

Dear RtN Cyclist,

Thank you for registering for our 2025 event. After a great reception from the local communities and very welcome cooperation from the local authority last time, it's another 'Tour of Angus'.

As always, Ride the North is an entirely non-competitive event. It's not a race, but rather a leisurely (but challenging) tour to be completed at your own pace. This year distance options have gone metric with 150 or 110 kms (93 and 68 miles respectively). There are also two hybrid options of 135 and 125 km (84 miles and 78 miles). Something for everyone!

A defining feature of our event has always been the engagement with local communities along the route and that never changes. We have developed an event plan in conjunction with multiple communities along the route, with regular checkpoints and refreshments. This plan involves a 'pay as you go' approach for refreshments, which is the only practical way the event can bring business to cafes, shops, catering units as well as local communities. Your support for those selling refreshments along the route is hugely appreciated.

As has become the RtN way, there are stamps to be collected at each of the checkpoints along the route. Successful completion of the event will be collection of stamps from all checkpoints (taking into account there are different route options). More about that later in this document!

Thank you for supporting the event.

Neil Innes

RtN Event Manager

<u>Welcome</u>

Thank you for registering

Thank you - to riders, sponsors and communities who support RtN

Ride the North will take place on Saturday 30 August 2025. It has always been a community event (sometimes as much as it is a cycling one?!) and particular thanks to all those communities along the route who embrace it and welcome your visit. The staging of the event is made possible with the kind support of event sponsors and a great many volunteers.

Particular thanks are due to all those who make RtN possible in particular Stena Drilling, Accord, Serica Energy, Kellas Midstream, Angus Alive and Visit Angus. A word of acknowledgment too for Angus Council, Police Scotland and the Scottish Ambulance Service for active involvement over the months of planning the event.













Safe Cycling on Ride the North

The primary consideration during the event is to ensure the safety of everyone involved. We have a medical team on duty throughout the event and grateful to all partners for input and advice over safety matters. The basic steps below are intended to provide a timely refresher of how we can all contribute towards a safe event.

Firstly, this event takes place on open roads, so be prepared for the unexpected from other road users – motor traffic or fellow cyclists.

In built up areas, please slow down, look-out for yourself and others, and be prepared for someone crossing or stepping onto the road without noticing you.

Above all, please ride responsibly, follow the rules of the road, show respect and consideration for other road users; whether they are other cyclists, those in motor vehicles or pedestrians.

Ride the North is not a race and shouldn't be treated as such. Effective communication and consideration will help keep you safe while out riding on open roads. Clear hand signals and calls will help make others understand your intentions. If in doubt....SHOUT!

Where appropriate, warn others of oncoming or approaching traffic. If you can do so safely, let others know of poor road surfaces or such hazards that can lead to falls.

Please adhere to the guidance contained in the Highway Code. It states that riders should not ride more than two abreast. On the stretches of narrow roads please ride in single file. The use of earphones by participants is strongly discouraged on safety grounds. Only pass other riders on the right.

Please ride with great care, and slowly, on sections on path or roads shared with pedestrians.

Do allow motor traffic to pass safely. The safety of everyone on the event is enhanced if other road users are treated with courtesy.

Be mindful of weather conditions, especially if they do become unpleasant. Having a jacket in your possession is an essential for riding in Scotland. Riding in rain or high wind is obviously more hazardous, so please take extra care, even though you may be keen to get to the next stop or to shelter.

Please exercise caution as you arrive at and leave feed stations, there can be a lot of coming and going, so taking a bit of extra care can help avoid mishaps.

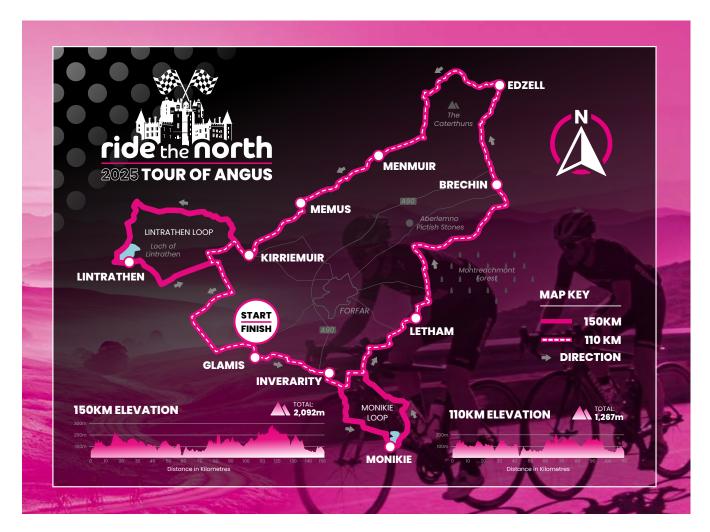
In summary, please show courtesy and etiquette while on the road, communicate clearly with others around you and be aware of and respect other road users.



The Route(s)



Event entries were sold on the basis of two routes, **but there a four valid event routes**



The shorter distance is achieved via two different route splits. The first of these split points comes a little beyond the first checkpoint at Inverarity (after just 12km) and then the second comes just after Kirriemuir at 106 km (or 90 km if you took the shorter route in the morning).

All but 7.5 km of the 110 km route are common between the two routes, so hopefully this works quite well if you are accompanying riders who do not plan to do the same distance.

The route plan (as has been the case the last two years) means that there are four different distances possible. Each of them is valid.

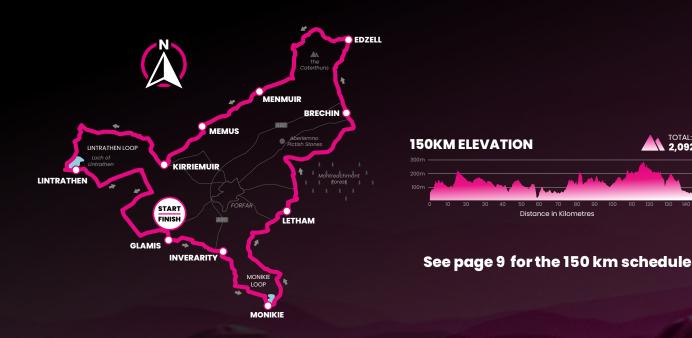
You could, for instance, follow the longer route option on the Monikie Loop but the shorter option after Kirriemuir – this would be 125 km. If you take the shorter route in the morning but opt to take the longer one in the afternoon, that will result in a total ride of 135km.

It is encouraged to use these options to make the day as enjoyable and challenging as you want it to be. The only thing to bear in mind is that the longer route section sections both having closing times. The Monikie Loop turn-off with close at 1005 hrs (after which the event switches to having one route (the shorter one). The Lintrthen Loop turn-off will close at 1615 hrs and again, at that time, the shorter route becomes the only route.

An inclusive event that seeks to work for everyone who enjoys riding a bike



The Long Way Round (150 km)



The Short Way Round (110 km)



TOTAL: **2,092m**

The Hybrid Route Options (125 or 135km)

Avoiding an event plan that looked too complicated, the event is sold as having two routes. Opting for the 125 km route (visiting Monikie but skipping Lintrathen) or the 135 km (visiting Lintrathen but skipping Monikie) are valid choices.

The event has always sought to pose a challenge (and not be easy day out) so all riders are encouraged to select the distance that is appropriate for them.

Start Times

Congestion at the start has been a problem in the past. That is an issue that does have a degree of inevitability, but we are seeking to improve upon this.

This is an event taking place on public roads and we're committed to ensuring we don't have large groups of riders – and part of that is a manged start spread over 3 hours. The predictable part is that a lot of people prefer to depart early and far fewer people opt to depart later!

This year start wave was available for selection at registration. If you selected a 20 min start window it will be printed on your event stamp card and we'll make sure you start inside the window selected. If you skipped the question about start times, you will join a different queue (which will all be just fine)!!

It is too late to worry about, as all the documents are printed - so this is just for information. One thing that is certain, that opting for a 0930 start eliminates any queueing, regardless!

The aspiration here is that many 110 km/125 km riders opt to start after 0900 hrs, which will make all this much more manageable! We are always trying!

Glamis Castle

Glamis Castle is accessed from the village of Glamis – just off the A94, 7 km west of the A90 as it passes Forfar. Glamis is 20 km north of Dundee and 90 km south of Aberdeen.

For event parking, please drive through the main castle entrance (which will be open from 0600 hrs only) and follow instructions to the parking area which will be on the left as you travel down the driveway. There is no additional fee for event parking.



Event Timetable



This time it counts!

A system of stamping cards introduced back in 2017 removes any suggestion of a 'racing' dimension and requires engagement with local communities on what seeks to be an event for those communities and not just an event for the cyclists.

RtN 2025 will be an attempt to be clearer about this system and the fact that it's central to the event! From here, 'successful completions' (arrival at the finish having stamps from the checkpoints) will impact upon the booking process for future events. This year, we will record finishers and finish times. There are lots of great sportive events that will satisfy the rider who wishes to push themselves against the clock without stopping ...this isn't ever going to be one of them.

This is an inclusive event for anyone who enjoys riding a bike. Each year FAR fewer riders run later than the schedule than riders who worry about running later than the schedule. The event has to be run safely and our objective is to get everyone finished by 1830 hrs.

Both of the longer loops will have closing times – 1005 hrs for the Monikie Loop and 1615 hrs for the Lintrathen Loop. Anyone who takes the longer route options after these times will have taken a turn off the signposted route and will be opting to leave the event. If your unexpected challenges are with your bike rather than your legs, we will have a team of mechanics on the course to help you.

Keeping the event running to a timetable that works for everyone is fundamentally a concern for everyone's safety and wellbeing. There will be marshals on key junctions matching to the event timetable and signs that are (sometimes) erected for the event times only. We have a team of support cyclists who will be towards the tail of the field – nobody will be left isolated.

There will be a support vehicle that will run from several of the stops around 20 mins after the final arrival time published on the schedules above. If you were to fall behind the published schedules (due to riding speed) our team will support you to the next stop with a support vehicle transfer back to Glamis Castle. Anyone in this position who opts to continue cycling will be opting out of the event. We will do out very best to support everyone, but sometimes illness or injury do have their say and that's just a normal part of the event. There's no shame!

It is important to say that while we have to be prepared to assist when someone's day doesn't go to plan, the circumstances of people falling behind our schedule are quite rare – it you arrive having taken event preparation seriously, the prospects for a successful day are very high! The event lasts 11 hours and 30 mins (longer route) and 10 hours 30 mins (shorter route).

Times for 2025 checkpoints are below. The challenge is to pass each point within the times published!!

DISTANCE & TIMES: 150KM

LOCATION	KM	CHECKPOINT TIMES
GLAMIS CASTLE	0	07:00 - 09:15
INVERARITY	, 11	07:25 - 09:55
MONIKIE LOOP TURN	12	CLOSES 10:05
MONIKIE	21	07:45 - 10:30
LETHAM	40	08:40 - 11:45
BRECHIN	59	09:35 - 12:50
EDZELL	71	10:15 - 13:45
MENMUIR	84	11:10 - 15:00
MEMUS	97	11:45 - 15:45
KIRRIEMUIR	104	12:00 - 16:05
LITHTRATHEN LOOP TURN	106	CLOSES 16:15
LINTRATHEN	125	13:10 - 17:30
GLAMIS CASTLE	150	14:30 - 18:30

💹 DISTANCE &TIMES: 110KM

LOCATION	KM	CHECKPOINT TIMES
GLAMIS CASTLE	0	08:00 - 10:00
INVERARITY	<u>∞ 11</u> √	08:30 - 10:35
MONIKIE LOOP TURN	12	CLOSES 10:05
LETHAM	24	09:15 - 11:40
BRECHIN	44	10:20 - 13:00
EDZELL	55	11:10 - 14:10
MENMUIR	68	12:15 - 16:00
MEMUS	81	12:55 - 16:50
KIRRIEMUIR	88	13:20 - 17:15
LITHTRATHEN LOOP TURN	91	CLOSES 16:15
GLAMIS CASTLE	110	14:30 - 18:30

Check-Points/Refreshments

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Route Options & Catering

The route(s) takes in much of rural Angus, including lots of towns and villages along the way. There are checkpoints set up at Inverarity, Monikie, Letham, Brechin, Edzell, Menmuir, Memus, Kirriemuir and Lintrathen. At all but the first checkpoint (Inverarity) you will find some combination of toilets, water refill stations, food, first aid, and a morale boost!

Engaging with communities has been a core part of RtN from the very beginning, and the event relies on the generous support of community groups. The checkpoints are mostly organised and manned by volunteers from the local area, generating a positive and welcoming atmosphere at each partner town or village. In each location there are refreshments available, with some locations more geared up for hot food and others with some combination of snacks, home bakes and water. Carrying some cash is strongly advised as some checkpoints will not have a card machine.

In addition to 'pop-up' refreshments for the event, the route passes shops in Letham, Brechin, Edzell and Kirriemuir and cafes in Letham, Brechin, Edzell and Lintrathen. You do need to stay fuelled and there should be plenty of opportunity.

At each checkpoint you will get a stamp in your event passport.





A\ The Terrain

As anyone who has participated before will be aware, Ride the North is always an attempt for a fun event, but never planned to be an easy one. Hills are a fundamental characteristic our region on the edge of the Cairngorms. Our area is blessed with hundreds of small countryside roads which are wonderful for cycling, but do have an uncanny knack of finding a way to climb hills! This year's event has 8 'signposted climbs' ...look out for the pink triangles

Note – none of these climbs take riders to high mountains and are more in the category of 'short and sharp'.





All riders will be allocated a number in their event packs and that number is also a lottery ticket. At each of the checkpoints along the route, there will be a card-stamping desk and each will have a sign a bit like the one here.

All numbers will be drawn by a Random Number Generator and 10 winners will be determined, but you only find out if you are the lucky winner when you check-in at each point.

NOTE - you will be required to have all the stamps from the route you have ridden to claim your prize!





CHECK-POINT LOTTO KIRRIEMUIR

LUCKY RIDER NUMBER IS:

1847

ride-the-north.co.uk

Stay Safe & Enjoy The Ride



Event Numbers/Security

Every participant will be supplied with an Event Number (not a 'Race Number'). We will have marshals at each stop and it helps security greatly if we can clearly see your event number and be assured you are a registered participant (before you disappear with a bicycle).



Kit Items

We don't recommend cycling with a large number of kit items. Here are some things to remember or consider:

- Your bike in good working order (Essential)
- Helmet (must always be worn on the bike),
- Cold/wet weather gear
- Phone
- Sunscreen
- Extra water cage and bottle
- Multi-tool/spare tube & pump (for routine mechanical issues)
- Cash



👺 Route/Navigation

The entire route will be signposted and some junctions marshalled. We will endeavour to make the signposting as clear as possible. Maps of the route in your registration pack are intended only for illustration rather than navigation. For users of GPS devices digital files will be issued along with this information. If a change has to be made between now and event day, follow the signs. In the circumstance of a late change to the route, the junction at which we diverge from the digital files shared in advance will be signed as a 'route change'.



Weather Conditions

If you know the local area, you will know that we cannot predict what conditions riders will be faced with. If you are coming from further away, typical weather for late August in the east of Scotland is 18-20C, but a day of rain will be colder and a day of sunshine can be mid 20s – even high 20s (but let's not get carried away)! We will endeavour to take account of the weather in the support provided. In the event of very adverse weather conditions, the organisers will take a view, as to whether the event can take place safely.



Clothing

It's said there is no such thing as bad weather, only the wrong clothes. As far as cycling is concerned, it is true that poor (wet) conditions can be countered greatly by good waterproof clothing. Padded cycling shorts might be fairly regarded bt some as 'essential' but cycling kit is not mandatory and you should wear what you are comfortable with. A lightweight rain jacket is something you should regard as essential.



Nour Bike

The event attracts participants with varying levels of cycling experience and diverse bikes are hugely encouraged. The main requirement is that you arrive at the start with your bike in good working order. Please give your bike any last-minute TLC that it needs now rather than arrive with a bike with problems!



🕰 Vehicle Support

There will be a support vehicle towards the rear of the field which will assist/transport any rider who is unable to continue with the ride. This may be the result of injury, illness or fatigue. If you feel unwell at any point, we strongly recommend you seek assistance, either from our support vehicle or from our First Aid colleagues.

Mechanical Support

As noted above, it is essential you arrive with your bike in good working order. Mechanical support and essential will be positioned at some check-points/feed stations on the route. If you have an emergency mechanical problem which prevents you from cycling to the nearest mechanical support station, we will have an emergency mechanical support vehicle to assist you (number of the stamp card). If the problem is easily fixed it will be addressed at the roadside, otherwise you will be transferred to the next mechanical support station.



Spectators & Supporters

We are delighted to see supporters on the RTN route, at the finish-line and at check-pints along the route. We would, however, invite spectators to do what they can from avoiding driving on the route – which will, naturally enough, be busy with cyclists!

Finish-Line Spectators

At Glamis Castle, riders will ride down the castle driveway to the finish line immediately in front of the castle. Spectators arriving by car have no option but to share the same entrance to the castle and the castle driveway as cyclists. The event car park will be about half-way down the drive and will require a short walk thereafter.

We will request that motor vehicles DO NOT overtake cyclists inside the castle grounds. The cyclists will be going downhill and will gather speed, please be patient and stay behind any riders finishing as you arrive.

There is normally a fee to enter the castle grounds. This will not be applied to event participants and event spectators.

Spectating on the Route

There are points along the way where spectators and supporters could meet you without driving on the route this is easily achieved at Letham Square (you will have to park elsewhere), Brechin High Street (it's closed to traffic for the event), Edzell (Edzell Muir) and Kirriemuir (on the north side of Kirrie Hill at West Hill Road).

Spectators/supporters are asked not to attend checkpoints at smaller villages (unless arriving by foot or bike) as there is simply not parking at these locations.

If supports think it might be fun to offer riders encouragement on the hills, the section between Edzell and Menmuir is the most obvious. We would request that you get there ahead of the event schedule and do not park on the road or passing places.





Event Contact:

You can contact us by email via neil@velodays.com Thank you again for taking part and please cycle safely.

THANKS TO OUR KIND SPONSORS













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