

Challenge Ride Series 2019

Eden Valley Cumbria

Lake District Challenge Rides - 15th September 2019

25/03/19

Dear Rider,

Welcome to the **Lake District Challenge Rides** we hope this will be a pleasant if challenging ride for all who participate. The object is to share with you some of the wonderful scenery that we are privileged to cycle in most of the year! The rides are not for the faint-hearted so you will need to be prepared, but remember it is not a race. Pace yourself and enjoy a few cafe stops along the way. The route card will point some out as you go! Then when you get back we will do our best to provide a nutritious feed before sending you on your way.

The event is organised in the style of an Audax ie you receive a route card (or you can pick up a GPX file of the route from the [website](#)) and Brevet Card on registering for your event. On the Brevet card you fill in the details of the information controls along the route. The routes may be modified closer to the actual day of the ride so please download the latest versions from our website (see above)

You can participate individually or as a group of friends or alternatively there will be a limited number of Eden Valley Guides who will lead you around the course but obviously you should choose an appropriate speed and try to stick with that group. If you want to go with a guide then please indicate the speed you would like to go at and we will try to arrange this.

Venue details

Start at Mungrisdale Village Hall CA11 0XR GR NY365302

Timing

The 100mi course will start at 0800 onwards being released in groups

The 100km course will start from 0900

Choice of Speed

If you would like to join a group do be sure to indicate your preferred pace when registering

The Routes

100mi route >3000m of ascent

100km route 1500m ascent

You can pick up a gpx file on the website and there are also route maps but check back close to the event date as they may change.

You can register on line via the website edenvalleyctc.org.uk/challenge.html

or directly through sportsentrysolutions at this address

https://www.sportsentrysolutions.com/new_race_page.php?recordID=201081

Rob Wilson

Eden Valley Cumbria Group Secretary

rld.wilson@gmail.com mob. 07455 117352