



Pedal for Parkinson's 2018

Stirling FAQ's

Who will be organising Pedal for Parkinson's?

Parkinson's UK will manage your booking, administration and sponsorship money. Cycle routes, safety and logistics are planned and managed in collaboration with an external logistic company, who draw on many years of experience planning and delivering a variety of outdoor events.

Who can take part?

- **20 – 25 mile route (Blast route):** Anyone aged 11 and over can participate. Those aged 11-15 must be accompanied by a paying adult.
- **All other routes:** Anyone aged 16 and over can participate.

How many cyclists will be taking part?

We're expecting between 250 and 300 cyclists.

How fit do I need to be to take part?

Our cycle challenges are designed to be accessible to everyone with a basic level of fitness. We will provide training tips and recommend that you follow a training program, particularly if cycling the long route. We recommend that you seek advice from your GP before embarking on a new exercise programme.

What time does it start?

The start of the cycle will be staggered depending on route distance. Burn (9:00), Blaze (9:15), Blast (9:30). On the day registration will be open from 7:45am.

How long will it take?

The time the cycle takes depends upon each individual cyclist. However, for safety reasons, we will have a cut off time of 8 hours from the start time (5pm). After this time, Parkinson's UK is unable to accept responsibility for cyclists still on the route, and you may not receive a medal if finishing after this time.

Will there be food and drink on the course?

Yes, we have rest stops positioned at intervals around the course where there will be water and snacks for you. However, please bring enough food and drink to complete the event without relying on what we have available at the rest stops

Will there be toilets on the course and at the start/finish venue?

There will be toilets at each rest stops, as well as at the start/finish venue.

Will there be anywhere I can leave my belongings during the ride?

Unfortunately there will be no facilities for storing bags or valuables at the event.

Is there anywhere I can have a shower or change clothes after the ride?

Unfortunately there will be no shower facilities or changing areas available at the event.

What type of bike should I use?

The routes are mostly on roads and cycle paths, so any road, hybrid or mountain bike would be suitable. Please ride whatever you are most comfortable on.

Do I have to wear a helmet?

Although it is not a legal requirement, for the safety of our supporters we insist that all cyclists wear a helmet. No one will be allowed to take part without a helmet.

What other kit do you recommend?

We recommend that you come prepared for basic bike repairs. Please bring a pump, tyre levers and a spare inner tube at the very least. A full kit list will be provided when you register for the event.

What medical provision will be available on the day?

Professional medical cover will be provided on event day, both at the start/finish area and out on the route. Please give way to any emergency vehicles that require access to the route during the event.

Whether or not you have a medical condition, if you feel unwell on event day we recommend that you do not cycle. The organisers reserve the right to prevent participation on the day due to medical grounds.

What happens if I can't finish the event?

Please take your mobile phone with you and call the emergency number provided on the day if you are in need of support or decide not to complete the course. A sweep vehicle will follow the last cyclist and will collect anybody requiring assistance.

How much sponsorship do I need to raise?

We ask that each cyclist aims to raise at least £100 in sponsorship for this event. Help us reach our goal of raising £110,000 from all of the events!

Where will my sponsorship go?

All sponsorship from Pedal for Parkinson's will be spent on general funds to go towards improving the life of those living with Parkinson's. If you prefer to specify where your money goes, please do so as soon as you register.

What will Parkinson's UK provide?

To help you get your fundraising underway we'll provide you with sponsorship forms and regular e-newsletters containing lots of useful tips. We can also provide fundraising materials such as collection tins, banners and posters on request. You will receive your race pack with your race number and on the day information around 2 weeks before the event.

Where can I buy an exclusive Pedal for Parkinson's cycle jersey?

We have cycle jerseys and a range of other cycling merchandise available on our online shop. Please visit <http://www.parkinsons.org.uk/shop/product-category/parkinsons-uk-essentials> to get kitted out!

If you have any other questions please contact the Events team on **020 7963 9312** or pedal@parkinsons.org.uk.