Cycling Scotland

proudly presents

freshnlo

Pedal for Scotland

Glasgow to Edinburgh

11th Sept 2011

Get fit. Feel great.

Do Scotland's

BIGGEST BIKE RIDE!

pedalforscotland.org

Thank You For Registering

Official Charity Partner

maggie's cancer caring centres

sustrans

SCOTMID co-operative

The Scottish Sun

EventScotland

Gives you Pedal Power!

original freshnlo®

ROBERT WISEMAN DAIRIES

WELCOME!

Thank you for registering for freshnlo Pedal for Scotland -Scotland's biggest bike ride. This rider brochure will give you all the information you need to take part in the 47 mile Challenge Ride and the 94 mile Sportive Ride. As you will notice our ride lengths are slightly shorter this year, due to moving our finish location to Murrayfield Stadium.

Cycling Scotland organises freshnlo Pedal for Scotland to encourage people to use their bikes more often. We hope that by cycling from Glasgow to Edinburgh in a day, those shorter trips of 5 miles or less that we might sometimes do in the car, will seem a lot more manageable by bike instead. Above all though, we hope you'll thoroughly enjoy the ride and come away from the day feeling that cycling is a really fun and enjoyable thing to do.

Cycling Scotland, our sponsors and partners, freshnlo, Sustrans, Alpine Bikes, Scotmid, Transport Scotland, Murrayfield Stadium, The Scottish Sun, Event Scotland, and our official charity partner Maggie's, would like to thank you for taking part and making this year's ride bigger and better than ever.

Ian Aitken, Chief Executive, Cycling Scotland

YOU SHOULD RECEIVE WITH THIS INFORMATION BOOKLET THE FOLLOWING ITEMS:

- **Event Number - to be pinned to your front on the day**
- **Bike Number - to be attached to your bike using the ties provided**
- **Event T-shirt - why not wear it on the day?**
- **Transport Ticket (if you booked and paid for this)**
- **Timing Chip (SPORTIVE ROUTE ONLY) (attach to your bike as indicated)**

Please contact freshnlo Pedal for Scotland on 0141 348 7998 if any of these items are missing.

Charity Sponsorship Forms will follow separately direct from your chosen charity

Before, during or after the ride - we've got everything you need.

A **great** range of **healthy** foods to fuel the active life you lead

Prepare yourself properly the night before with our **great** pasta meal solutions

Fill your rucksack with a last minute **snack** before the start, or top up on essentials during the ride

What better way to **celebrate** once you're at home

With shops all across Scotland and all along the route

SCOTMID co-operative

SCOTMID co-operative

www.scotmid.co.uk

£3 off

when you spend £15

1. Redeemable at any Scotmid or Morning Noon & Night store.
2. This voucher cannot be used in conjunction with any other coupon or offer.
3. Only one voucher per transaction.
4. No photocopies will be accepted.
5. This voucher cannot be used to purchase Lottery, Saving Stamps, Pay Station, Gift Cards, Postage Stamps, Tobacco or Paypoint.
6. This voucher is valid until 24/09/11

To the operator: please process this voucher through the till as a Society voucher and input the following reference number: 110911

Overview Schedule of the day

The event start is located adjacent to the Winter Gardens in Glasgow Green. The rides will be set-off as follows:

7.00am until 7.45am
94mile Sportive Ride

8.00am until 10.30am
47mile Challenge Ride

You can turn up any time between the allocated times, but for the Challenge Ride in particular, we recommend that you arrive early as a lot of cyclists are expected in the start area.

Should you have any last minute queries then please go to the Information Point located in the Winter Gardens at Glasgow Green. Otherwise you can go direct to the start area and line up ready to be set-off by the Start Team. There will be signs and stewards to help direct you within the Winter Gardens – Glasgow Green area. Please also listen for any special instructions given over the public address system.

We shall be setting riders off in groups of approximately 40-50 riders every 2-3 minutes. This is for safety reasons and to allow the police to manage the riders and other traffic as you leave Glasgow.

After a short distance on your bike you will come onto live roads and YOU MUST OBEY THE HIGHWAY CODE, INCLUDING STOPPING AT RED LIGHTS AND RIDING NO MORE THAN TWO ABREAST. YOU MUST NOT RACE.

ANYBODY DISREGARDING THESE INSTRUCTIONS RISKS THE SAFETY OF OTHERS AS WELL AS YOURSELF AND CAN DAMAGE THE REPUTATION OF THE EVENT AND CYCLISTS.

Getting to the start

Glasgow Green Map - Start

Murrayfield Stadium, Edinburgh Map - Finish

You are advised to travel here by bike, using public transport, or to book our event transport. The closest railway stations are Central Station, Duke St and Queen St, but please be aware that there can be limited capacity on certain trains. We advise you to check with First Scotrail at www.scotrail.co.uk/cycling

You are encouraged to cycle to the site. NCN75 passes through Glasgow Green running alongside the river and there are a number of other local cycle routes across the city. For an interactive cycle map please see www.cyclestreets.net.

Murrayfield is located in Roseburn Park and you should approach via Corstorphine Road and then on to Riverdale Crescent (by the Ice Rink). The postcode is EH12 5XN . You are advised to travel here by bike or public transport. The nearest station is Haymarket. There is no event car-park and there are parking restrictions on nearby streets.

You are encouraged to cycle to the site. NCN1 passes very close to the stadium and there are a number of cycle routes out from the city to the Murrayfield area. For an interactive cycle map please see www.cyclestreets.net

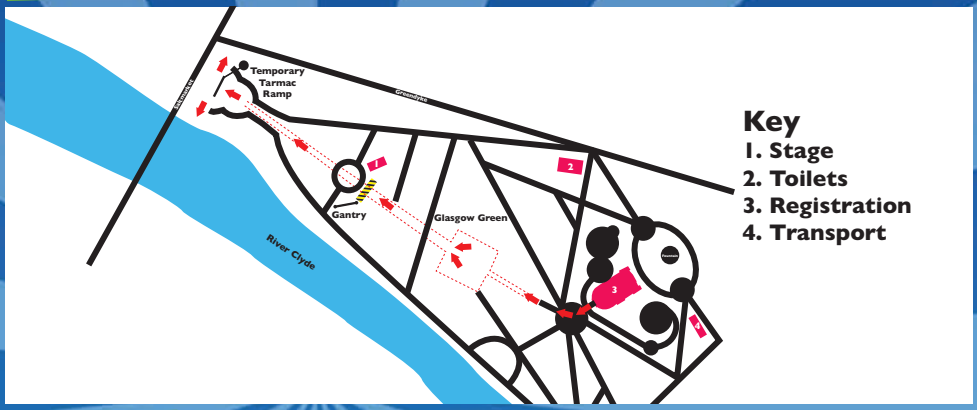
Transport Ticket Voucher

If you have booked and paid for transport from Edinburgh to Glasgow, either to the start and/or after you have finished, then you must bring with you the enclosed transport ticket. The Transport Departure Area is located at Murrayfield Stadium North Car Park (signed Glasgow Transport), EH12 5XN. You will need to place your bike (with your bike frame number in place) onto the truck and show your transport ticket to allow you access onto one of the waiting buses. Transport from Edinburgh will be available at 6am for Sportive route riders only and 6.30am until 8.00am for Challenge route riders. The return transport will start at 12noon and run until 6pm. After these times we cannot guarantee you any transport.

THE TRANSPORT SERVICE WILL HAVE BUBBLE WRAP AVAILABLE FOR ANYONE WHO WANTS TO WRAP THEIR BIKE.

There may be a slight wait for transport, whilst all seats on the bus are filled. Once you have arrived in Glasgow you will need to show your rider number to the truck supervisor to reclaim your bike, which must have the same rider number affixed to it – WITHOUT THIS YOU MAY BE ASKED TO WAIT UNTIL THE END OF THE EVENT. Please see attached transport ticket for further details. All bikes are carried at the owners risk. The organisers and their agents cannot accept any responsibility for any loss or damage caused by use of this service.

Glasgow Green Start Site



Car Parking

NCN75 cycle way passes through Glasgow Green running alongside the river and there are a number of other local cycle routes across the city. For an interactive map please see www.cyclestreets.net.

Numbers

You **MUST WEAR** your event number on the front of your shirt. This is requested by the police for safety reasons. You should also attach the smaller number to your handlebar. This helps the organisers should you become separated from your bike and it serves as a security measure if you have booked transport.

Medical Conditions

If you suffer from any medical conditions such as asthma, diabetes, epilepsy or any other conditions that paramedics would need to be aware of in the event of an emergency, please write them clearly on the back of your rider number.

Recycling

freshnlo Pedal for Scotland aims to be a zero waste event. Our waste management contractors separate all waste placed in the event bins and recycle paper, plastic, cans and glass.

Your Body and your Bike

The ride will be more enjoyable if you prepare both your body and your bike. A few conditioning rides in the weeks before the event will be well worth the effort and we suggest that you start off with short rides and build up to 20 or 30 miles. As freshnlo Pedal for Scotland is not a race there is no rush, you have all day. It is a good idea to bring a snack with you and carry a water bottle even though there will be some food stops along the way. Remember to drink before you are thirsty and eat before you are hungry. There may be a headwind so you might be riding for longer than expected. Change to a lower gear and pace yourself.

The Routes

The Routes will be signed throughout. There will be marshals at certain locations wearing identifiable hi-viz tabards too. These marshals will have radio communications so if you have a problem on the route you can also report to them. Please note that there are sections where the route follows part of the National Cycle Network on traffic-free paths. These can be busy with other users. PLEASE PAY ATTENTION AND GIVE WAY TO THEM. There are also sections of the route with restricted access for other road users – this does not mean that they are traffic free so please ensure you still abide by all rules of the road.

The Challenge Ride

The distance for the freshnlo Pedal for Scotland Challenge Ride is 47 miles - this is slightly less than the advertised distance of 51 miles due to the change of the finish venue, which this year will be at Murrayfield Stadium for the first time. The ride starts from Glasgow Green from 8:00am by the Winter Gardens. Riders will be set off in groups at regular intervals (this is to prevent bunching on the road and to allow the police to manage the traffic effectively out of Glasgow). Please note the last start will be at 10:30am.

Please note that there is a generous closure schedule for the route. These cut-off times at the Feed Stations are:

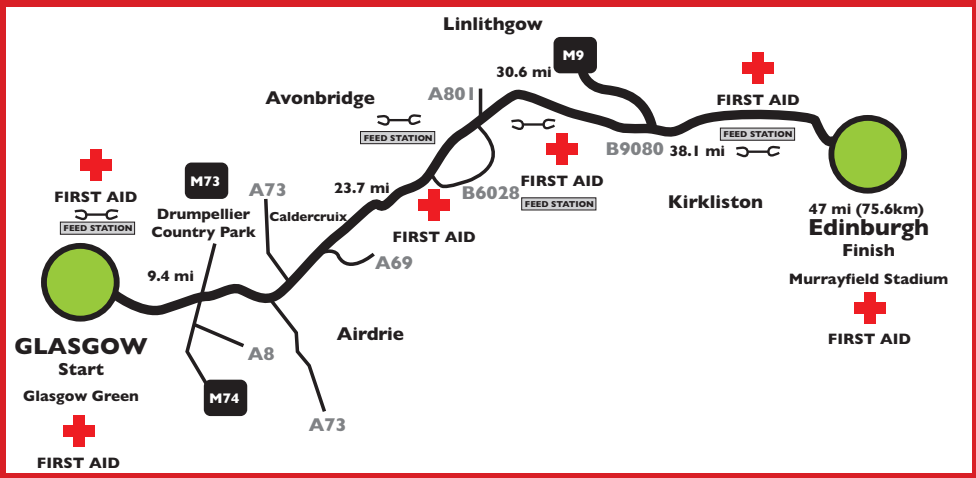
- Drumpellier Country Park. Closes 12.00
- Avonbridge. Closes 14.00
- Linlithgow Palace. Closes 16.00
- Kirkliston, sponsored by Scotmid. Closes 17.00
- Murrayfield Stadium, Edinburgh. Closes 18.00

If you fall behind this schedule you will be given a choice of either being picked up or removing your number and continuing on your own outside the event support systems, including transport. If you decide to drop out and not complete the ride you MUST advise us by telephoning Event Control on 0141 229 5350 giving your name, number and the approximate location where you are ending your involvement in the event. We advise you to programme this event control number into your phone and take this info pack with you on the day.

This ride is fully marshalled and signed and uses a mixture of closed roads, quiet back roads and cycle paths. There are also some places where it uses busier roads. At all times be aware of other road users so please take care and remember this is a fun ride and NOT a race.

There will be first aiders and mechanics on route should you need them. Please ensure your bike is serviced and don't forget your helmet.

Route Map



Route Notes for the Challenge Ride

Starting from Glasgow Green
- Turn right at A8 / Saltmarket – go 0.5 miles
- Continue to follow A8
- Turn right at Duke Street – go 1.0 miles
- Turn left at B763 / Cumbernauld Road – go 0.4 miles
- Turn right at A8 / Alexandra Palace – go 2.4 miles
- Continue to follow A8
- Slight left at Charles Lane – go 157 ft
- Turn left at Bartiebeith Road – go 16ft
- At the roundabout, take the 2nd exit and stay on Bartiebeith Road – go 0.7 miles
- Continue on Westerhouse Road – go 0.6 miles
- Turn left at Lochend Road – go 1.7 miles
- Turn right at A752 / Gartcosh Road – go 151 ft
- Turn right at Townhead Road – go 0.2miles
- Turn right – go 79ft
- Turn left – go 0.1miles
- Turn right into Drumpellier Country Park

DRUMPELLIER COUNTRY PARK FEED STATION

- Turn right onto Blair Road – go 0.2 miles
- Turn left at King Street – go 0.3 miles
- Continue on West Canal Street – go 0.3 miles
- At the roundabout, take the 2nd exit onto A89 / S Circular Road – go 1.9 miles
- Continue to follow A89 around Coatbridge
- Go through 3 roundabouts
- At the next roundabout, take the 1st exit onto Stirling Street – go 0.2 miles
- Turn right at B802 / Broomknoll Street – go 0.1 miles
- At the roundabout, take the 1st exit onto A89 – go 0.2miles
- At the roundabout, take the 2nd exit and stay on the A89 – go 476ft
- At the roundabout, take the 2nd exit onto A89 / Graham Street – go 4.2 miles
- Continue to follow the A89 around Airdrie and through Plains to Caldercruix
- Turn left onto B825 – go 7 miles
- Turn right into feed station at Avonbridge

AVONBRIDGE FEED STATION

- Turn left at B8028 / Main Street – go 0.2miles
- Turn right at B825 – go 5.7 miles
- Take the 3rd exit at Bowhouse roundabout
- Turn right at A803 – go 1.4 miles into Linlithgow

LINLITHGOW PALACE FEED STATION

- Turn left into the Palace for the feed station
- Exit the feed station through the Lowport Centre, then turn right onto A803
- Take the 1st exit onto B9080 / High Port – go 7.9 miles
- Continue to follow B9080 through Winchburgh and Kirkliston
- At the roundabout, take the 1st exit into Sports Centre for the feed station

KIRKLISTON FEED STATION

- Continue on Main Street – go 0.1 miles
- Slight left – go 0.9 miles
- Turn left – go 2.1 miles
- Take the ramp onto A90 – go 0.5 miles
- Turn left at Cramond Brig Toll – go 89ft
- Follow Brae Park Road
- Go straight across into Barnton Ave W and follow Cycle Path
- Head south east on Barnton Ave toward
- Barton Park Ave – go 0.5 miles
- Turn left to stay on Barnton Avenue – go 0.2 miles
- Cross Cramond Road South
- Continue to follow the Cycle Path, signed towards Leith until you are asked to dismount at the junction of Balbirnie Place
- Turn left onto the Cycle Lane on Roseburn Terrace
- Turn left into Roseburn Gardens
- Turn right into Roseburn Place / Roseburn Crescent, then into Murrayfield Stadium

Feed Stations

These are located at Drumpellier Country Park, Avonbridge, Linlithgow Palace, and Kirkliston (sponsored by Scotmid). There will be a range of free snacks at each, plus soup, hot and cold drinks and various sandwiches at Linlithgow. In addition, at Avonbridge the local church group will be selling a tempting range of home-baked cakes and other delights - so don't forget your cash! At all feed stations there will be the provision for recycling.

Approaching the finish on the cycle path

The cycleway towards Murrayfield Stadium will be marshalled on all entrances onto the cycle path. This will also be fully signed. Please note this is to ensure the safety of the riders and other users on the day. The cycle path is not to be used as a race track, please ride single file and be aware of others.

The Sportive Ride 94 miles (151km)

PLEASE NOTE that the slight change in distance is due to the change of finish venue.

Back by popular demand the freshnlo Pedal for Scotland Sportive Ride - 94 miles. The event starts by the Winter Gardens in Glasgow Green between 7:00am and 7:45am. **Please note: You must arrive between the above times, as after the start, the route out of Glasgow will switch to the Challenge Ride.**

Timing Chip

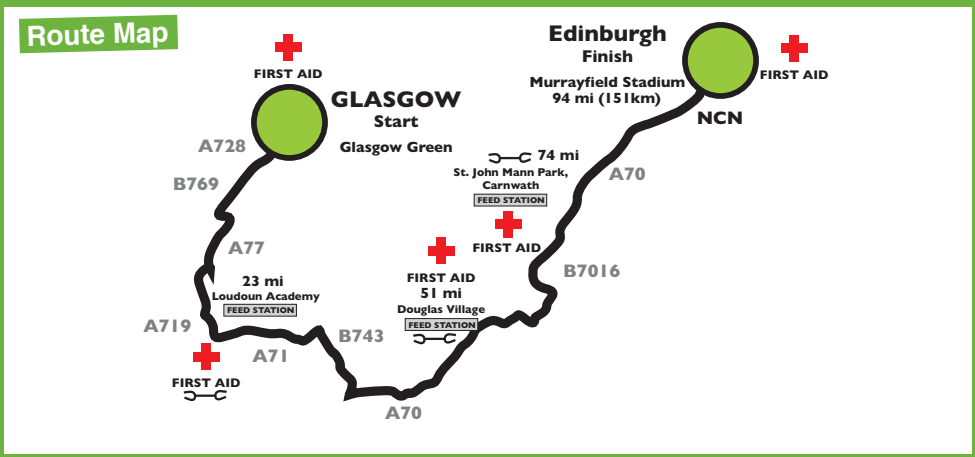
The 94mile Sportive route is the only route being timed by timing chip technology. The chip is included in this pack with full details.
Please note: NO CHIP=NO TIME If you lose or forget your chip you will be charged £10 for a replacement chip and number.

Please note that there is a closure schedule for the route. These cut-off times at the Feed Stations are:

- Loudoun Academy. Closes 11.00
- Douglas Feed Station. Close 14.00
- St John Mann Park, Carnwath. Closes 16.00

If you fall behind this schedule you will be given a choice of either being picked up or removing your number and continuing on your own outside the event support systems, including transport. If you decide to drop out and not complete the ride you MUST advise us by telephoning Event Control on 0141 229 5350 giving your name, number and the approximate location where you are ending your involvement in the event. We advise you to programme this event control number into your phone and take this info pack with you on the day. This ride is fully marshalled and signed and uses a mixture of main roads, quiet back roads and cycle paths. There are also some places where it uses busier roads. At all times be aware of other road users so please take care and remember this is a fun ride and NOT a race. There will be first aiders and mechanics on route should you need them. Please ensure your bike is serviced - there is a voucher on the back page for a half price Trek Fit at Alpine Bikes if you wish to use it. Don't forget your helmet.

Route Map



Route Notes for the Sportive Ride

- Exit Glasgow Green turning left onto Saltmarket 0.1 (miles)
- At Traffic Lights continue straight onto Laurieston Rd (A728) 0.65
- Continue onto Cathcart Rd (A728) 1.15
- Turn right onto Calder St (B763) at traffic lights 1.74
- Continue onto Nithsdale Dr at traffic lights 2.17
- At R'bout take 3rd Exit (B763) 2.32
- Turn left at traffic lights onto Darnley Rd (B763) 2.4
- At traffic lights Continue onto Titwood Rd (B768) 2.87
- Turn left onto Shawmoss Rd 3
- At traffic lights turn onto Daggs Rd (B769) 3.41
- At traffic lights slight right onto Pollockshaws Rd (B769) 3.66
- At R'bout take 2nd exit onto Thorniebank Rd (B769) 4.18
- Slight left to continue on Thorniebank Rd B769) 5.05
- At traffic lights continue onto Main St (B769) 5.21
- Continue onto Spiersbridge Rd (B769) 5.57
- At Spiersbridge Roundabout take 2nd exit onto Thornliebank Rd (B769) 5.92
- Continue onto Dodside Rd (B769) 7.11
- At R'bout take 2nd exit onto Bridge of Earn Rd (B769) and cross M77 8.06
- Turn left onto Dodside Rd (B769) 8.25
- Turn left onto unnamed road 9.32
- Before crossing M77 again turn right onto Ayr Rd (A77) 10.06
- Turn left onto Main Rd (A719) to Waterside 17.11

LOUDOUN ACADEMY FEED STATION

- At R'bout take 1st exit onto Loudoun Rd (A71) 23.07
- Continue onto Kinholm St (A71) 24.89
- Continue onto Main St (A71) through Newmilns 25.11
- Continue onto Darvel Rd (A71) 25.57
- Continue onto West Main St (A71) into Darvel 26.5
- Continue onto East Main St out of Darvel 27.01
- Continue onto Windy Wizen (A71) 29.38
- Turn right onto unnamed road 30.22
- At crossroads continue onto B745 32.8
- Keep right on B745 32.98
- Turn right onto B743 33.51
- Enter Muirkirk on Glasgow Rd (B743) 40.5
- Turn left onto Main St (A70) 40.83
- Continue onto Manse Rd (A70) 41.21
- At Gelspin continue onto Ayr Rd (A70) 48.14

DOUGLAS FEED STATION

- At Douglas continue on Ayr Rd (A70) 50.79
- Cross the M74 and take 2nd exit at R'bout to stay on A70 53
- Turn right onto unnamed road signed "Carmichael 2" 57.5
- At Carmichael turn right at crossroads onto Devonside Rd 59.24
- Continue onto Claddens St. 59.61
- At T-junction turn right onto A73 61.47
- Turn left on unnamed road signed "Thankerton 1/2" 62.51
- Continue into Thankerton on Station Rd. 62.84
- Turn left onto Boat Rd and cross the railway 63.05
- Turn right onto unnamed road signed "Carrvath 6, Libbortan 4, Quothquan 1 1/4" 63.47
- Turn left onto Shieldhill Rd 63.67
- Turn left on unamed road signed "Libberton 2 1/4, Carnwath 4 1/2" 65.16
- Turn left into Libberton on Biggar Rd (B7016) 67.1
- At Carnwath turn right onto Edinburgh Rd (A70) 69.89
- Keep left on Edinburgh Rd (A70) 70.08

ST JOHN MANN PARK CARNWARTH FEED STATION

- Cross Edinburgh Coty Bypass on Lanark Rd (A70) 90.81
- Continue through Slateford on Slateford Rd (A70) 92.37
- At traffic lights turn right onto Ardmillan Terrace (A70) 93.75
- At traffic lights take slight left onto Murieston Rd 93.89
- Bear right onto Murieston Place 93.98
- Turn left onto Murieston Crescent 94.02
- Go under railway bridge and continue onto Russell Road 94.06
- Turn right onto Cycletrack NCN 1 94.26

END OF TIMED SPORTIVE ROUTE – PLEASE PROCEED WITH CARE AS YOU MERGE ONTO THE CYCLE WAY

- Continue to follow the Cycle Path, until you are asked to dismount at the junction of Balbinie Place
- Turn left onto the Cycle Lane on Roseburn Terrace
- Turn left into Roseburn Gardens
- Turn right into Roseburn Place / Roseburn Crescent, then into Murrayfield Stadium

Feed Stations

These are located at Loudoun Academy, Douglas Village and St John Mann Park Carnwarth. There will be a range of free snacks at each. At all feed stations there will be the provision for recycling. We would appreciate it if you can assist us.

Approaching the finish on the cycle path

As the sportive route enters Edinburgh near Murrayfield Stadium it joins NCN1 cycle path off Russell Road. This point marks the finish of the timed section of the sportive and at this point sportive riders **must** slow down and ride single file on NCN1. Please be aware that shortly after this point you will join the main route into Murrayfield Stadium with the main Challenge Ride participants. This will be particularly busy, so please ride carefully and single file.The cycleway into Murrayfield Stadium will be marshalled on all entrances onto the cycle path. This will also be fully signed. Please note this is to ensure the safety of the riders and other users on the day. The cycle path is not to be used as a race track.

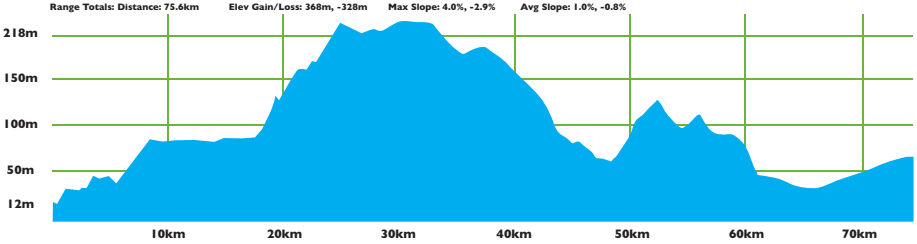
Route Profiles

Route Elevations

Challenge Route

Graph: Min, Avg, Max - Elevation: 12, 105, 218m

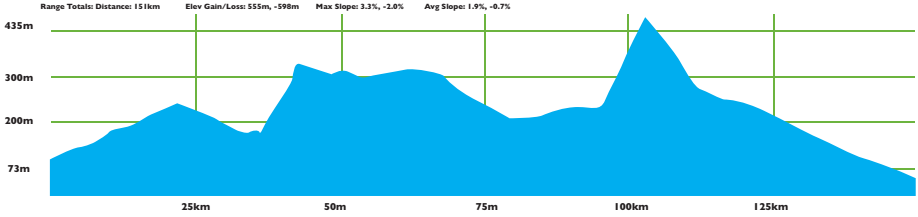
Range Totals: Distance: 75.6km Elev Gain/Loss: 368m, -328m Max Slope: 4.0%, -2.9% Avg Slope: 1.0%, -0.8%



Sportive Route

Graph: Min, Avg, Max - Elevation: 73, 233, 435m

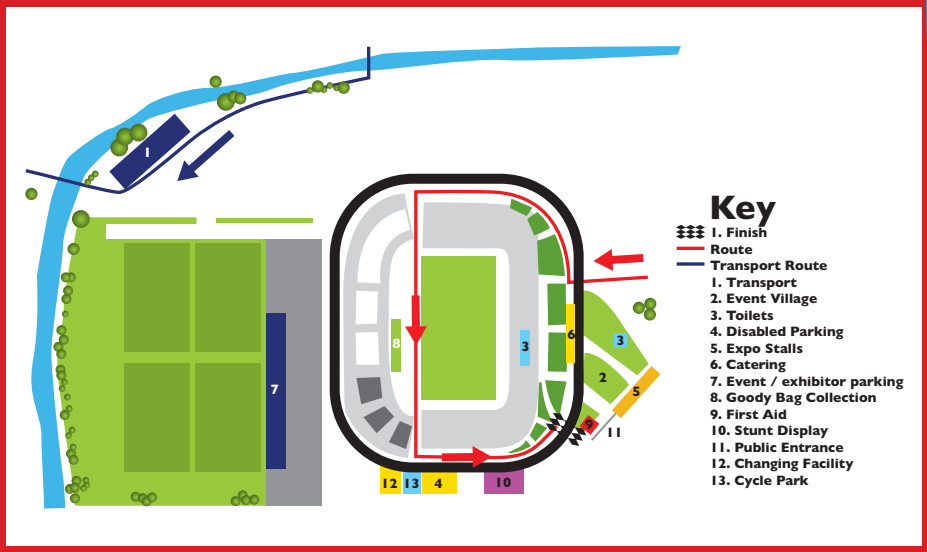
Range Totals: Distance: 151km Elev Gain/Loss: 555m, -598m Max Slope: 3.3%, -2.0% Avg Slope: 1.9%, -0.7%



The Finish

When arriving at the event village at Murrayfield Stadium please collect your goody bag and medal and then move away from the finishing gantry to allow others to finish. Feel free to park your bike in one of the compounds on site and spend time visiting the selection of stands, entertainment and catering units on offer. The event village features a range of Scotland's finest outdoor catering providers, a mix of live entertainment and a number of information stalls and activities linked to cycling and outdoor activity. The site will be open until approximately 6pm.

Site Plan



Spectator Information

For those wishing to follow family, friends or colleagues along the route, we recommend you don't follow the route of the cyclists as these roads will become congested.

We recommend you arrange meeting times at one or more of our feed stations and then join them at the finish at Murrayfield Stadium.

General Public access into the Stadium is from the Southeast corner, off Roseburn Street. This is shown as point 11 on the map above.

The following Rules should be adhered to at all times:

- **All riders must abide by the Highway Code. Pay special attention to the section in the Code entitled "Extra Rules for Cyclists".**
  www.direct.gov.uk/en/TravelAndTransport/Highwaycode/Cyclists/index.htm
- **The event is not a race and most roads and cycle ways being used will be open to vehicular or pedestrian traffic as normal.**
- **There will not be a prize for the first finisher.**
- **It is permissible to get off your bike and walk on the left of the road at any time as long as it is safe to do so.**
- **The organisers reserve the right to refuse entry to an individual or team.**
- **Please obey any instructions given by the police.**
- **Marshalls and other officials are there to help direct and support you if you get into difficulty. Please follow their instructions.**
- **Make sure that you keep a good distance between yourself and the bike in front.**
- **If you have to stop suddenly shout "stopping" and indicate to which side.**
- **If your bike breaks down move off the road before starting to repair it. A break down vehicle will be patrolling to help you if necessary.**
- **Do help others who have broken down if possible.**
- **Be considerate to local people along the route and do not litter or stray onto their property.**
- **If you see or are involved in an accident please report it to a marshal as soon as possible. If it is a serious accident that results in an injured rider make sure that other riders are diverted round the scene and call 999 for medical assistance, calls can be made from mobile phones or from phones in nearby houses/shops. Make sure the injured rider is not left alone, do not try and move the rider unless you have appropriate first aid or medical training and do not give any food, drink or medication.**
- **The organisers reserve the right to disqualify any rider or team that behaves in such a way as to cause danger to other entrants or road users.**
- **Riders must not ride in groups that block the highway. A maximum of two abreast where it is considered safe.**
- **It is strongly recommended that you wear a helmet during this event.**

Should you require assistance on the day then please call
Event Control on 0141 229 5350.
For serious accidents or injuries requiring immediate attention then you should call 999.

As we are providing back-up facilities we must insist that you DO NOT bring any vehicles out on the course as this will create congestion and will be a danger to cyclists and other road users.

There will be a mechanic post at the start, finish, on route, and each of the Feed Stations. St Andrews Ambulance will have first aiders at each of the Feed Stations as well as the Start and Finish. Scottish Ambulance Service are providing mobile cover for the entire route. There will be support and sweep vehicles patrolling the route – these are controlled from Event Control as per the telephone number above.

If you and your bike get collected by the support vehicles and subsequently get separated, we will return your bike to Glasgow Green and it will remain there until the site closes at 7pm. After that time you will need to arrange your own collection from the Cycling Scotland office on 0141 229 5350.

A thank you from our lead charity – Maggie's Cancer Caring Centres

Thank you to every freshnlo Pedal for Scotland cyclist who has chosen to support Maggie's Cancer Caring Centres. Every two minutes, somewhere in the UK someone is diagnosed with cancer. What they need is a way to get through their diagnosis and adjust to a life-changing and for some life-threatening illness. What we can offer them is a Maggie's Centre.

Maggie's unique model of psychosocial support transforms the way that people live with cancer. We want everyone in the UK who is affected by cancer to have access to our high quality, evidence based psychological, emotional and informational support.

By fundraising for Maggie's you can help us to extend our network of cancer caring centres across the UK, delivering our community based cancer support programme to even more of the people who need it most.

For fundraising materials, or help and advice please call 0300 123 1801 or email pedal@maggiescentres.org.

If you haven't yet started to fundraise then it's not too late. Both Maggie's and our other event charities would love your support. For further information visit the website – **www.pedalforscotland.org.**

A thank you from Cycling Scotland

freshnlo Pedal for Scotland is organised by Cycling Scotland, the national cycling promotion organisation for Scotland. Our aim is to make cycling an acceptable, practical and attractive option for short journeys. To find out more about our projects and programmes, visit **www.cyclingscotland.org.**

We would like to take this opportunity to thank everyone that has helped make the event possible in 2011 – freshnlo, Sustrans, Alpine Bikes, Scotmid, Transport Scotland, Murrayfield Stadium, The Scottish Sun, Event Scotland, Maggie's Cancer Care Centres, Glasgow City Council, Glasgow Life, North Lanarkshire Council, Fife Council, West Lothian Council, City of Edinburgh Council, East Renfrewshire Council, East Ayrshire Council, South Lanarkshire Council, CTC, Lothian & Borders Police, Strathclyde Police, Central Police, NHS Greater Glasgow & Clyde, Scottish Ambulance Service, St Andrews Ambulance Association, our agency contractors, subcontractors, other charity partners, volunteers and employees. But, most of all we would like to thank each and every one of you for taking part – we hope you have a fantastic day out.

Event Photography

During your day a number of event photographers from our photography partner will be trying to capture the perfect image of you cycling. If you would like to see what they manage to get then please visit our website – **www.pedalforscotland.org.** You can order your photos on-line.

We are also interested to receive your own photos. Please e-mail pictures to info@cyclingscotland.org, or post to: Pedal for Scotland, 24 Blythswood Square, Glasgow, G2 4BG (Please note that written permission from parents or guardians is required for images containing children and that photographs may be used by Cycling Scotland to assist in promoting cycle use or subsequent cycling events). More cycling advice is available from **www.cyclingscotland.org.**

KIT LIST

IN ASSOCIATION WITH ALPINE BIKES

Make this year's **Pedal for Scotland** the perfect active day out for you, your friends and family with Alpine Bikes. Having the right kit and ensuring your bike is working properly will set you up for an enjoyable day of cycling.

☐ **Waterproof Jacket**

Altura Nevis Waterproof Jacket (M&W) £50

☐ **Cycling Shorts**

Altura Cadence Shorts (M&W) £25

☐ **Helmet**

Alpine Bikes Helmet £25

☐ **Puncture Kit**

Nutrak Puncture Repair Kit £4

☐ **Water Bottle**

Alpine Bikes Water Bottle £4

☐ **Bike Tool**

Trek Multitool £6

☐ **Inner Tube**

Bontrager 700c 26 inch Inner Tube £5

☐ **Bike Pump**

Bontrager Air Support Pump £15

FREE Bike safety check

To make sure your bike is in tip-top condition for the ride, contact your local Alpine Bikes shop to book your FREE SAFETY CHECK. Spaces are limited, so make sure you book your bike in early!

(quote your event registration number when booking)

FREE INNER TUBE

Present this completed voucher in any Alpine Bikes store to claim your free inner tube.

Name: _____

Entry No: _____

Email: _____

☐ **Your details may be used by Alpine Bikes to keep you informed about our future products, services and events. If you do not want to receive such information, please tick this box.**

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