-13:00), Horton-In-Ribblesdale (13:15-14:45) and the race finish (14:50 onwards). We are also providing a broom wagon to help bring any 'walking wounded' back to Helwith Bridge). This will be a crew-cab van provided by Andi at Urban Cycles, and the times and locations of this support vehicle will broadly reflect the locations/times of the first aid team (noting that the vehicle may need to make several shuttles around the course). If emergency support is required and you cannot summon a marshal or mountain rescue member, you should call 999 and ask for Police and then Mountain Rescue.
9. Accommodation is listed on the race website. Please note that the area used by motorhomes and camper vans has a height restriction barrier which will be opened between 17:00 on Friday 24th September and closed at 19:00 on Sunday 25th September. Yorkshire Subterranean Society will be providing changing facilities and showers in the bunkhouse adjacent to the pub car park.
10. Please do not drop litter. The race is held in an environmentally sensitive area and the impact of littering could compromise the future of the race. Anyone observed littering may be disqualified from the race.
11. Please note that dogs are not allowed on private land which is not a right of way.
12. Kit checks will take place at sign on and random kit check may take place on the start line. Please ensure you have the mandatory items listed in the race regulations. This includes a British Mountaineering Council approved survival bag (polythene or metalised polyester) and a whistle, as well as an appropriate waterproof jacket.
13. Please ask your support teams at Cold Cotes and Ribblehead to keep the timing area clear to enable riders to freely access the dibbing point.
14. For 2017, we have a minor route amendment on the summit of Pen-Y-Ghent and competitors should familiarise themselves with this change. This is due to works to the footpath which has included stone steps

being installed. The steps are too narrow to safely allow two way cycle traffic. Competitors will ascend the newly laid steps, and a new descent line has been introduced along an existing quad bike track. This arrangement has been agreed following discussions with the National Park Authority and Landowner and we ask all competitors to follow this route. The route will be marked with occasional tape markers and we request that all competitors follow this route. Please refer to the [following this link for details of the new route.](#)

Wishing you an enjoyable and successful race.

All the best,

Mark Richmond

All enquiries regarding this email should be directed to mark.3peaks@hotmail.co.uk

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Email: admin@sientries.co.uk