



# RACE MANUAL

TALBAR 4 EXAMPLE RACE EDITION

# TALBAR



**Trans Alba Race Race Manual**  
**RACE EDITION V.1**  
**15/11/2023**

Welcome to the Race Edition of the manual. This document combined with our website ([www.transalbarace.com](http://www.transalbarace.com)) should give you all the information you need to be fully prepared to meet us all on Registration Day.

We understand first hand what a massive commitment and undertaking entering an event of this type. Well done you! Sometimes the hardest part is making the start line and we want to set you up for success so please read this manual carefully.

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# 1. Information

## **Safety**

This not a closed road event and should only be undertaken by those confident in road cycling and it is each participants responsibility to determine if they are fit enough to complete the route.

Please cycle on the left. Be aware of other pedestrians, cyclists and road vehicles around you. Adhere to the Highway Code at all times.

Please see Highway Code on below link:

<https://www.gov.uk/guidance/the-highway-code>

The following are the minimum requirements to pass the safety check:

### **Helmet**

### **2 Front Lights**

### **2 Rear Lights (1 x Rear light minimum should be running at all times)**

### **Reflective tape on seat stays**

### **Reflective tape on front forks**

### **Reflective tape on cranks**

### **Reflective clothing for night**

### **High Visibility clothing for during the day**

By day:

During the day always wear clothes with bright colours. Fluorescent material is even better as it helps you to really stand out and be seen during the day. This material also helps us to be seen in the evening before it is dark.

By night:

Fluorescent material does not work in the dark! You need to wear something reflective so you can be seen when car headlights are shining on you. Even a small patch of reflective material can help drivers to see us from very far away.

Things to remember!

FLUORESCENT MATERIAL – is effective outside during daytime because it reacts to the ultra-violet rays in sunlight. I could be a stripe on your jacket, patches on your bag or an armband.

REFLECTIVE MATERIAL – works in the dark because the special surface reflects light (street lights, car headlights etc.)

The following are advised:

Reflective Harness

Reflective ankle straps

Helmet rear flashing light

## **Registration Checks**

All bikes are given a basic check during the registration. Please make sure your bike is the best working condition and leave us in no doubt. Frame, Brakes and Wheels will be looked at during the check. Reflective tape and lights will also need to be on show during the check.

## **Insurance**

It is a requirement of your ride that you have insurance. Please check with your insurance provider that they cover an event such as this. Insurance is a very personal thing, therefore we will not make recommendations on who to use and why. Insurance is there for you and your family.

Recommended third party travel Insurance that protects against emergency evacuation and repatriation of remains is strongly recommended. Furthermore, you'll want to specify to the insurer that this needs to explicitly cover an event of this type.

If you find a suitable insurer, you can cover nearly every need related to this ride, from your equipment to entry fees, but most importantly your own life and limb in case of emergency.

You must provide evidence of your insurance before you will be allowed to ride. We need to see evidence of Personal Accident Insurance and 3rd Party Liability, which you can send to us via email before the race or show us in person on registration day.

Please do not print your full policy. Save a copy of your policy to your phone or a simple screenshot of the Schedule of Insurance page / Statement of Fact page should provide all the information and save some trees.

## **Environment**

Littering is both against the law and unacceptable behaviour, especially in a country of such outstanding natural beauty. Any cyclists identified disposing of litter other than in appropriate bins along the route will be penalised by the Race Director. Please adhere to both the Country Code and Highway Code during the event.

Please see links below:

<https://www.outdooraccess-scotland.scot>

<https://www.gov.uk/guidance/the-highway-code>

## **Rules**

Falling in line with the majority of self-supported races we've tried to keep the rules as simple as possible. Do not overthink the rules!

1. RACERS MUST RIDE FROM START TO FINISH FOLLOWING THE TRANS ALBA 2024 GPX

Full Route - <https://ridewithgps.com/routes/42130829> (2023 Example)

The 400 - <https://ridewithgps.com/routes/42386847> (2023 Example)

2. NO DRAFTING (NOT APPLICABLE TO PAIR ENTRIES)\*\*
3. ALL FORWARD TRAVEL MUST BE SELF POWERED
4. ALL RIDERS MUST KNOW, UNDERSTAND AND OBEY LOCAL TRAFFIC LAWS
5. RIDE IN THE SPIRIT OF SELF RELIANCE & EQUAL OPPORTUNITY
6. BE SAFE, BE SEEN
7. BE NICE

\*\* pairs may draft their own partner/teammate only

## **Rules for Pairs**

Pairs are a self supported unit allowed to share any and all resources within the pair. The rules are the same as for solo racers with one all encompassing exception. That exception being that support is allowed between the paired racers. Pairs may share resources and navigation as well as being allowed to draft each other. Pairs do not have to exclusively travel with each other but both riders must reach the end of the route before the pair is deemed finished.

Paired racers may not draft other pairs/teams or interfere with solo racers in any way.

Paired racers must both carry a tracker. If one of the pair quits the race, the other is allowed to continue to finish and may be ranked in the GC with an asterisk denoting paired travel.

## **GPS Tracker**

All riders are required to use the provided GPS Trackers (you will receive these at Registration). It is nothing more than a web-based framework showing rider progress. Again, riders alone are responsible for their own safety on the course and for the logistics of their own ride. Final positions will be based on GPS tracking data and racers will not be included in final results if a tracker is not used. Riders are responsible for ensuring the correct use of their tracking devices. Riders with devices that are switched off or not active for long periods may be excluded from the final results.

At this point we remind you to keep a track of your own ride so you have evidence if for any reason there is an issue with a tracker.

GPS trackers will be collected by a Trans Alba volunteer at the finish. In the event of a scratch you are responsible for returning your tracker. Return address will be provided in final race manual.

## **Dot Watching**

Tracking and a web based platform will be provided for you, fellow riders, friends, family, fans (the list goes on) to follow your progress around Scotland. This will be embedded on our website closer to the event.

## **Scratching**

If you decide that you are dropping out, or 'scratching' from the race, please report this as soon as possible to the race director. Phone numbers will be provided at registration.

Include as much detail as you can. Especially your name and cap number! You should make your friends and family aware, including your next of kin.

If you scratch from the race you are responsible for your onward travel. Trans Alba volunteers will not come out to collect you or make any arrangements for you, so please don't ask this of them.

Trackers must be returned in person or posted on to us.

**Don't scratch until you've had a night's sleep!**  
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No matter how many times we say this to riders there will be a few that regret scratching. Please, please, please sleep a full nights sleep before making any decisions.

## **Time Limit**

We have not imposed a time limit for this ride.

However we expect most riders to finish the route within 10 days. 100 miles per day on this course is more than achievable (still very tough, but achievable).

If you are going to be more that 10 days be aware that we may not have a volunteer to greet you at the finish line. Whilst we will do our best we all have jobs to go back to! In this case you are responsible for returning your tracker - Address will be provided in final race manual.

Those riding The 400 we expect most riders to complete this at a maximum of 4 days otherwise we may not have a volunteer to meet you in Oban.

## **Ferry Crossings**

Cyclists are classed as a foot passenger.

Tickets for ferry 2, 3 and 4 can be purchased all at once in the Oban Ferry Terminal.

Crossings + link to timetables as follows;

1. Gourock - Dunoon = <https://www.calmac.co.uk/summer-timetables/Gourock-Dunoon>
2. Oban - Craignure = <https://www.calmac.co.uk/summer-timetables/oban-craignure>
3. Tobermoray - Kilchoan = <https://www.calmac.co.uk/summer-timetable/tobermory-kilchoan>
4. Mallaig - Armadale = <https://www.calmac.co.uk/summer-timetables/mallaig-armadale>

There will be some alterations to the first ferry crossing due to low tides, but this can be found on:

<https://www.calmac.co.uk/service-status>

As much as we would like to control the weather conditions, we can't. Sometimes the ferries will have to adapt their service. Please see the link to the Service Status page below:

<https://www.calmac.co.uk/service-status>

Or if you would prefer to download Service Status app please check out the below link:

<https://www.calmac.co.uk/service-status-app>

## 2. Schedule

### Registration

**Date: Saturday 15th June 2024**

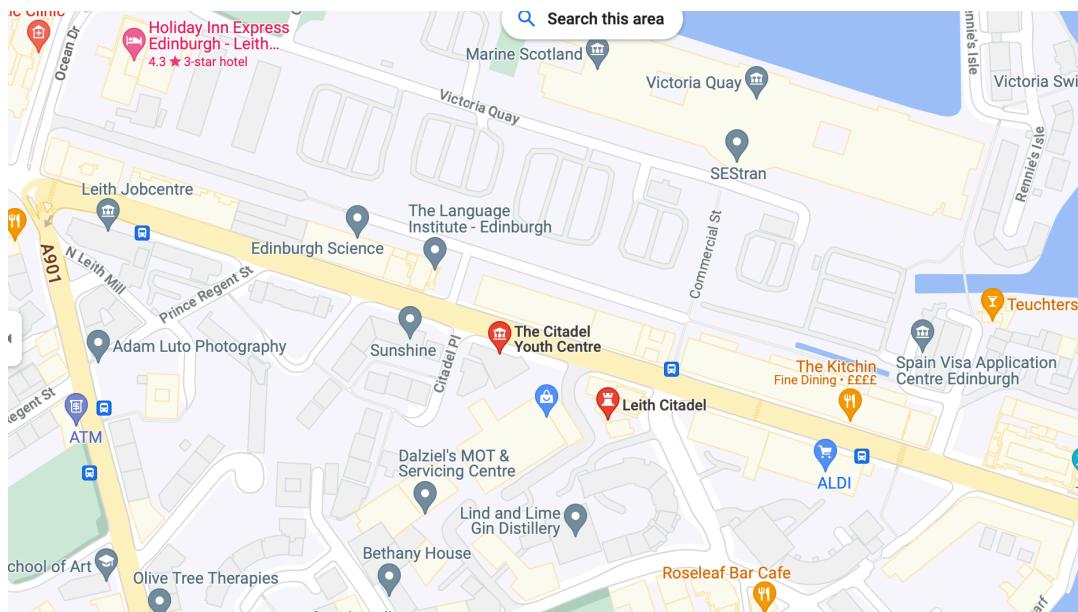
**Time: 10:00 - 14:45**

**Location: Citadel Youth Centre, 175 Commercial Street ,Edinburgh, EH6 6JE  
what3words - ///adjust.zealous.pirate**

You **MUST** attend Registration. It is up to you when you attend, feel free to drop in any time between 10am and 2:30pm for registration.

Registration will probably take you 20 - 30 minutes to complete all the stages. Please be prepared for small waits at each station. Some times may be busier than others. We will check your insurance documents, your bike, and your safety equipment during this period. You'll receive your GPS Tracker and all your Trans Alba bits and pieces.

Great time for you to hang out and grab a coffee with your fellow riders. We are also right next door to Tiso for any last minute equipment you might need!



### Race Briefing

**Date: Saturday 15th June 2024**

**Time: 15:00 - 15:45**

**Location: Citadel Youth Centre, 175 Commercial Street ,Edinburgh, EH6 6JE  
what3words - ///adjust.zealous.pirate**

You **MUST** attend Race Briefing. This is where we will cover the following topics - Safety, Route, Rules. We'll also explain the neutralised start from the Scottish Parliament on to the route and both finishing locations.

## **Trans Alba Race Start**

**Date: Sunday 16th June 2024**

**Time: 06:00**

**Location: Scottish Parliament Building, Edinburgh, EH99 1SP**  
**what3words - ///retain.cave.sugar**

We will have a neutralised start at 06:00 from outside the Parliament Building. Our Race Director and volunteers will ride out for the first 20 to 30 miles or so to guide riders out of Edinburgh before allowing you to go off at your own pace. Please aim to arrive around 5:30am for a quick photo and last minute motivation. **We will leave 6:00am sharp.** Note - there are no toilet facilities open at that time at the parliament.

## **Trans Alba Race Finish (Full Route) -**

**Location: Forth Bridges Viewpoint, South Queensferry, EH30 9RL**  
**what3words - ///sleep.watchdogs.mascot**

In 2023 we moved the finish line to the Forth Bridges Viewpoint, and we're keeping it for 2024!

Once you arrive you will receive your finishers Trans Alba hip flask filled with whisky! Chris, Jack and Trans Alba volunteers will also be on hand with hugs, but you might want to go for the whisky first (we won't be offended). Remember to hand your tracker over once you have finished.

We aim to meet all riders who finish within 10 days however we will sometimes miss the odd rider with early morning or late night finishers. So far we have managed to meet every rider that has finished, but every year is challenging with the small team we have.

Please note we do not make any arrangements for you at the finish. You are responsible for sorting your onward travel. Whilst we can make recommendations of how to return to the city centre, where is good for breakfast, and where the closest place to sleep is, please make sure you plan for what happens after the finish line.

## **Trans Alba Race Finish (The 400) -**

**Location: Railway Pier, Oban, PA34 4LW**  
**what3words - ///porridge.speaker.curtains**

Our 400 route finishes along the Trans Alba full route, close to the train station in Oban. Once you arrive you will receive your finishers patch & pin. We aim to see every single riders through on the full route in Oban so we anticipate having a volunteer in Oban for 4 days.

Beyond this there is potential we have moved further on in the full route. Trackers will need to be returned via post and finishers patches will be posted to you in return.



### **3. COMMUNICATIONS CALENDER**

Dates for your diary as follows:

**Date: Sunday 7th April 2024 - Routes Published**

Trans Alba Race & Talbar 400 final routes published.

**Date: Sunday 18th May 2024 - Final Amendments**

Any final amendments to each route. Changes will be kept to an absolute minimum.

Ferry Crossing timetables will be updated at this time.

**Date: Saturday 2nd June 2024 - Speedy Boarding**

Email requesting insurance documentation, next of kin, and dietary requirements.

Replying to this will speed up the process of registration day.

**Date: Saturday 8th June 2024 - Final Email**

Confirmation of schedule for Registration and Briefing.

Email packed with gentle reminders - where to be, when to be there and what to bring.

Final Race Manual - there should be no amendments, but incase there is we will notify you in the email.