



myHill
CYCLING

SPRING
CLASSIC
SPORTIVE
14.04.19

ROAD BOOK

Welcome to the inaugural myHill Cycling Spring Classic sportive. This booklet will give you all the information you need to get to the event, navigate the course and get the most from the day.

We've planned what we think will be a great day out on the bike, but as this is our first promotion we might not get everything right, so please use the feedback form at the event or an email would be really useful to improve our future events.

I hope that you enjoy the challenge, you enjoy the day and that you make some new friends along the way.

In particular I hope you enjoy the climbs—I've picked out some real gems for you!

Sante!

Chris Myhill



GRAB A CRATE OF THE BEST BEERS IN TOWN !!!



myHill
CYCLING

GETTING TO THE EVENT AND PARKING

HQ: Rowsley Village Hall, School Lane, DE4 2EE

HQ: Open from 8.00am **Registration:** Opens at 8.30am.

Start: Between 9am and 10.30am. **Finish closes** at 4.00pm



Rowsley ([click for map](#)) is situated on the A6 between Matlock and Bakewell. From the south and west just follow the A6. If you are coming from Sheffield the best route is via Baslow and then through Chatsworth park. From the M1 south come off at junction 28 and follow the signs to Matlock and then to Bakewell. From the M1 north come off at junction 29 (the signs will tell you to come off at junction 30—but don't!) and follow the signs to Chesterfield, Baslow and then drive through Chatsworth to get to Rowsley.

The car parks are numbered in the order in which you should try them – so go to P1 first, and if this is full; go to P2 then P3. **But please note that P3 is not open until 9am.**

P1	Public car park on Old Station Close . Plenty of space in here, plus there is also some room on Old Station Close itself, but can I ask that you ONLY park on the same side of the road as the car park.
P2	Small public car park on Peaktor Lane , just a short distance beyond the HQ. There is also some parking outside the playground just before this car park. UPDATE: There is a car boot sale near this carpark, so it may be full.
P3	Car park for the Peak Village shopping outlet . This car park has over 200 places, but it's not open until 9am .

Please **DO NOT** park in the car park for Caudwell Mill as this is **NOT** a public carpark. Can you also **NOT** park in School Lane as this will be reserved for helpers and officials Thank you.



HQ: Rowsley Village Hall, School Lane, DE4 2EE

Start time: Registration opens at 8.30am and you can start anytime between 9am and 10.30am.

At registration you will have to sign in. You will be provided with your number and 2 cable ties. Route maps and descriptions will be available, plus there will be a laptop for you to download the route files. Please fix your number to the front of your bike. This is to allow the photographer to clearly identify you as being part of the event.

You will also be given an EMERGENCY CONTACT NUMBER.

Feed Station: 39 Windsor Drive, Wingerworth, S42 6TG

Open from 10.30am until 2pm. Please sign in when you arrive and make sure that you have enough food to last for the second half. If you are doing the 'Boeleke' or 'Avaans' route the second half is longer than the first.

Finish: Closes at 4pm. If you get to 'POINT Y' after 3pm please follow the red dots to return straight to the HQ. When you finish please return to the HQ to sign out.

Abandoning your event: If for any reason you are unable to continue but still able to ride please return to the HQ using your map as navigation. All riders who decide to abandon MUST return to HQ and sign out—we don't want to have to come searching for you! Don't worry—you'll still get your beer and food!



LOOKING AFTER YOU AND YOUR BIKE

At the start: Tea, coffee, water, and pastries will be available once you have signed on. Toilets are also available.

Feed station: Located at myHill Cycling HQ in Wingerworth where there will be water, bread pudding, flapjack, bananas and snack bars.

The toughest part of the route is the 10 miles — “The Tough 10” - after the feed station so fuel up!

At the finish:

Tea, coffee, water and hot soup and rolls will all be available. Any surplus food from the feed station will also be brought to the HQ. When you sign out you will get a goodie bag containing your bottle of **myHill Cycling Dark Ruby Ale**.



Your bike:

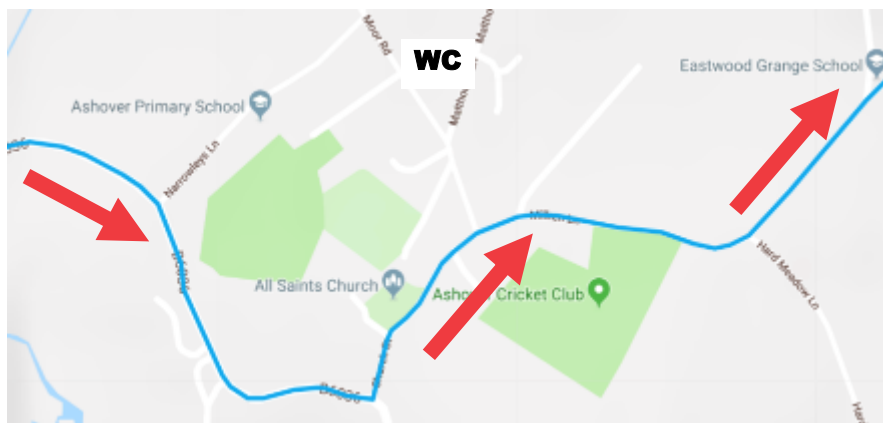
Please ensure that your bike is road worthy before you start, but in case you have a mechanical en-route, a track pump, tools and inner tubes will be available at the feed station.

Inner tubes will be charged at £3 each and you will need to carry out any mechanical work yourself.



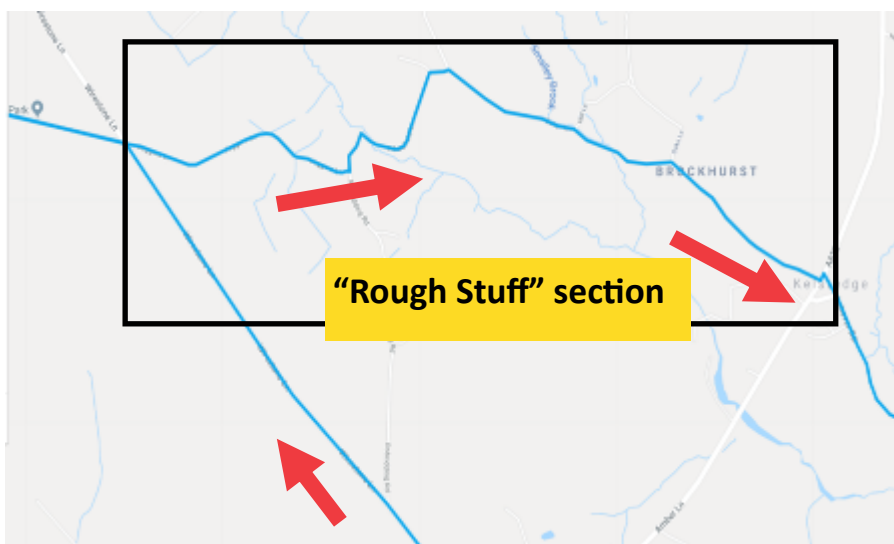
Public Toilets and Pubs:

There is a public toilet just off the route in Ashover. This is shortly before the feed station in Wingerworth—so pretty much at the halfway point. There are plenty of pubs along the route in Ashover, Wingerworth and Tansley (just to name 3 locations).



Road conditions:

Most of the route is on well surfaced back roads, however as they are back roads I wouldn't recommend racing wheels and lightweight tyres. The roughest part of the course is the section between Wirestone lane and Kelstedge, so take care as there will be gravel and hidden pot holes.



Gearing:

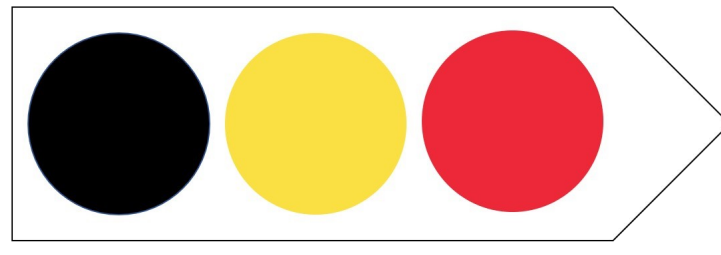
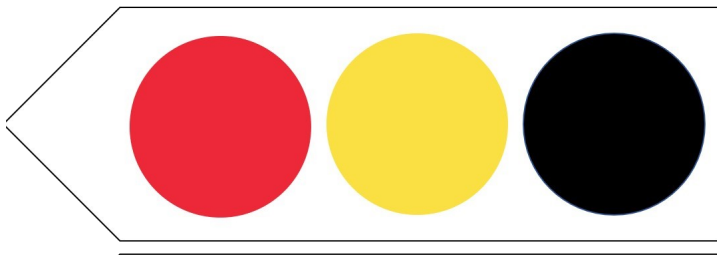
I've ridden the route a few times and a bottom gear of 39x23 is the highest I would recommend. 34x25 or 39x29 would be sufficient for strong cyclists and maybe a triple or 34x29 or 32 would be advisable for riders that prefer to spin.

Advice on pacing: Please note that the hardest section of the course is the 10 miles “The Tough 10” immediately after the feed station. In this section there are 2 naughty climbs, a cheeky climb, another naughty climb and then the ‘Death climb plus’. So just bear this in mind as you hammer away from the start in a fit of unbridled enthusiasm!

THE ROUTES

“FOLLOW THE DOTS”

The direction signs are white with dots to indicate the route—so to complete the course you just join up the dots! Note that the order of the dots does change depending on whether you are going left or right, but this does mean that the direction of turn will always be indicated by one colour (red—in the example below):



For each route there is a route map, a gpx/fit file and there will be signage—so you shouldn't get lost. One of the features of the myHill Cycling Spring Classic is that you don't have to stick to one route—you can mix and match depending upon how you feel.

This is how it works:

1. Between point X and Y (see map) all three routes are the same.
2. The 'Amai' course follows a longer route to point X.
3. The 'Boeleke' course follows a shorter route from point Y to the finish.

So you could start the 'Amai' route, but by the time you get to point Y you could decide to take the short (red dot) route back to the HQ. Alternatively you could start the 'Boeleke' route, get to point Y and feel that you could actually manage 2 more climbs. So you could then take the longer (black and yellow dot) route back to the finish.

**Please note that only the 3 'official' routes have been created into Strava segments—so if you do take one of the options above you will only get a segment time for the main route between X and Y and for the 'Tough 10'.*

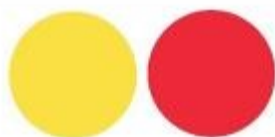


myHill
CYCLING

ROUTE SIGNAGE

'BOELEKE' 57KM

From the start to point X follow:



From point X to point Y follow:



From point Y to the finish follow:



**Follow
red
dots**

'AVAANS' 66KM

From the start to point X follow:



From point X to point Y follow:



From point Y to the finish follow:



**Follow
yellow
dots**

'AMAI' 83KM

From the start to point X follow:



From point X to point Y follow:



From point Y to the finish follow:



**Follow
black
dots**





myHill
CYCLING

ROUTE SIGNAGE

CLIMB SIGNAGE

**Climb number.
Amai route**



11



F



**Climb letter.
Boeleke and
Avaans route**

Climb category



11%

**You're loving
this, right?**



**Average
gradient**

**Inspirational(?)
message**



INFORMATION SIGNAGE



**SHARP
RIGHT**



**TRAFFIC
FROM LEFT**

**FEED
STATION**



myHill
CYCLING



Chris Meads
Photography



myHill
CYCLING

T H E
CLIMBS

"NEVER MIND THE ROUTE—WHAT ABOUT THE CLIMBS?"

"The route for the myHill Cycling Spring Classic was designed around climbs — the route is basically a dot-to-dot of some of the best climbs in NE Derbyshire. I hope you enjoy them as much as I do!"

The climbs have been graded "cheeky", "naughty" and, er, "Death" so that you have an idea of what is to come.....



A climb graded **"Cheeky"** is just about hard enough to make your legs sting. These little beauties are there to get you warmed up for something far more substantial and they'll make sure you don't lose your climbing legs. After all, climbing is all about rhythm and these 'blips' will keep your legs in the game



Some of you will romp up the Cheeky climbs and you'll wonder what the fuss is about—but that won't be the case with the **"Naughty"** climbs. You'll definitely notice these bad boys. Some of the climbs graded naughty are those which just go on too long. You get to the point where you think you've cracked it only to find that there's more. Much more.



When I designed the route there were some climbs which HAD to be included. I've called these **"Death Climbs"**; not because they will kill you, but because you will feel like death at the summit. In the words of various Eurosport commentators I expect "oaths will be issued" as you clamber up these monsters and I'm equally sure that my name will be uttered in unfavourable terms as you drag yourself up them. **One climb is graded 'Death Plus' - but you love a challenge, right?**

A note on gradients: The maximum gradient is taken from Strava, so although some of the figures are alarmingly high(!), this might only be for a metre or two. Having ridden the course a few times I would say that the climb with the greatest amount of sustained steep gradient is **Foxhole Lane**. The climb really will have you chewing your handlebars!

"A TASTE OF FLANDERS IN DERBYSHIRE"



myHill
CYCLING

'BEOLEKE'

'AVAANS'

'AMAI'

CLIMB PROFILES

Not an easy start to the 'easier' routes. If you're not warmed when you arrive at this climb—you will be afterwards. Save something for the ramp at the top.

A. Northwood Lane



Length	0.97km
Av Gradient	10%
Max Gradient	27%



On it's own this is not a hard climb, but coming straight after Northwood will make this a challenge. You'll have more company from this point as you join the main route.

B. Halldale Lane



Length	1.11km
Av Gradient	8%
Max Gradient	23%



A nice gentle leg loosener for the 'Amai' route....

1. Alport



Length	0.69km
Av Gradient	6%
Max Gradient	16%



Cliff Lane could be slippery, so you might have to stay in the saddle for this. Once you are 'out of the woods' you're really not, as this goes on and on and.....

2. Cliff Lane



Length	1.29km
Av Gradient	7%
Max Gradient	18%





myHill
CYCLING

'BEOLEKE'

'AVAANS'

'AMAI'

CLIMB PROFILES

If there is one climb that embodies the spirit of a spring classic—this is it. Murderously steep, narrow, slippery. Plant yourself in the saddle and engage bottom gear....

3. Birchover Wood



Length	0.32km
Av Gradient	13%
Max Gradient	28%



"Really Myhill? Another climb so soon? Couldn't you have chosen another route?"
Er.....yes and no. There is some downhill after this—so you'll be reet.....

4. Barton Hill



Length	0.31km
Av Gradient	12%
Max Gradient	15%



What makes this one 'interesting' is that you descend sharply into Stanton, turn right and 'boom', straight on to a 20% gradient. Advice: come off the big dog *before* the turn.

5. Lees Road



Length	0.38km
Av Gradient	10%
Max Gradient	21%



Next is a cheeky little climb which you'll want to sprint up. It's one of *those*. I would advise, however, that you don't sprint up it as coming up next is a monster.....

6. Park Lane



Length	0.58km
Av Gradient	7%
Max Gradient	19%





myHill
CYCLING

'BEOLEKE'

'AVAANS'

'AMAI'

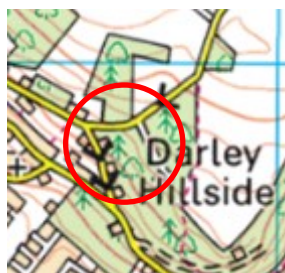
CLIMB PROFILES

This climb is like finding a parking space in an NCP on a Saturday afternoon—difficult on every level. It has gradient, length and gripability. Whatever that means. The other two routes join halfway up this, so at least you'll have more company.

7. Darley Hillside



Length	0.74km
Av Gradient	13%
Max Gradient	35%



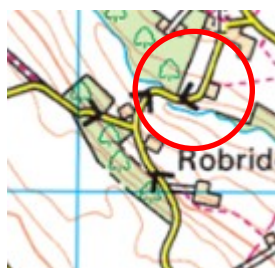
After a few miles of blissfully rolling along you'll need something to perk up your climbing legs, and Whitfield will do just that. You're in the gravelly section—so take care.

8. Whitfield Lane

C



Length	0.31km
Av Gradient	3%
Max Gradient	12%



9. Milken Lane

D



Length	0.63km
Av Gradient	12%
Max Gradient	29%



Soon after the feed station comes this naughty little fella. This climb signals the start of the toughest 10 miles of the route, so take it easy. Good luck with that.

10. Bolehill

E



Length	0.84km
Av Gradient	9%
Max Gradient	24.5%





myHill
CYCLING

'BEOLEKE'

'AVAANS'

'AMAI'

CLIMB PROFILES

Another one of those coming straight after a sharp right turn. So there's no run up. The climb consists of 2 steps where the 2nd step is less steep than the first. Apparently,

11. Alton

F



Length	0.62km
Av Gradient	11%
Max Gradient	15%



My mate Lee's favourite climb. This can be done on the big dog, but my advice would be to make the most of the gentle gradient. Use it to warm up for what's to come....

12. Milltown

G



Length	1.17km
Av Gradient	5%
Max Gradient	10.2%



Arr Butterley, you are completely and utterly a "_____". It's the missing words round! Pass me your entry at the end. Best suggestion earns an extra beer!

13. Butterley

H



Length	0.88km
Av Gradient	9%
Max Gradient	26%



Questions will pop into your head as you climb Foxhole Lane. "Why am I here?", "How did they make the tarmac stick?", "Who am I and why am I crying?". This is the other contender for the hardest climb of the day, so make sure you 'enjoy' every metre.....

14. Foxhole Lane

I



Length	0.23km
Av Gradient	15%
Max Gradient	22.5%





myHill
CYCLING

'BOELEKE'

'AVAANS'

'AMAI'

CLIMB PROFILES

If you have chosen the 'Boeleke' route—that's it! You've conquered all of the climbs. After Foxhill Lane it is all (ok, mostly) flat and downhill all the way to the HQ.

However when you get to the 'point Y' on the 'Boeleke' route and you're feeling good, why not turn left and take in 2 more climbs. Don't worry—we'll save some beer and pasta for you!

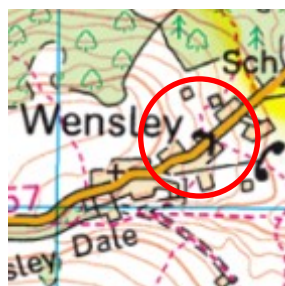
Wensley is a climb that just keeps on giving. On and on and on it goes. Think of something in your life that goes on and on and on. That's Wensley!

15. Wensley Road

J



Length	1.6km
Av Gradient	7%
Max Gradient	20%



Ok, so I *could* have taken the route back on to the A6 for a flat run back to the HQ. But where's the fun in that? This one is steep at the bottom and steep at the top, so make sure you save something. At the top of the climb you turn left to ride back to Rowsley, and promise me that you will look left to take in the amazing view across to Bakewell as you ride along the ridge. It's stunning and the reason why I have routed you up here!

16. Stanton in Peak

K



Length	1.13km
Av Gradient	9%
Max Gradient	27.5%



Well done! You've cracked the climbs.
I hope that you enjoyed my selection.
Now for some food and drink.
You've earnt it!



myHill
CYCLING

STRAVA

This event is not a race, however I'm sure that some of you will want to gauge your effort. Therefore five Strava segments have been created for this event:

'Boeleke', 'Avaans', 'Amai'

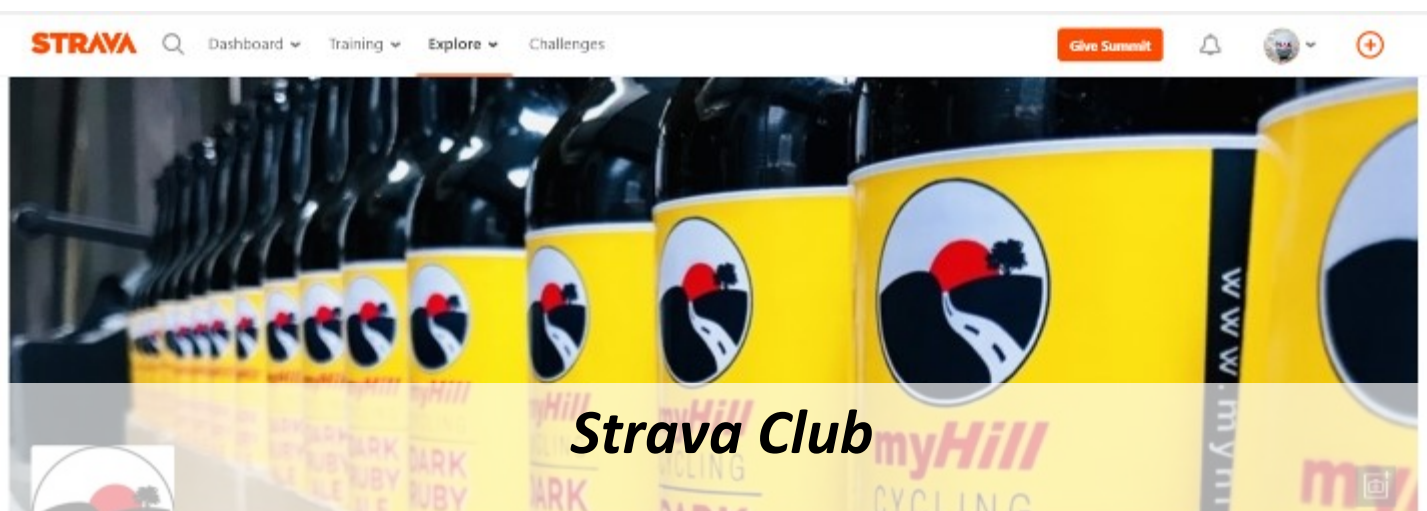
All three routes have been created into segments.

From X to Y

The section of the course which is common to all three routes is a segment

'The Tough 10'

The 10 miles immediately after the feed station is the toughest section of the route. Within it there are 5 climbs, with the last one being the steepest climb of the day. It felt only right, therefore, to turn this section into a segment.



As a participant in a myHill Cycling event you are eligible to join the myHill Cycling Strava club. Simply send a join request.





myHill
CYCLING

THANK YOU!

First of all thank you for entering the event. When a new event comes along you never know what to expect—so thank you for your faith and your hard earned cash! Let us know how we did by giving us feedback and we will be back in 2020 with a better event.

Event supporters:

Thank you to our supporter today—Chris Meads It is great to have Chris on board to provide the event with professional photography. Please show your appreciation by purchasing a photograph from Chris Mead's website:

www.chrismeadsphotography.com/

Event sponsors:

When I first planned this event I did not envisage having an event sponsor, so I was completely blown away when Chris Radford of Brampton Brewery offered to support the event by providing beer, and then to top it all he's arranged for the beer to have customised labels—thus giving you a memento for the day. I really can't thank Chris enough, but I will try. THANK YOU Chris!!. Check out his brilliant business at:

www.bramptonbrewery.co.uk/

I would also like to thank **Doug Forrester** for sponsoring the event through paying the entry fee for our junior female riders. This was designed to encourage more girls into the sport—so well done Holly for taking up the challenge!

Event helpers:

This event simply wouldn't work without the help of volunteers, so a big thank you to my wife **Jo**, and daughters **Hannah**, **Lucy** and **Mollie** for your encouragement and support over the past few months and your help on the day.

Also thanks to: **Nick Brailsford**, **Gary**, **Jo** and **Sam Cove**; **Dave**, **Ed** and **Jeanne Willis**; **Arron Williams** and **Aaron 'Adi' Bailes**.

