

# GET ON YOUR BIKE!

## Thank you for your support

Hello,

Your time to cycle is just around the corner. I hope the training has gone well! So far we have **230** cyclists on the team and we are on our way to reaching our £37,000 fundraising target!

Accelerate your fundraising by setting up a **Justgiving** page, and posting this onto Facebook or Twitter. The funds you raise will help support those living with Parkinson's.

## On the day...

- Start times are as follows, please be at the start line ready to go five minutes before your time.

Burn 09:00

Blaze 09:15

Blast 09:30

- Join us on Sunday 6 August at **Stirling High School Grounds, Stirling FK8 2PA**
- Car parking will be available on site
- Your enclosed race number holds a timing chip which will automatically check you in as you go through the start flag so there is no need to let us know you are there
- We'll have our official Pedal for Parkinson's cycle jerseys, water bottles and other cycling bits available to buy on the day too!
- After receiving your exclusive medal, you can enjoy a post-race massage – donations are welcome
- Get family and friends to come along to watch you cross the finish line – entertainment will be provided by Stirling Festival of Cycling



## Be prepared...

### Your on-the-day kit checklist

- ✓ Your race number with details completed on the back and attached to your handlebars. See photo and instructions overleaf
- ✓ Cycle helmet – you won't be able to ride without one!
- ✓ Mobile phone in case of emergency
- ✓ Keep hydrated during the cycle with a water bottle or camelback
- ✓ Download your GPX route file, powered by Map My Ride, onto your smartphone
- ✓ Be prepared for all weather – pay attention to the forecast and take along some sunscreen and a light waterproof jacket
- ✓ A puncture repair kit – just in case!

# For your safety!

There will be a safety briefing before your start time, please listen out for it as it will contain important information about the route.

The routes will all be fully signposted and marshaled where appropriate, and there will also be large maps at the start area and the checkpoints.


## Rest stops

The rest stops are the perfect place to fill up your water bottles, grab a snack, have a toilet break or check your bike over (we'll have bike pumps at each point). If you're cycling alone it's also a chance to have a chat before setting off again!

The rest points are as follows:

**Rest Stop A**   
Thornhill Community Centre

All routes go through at 12 miles

**Rest Stop B**   
Wool Center car park, Aberfoyle

Burn route goes through at 22 miles

**Rest Stop C**   
Thornhill Community Centre

Blaze route goes through at 23 miles  
Burn route goes through at 39 miles



# Attaching your race number...



- Ensure that you complete your personal details on the back of your number, with a biro or permanent fine tip marker, before attaching to your bike
- You will find three cable ties enclosed in your pack – Feed two of them through the holes at the top of the race number and over the handlebars. The third tie is to be fed through the 2 holes at the bottom around the brake cables.
- **Do not remove the backing or damage the number in any way – this is your timing chip!**

**Ensure that you do not pull the cables too tight to fasten, as you will have to leave enough room to cut the ties off with scissors afterwards. We would not want you causing any damage to your bike!**

**Thanks for your support and we can't wait to see you there!**