

# Runner and Rider Brief and Course Notes



**SCOTT** PRESENTS

# GRAVEL ROCKS

FOR RUNNERS FOR RIDERS

EXPOSURE



# Introduction

- Gravel Rocks is a 3 day gravel cycling and running festival in Duncombe Park, Helmsley
- Riding and running is on a mix of wide forest trails, well surfaced single track and moorland paths
- The event is most suited to a gravel bike with 42mm tyres, but can be ridden on an MTB or e-MTB (please note we have no charging opportunities)
- Riding and running is a mix of longer social stages with short timed segments which will decide our podium
- The event village has a full range of facilities and a busy schedule

# Location

- Duncombe Park is signed from Helmsley (SE) on the edge of the North Yorks Moors
- Helmsley, on the A170, is a 25min drive from Thirsk on the A1
- The event centre postcode is YO62 5EB
- The event village will be open from 14:00 midday on Friday 10th July
- Camping/parking all on-site and Campervans are welcome
- Showers, toilets, bike wash, water, barista, catering and bar all on site

# Camping and Campervans

- Camping and campervans are included within the entry fee
- You will be able to park next to your tent - follow marshals instructions
- Our event field is used for livestock so please ensure that any bike lubes/cleaners etc are contained
- Please do not light fires etc unless using a fire pan to protect the ground
- We would appreciate participants try to recycle as much of their own waste as possible

# Nearby

- Duncombe Park is set in acres of parkland with woodland and riverside walks - plenty of space to relax
- Helmsley has a fully stocked Coop, a range of shops, bakery, garage, cafe's, take aways and local fruit picking
- Helmsley Castle and Rievaulx Abbey are nearby
- Thrisk has all facilities including bike shops

# Arriving

- Duncombe Park is signed and is to the south east of the main village
- Drive through the main gates and up the main driveway passing the Bird of Prey centre and the main house. The event village/parking will be signed
- Please do not stop outside the main estate house - keep driving towards the event field and parking
- On arrival you will be met by one of our staff who will help with parking/camping
- If you have a tepee booked we can let you know your pitch
- You will be able to pitch your tent right next to your car
- Once parked/pitched pop along to sign on in the main marquee

# Rider Registration

- Sign on is in the main marquee at the heart of the event village
- Registration is open from 14:00 until 21:00 on Friday 10th July
- We have a short registration on Saturday (07:30-08:30) for day runners/  
riders
- Collect and attach your number
- Read any Rider/ Runner Notices and updates
- Collect and attach your timing chip - more info on handover
- Full timing schedule at registration

# Catering and Bar

- On-site catering from Podium Catering:
  - Friday - 14:00-23:00
  - Saturday - 07:00-22:00
  - Sunday - 07:00-09:00
- The Yorkshire Bar:
  - Friday - 14:00-23:00
  - Saturday - 15:00-23:00
- A full range of dietary requirements catered for
- Northumberland Coffee serving barista coffees, teas and cakes - they will also be on course so pack a few coins!

# Timing and Segments

- Your timing chip will be issued at registration and advice on how to mount this correctly
- Please keep it attached at all times, it is for timed segments as well as event safety
- Please ensure that you return your chip at the end of the stage on Saturday
- All times from the segments will be collated to give a final podium
  - this is eligible to participants who complete all segments for your event on Friday/Saturday

# Ride Format

- Friday has a short 10km night stage with 2 timed segments.  
Participants will need lights and for those without these can be hired from Exposure - details/links on the website - course fully signed
- Saturday for riders has 2 loops, 1 at approx 55km in the am and another that is approx 40km in the afternoon.
- Sunday is for social rides/ runs or ambassador led routes. Route suggestions will be available and full details of led rides will be available at registration. Routes will vary in distance and be from 1-2hrs

# Run Format

- Friday has a short 6km night stage with 2 timed segments. Participants will need lights and for those without these can be hired from Exposure - details/links on the website - course fully signed
- Saturday for runners has a choice of 10, 25 and 35km loops
- Sunday is for social runs or ambassador led routes. Route suggestions will be available and full details of led rides will be available at registration. Routes will vary in distance and time

# Ride/Run Format

- Full details of each timed segment can be relayed by Marshalls
- Participants competing all the timed segments and the full Fri/Sat routes will be eligible for our podium
- There will be one Feed Station on each stage supported by Voom Nutrition and SCOTT - there will be the Coffee landrover there to purchase from.
- The feed will have water, a range of Voom products, Pick and mix
- Any retirees must report to the event finish - course closes at 6pm

# Sunday Social Details

- We have a few of our brand ambassadors leading various social rides/ runs on the Sunday morning
- Optional ride gpx files are also available for those wanting to explore further
- Please note that these are social outings and are not signed or supported in a similar way to the main event
- These routes will be at a leisurely pace and vary in distance - please ensure that you are suitably equipt and able to look after yourself
- Runners and riders should follow the Countryside/Highway Code at all times

# And Finally

- In the spirit of Gravel Rocks please make sure that you are self-sufficient
  - carry enough water, snacks and spares to complete the event
- Enjoy the chance to 'get social' between the timed segments
- Remember that many of the trails are shared and only the timed segments should be raced on
- Look after yourself and your fellow participants and ride/ run to the conditions as well as your abilities
- We will have on course support with mechanics and medics with staff at the timed segments to help where possible