

For immediate release

Thousands will celebrate Scotland's biggest bike event with 100 days to go

Pedal for Scotland's milestone 20th event set to draw national riders from across the country

With 100 days to go until Pedal for Scotland's milestone 20th event, thousands of riders have already committed to take part in this year's challenge, with substantial funding pledged for official charity partner, the STV Children's Appeal.

Over 700 riders took part in Cycling Scotland's recent Wee Jaunt Falkirk event, an increase of 150 from last year. People of all ages and abilities took part in two loops of the route around Falkirk, with many raising money for charity, including ten members of the Mitchell family. Everyone from parents and children, to siblings, grandparents, aunts and uncles took part on the day, including Hamish (4), Ailsa (8) and Lori (4) who raised funds for the STV Children's Appeal.

Capital Scotland Breakfast Presenter Des Clarke has also been getting to grips with a rigorous training schedule ahead of completing his first Pedal for Scotland challenge, including pedalling his colleagues around Glasgow on a rickshaw after recently learning to ride a bike aged 37.

Commenting on preparations for his first Pedal for Scotland Des said: "We've been out and about in the amazing weather pedalling a load of nonsense, cycling away from each other. I think Amy is still traumatised after seeing Steven and I up close in sweaty lycra! If you want to join us and help push us up a hill (or point and laugh) there's still time to register. So get on yer bike!"

Thousands of people of all abilities will take part in the Pedal for Scotland 45-mile Classic Challenge and 100-mile Big Belter which both start from Glasgow city centre, travelling across the central belt to Edinburgh, plus a 10-mile closed road Wee Jaunt from Linlithgow to Edinburgh. Transport Scotland will help support the event, and the Minister for Transport and the Islands Humza Yousaf MSP will also be taking part on the day.

Cycling Scotland chief executive Keith Irving is confident this year's Pedal for Scotland will continue the success of previous years. He said: "It's fantastic to see so many people already signed up and ready to Pedal for Scotland. There is something for all ages and abilities, and each of the routes offer riders the opportunity to set themselves a personal goal or challenge to get cycling and keep cycling.

"Pedal for Scotland raises a crucial amount for our official charity partner, the STV Children's Appeal, tackling the impact of child poverty across the country. I'm confident we'll help raise even more for this incredible cause, and look forward to seeing thousands of people enjoying the day."

Registration for Pedal for Scotland on 9th September is available at www.pedal.scot. Find out more about fundraising for the STV Children's Appeal by downloading their Pedal pack here: [www.stvfiles.com/files/stv_appeal/pdf/Pedal for Scotland Fundraising Pack.pdf](http://www.stvfiles.com/files/stv_appeal/pdf/Pedal%20for%20Scotland%20Fundraising%20Pack.pdf), with further opportunities to volunteer for those not cycling on the day.

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NOTES TO EDITORS:

For more information and hi-res images contact Muckle Media cyclingscotland@mucklemedia.co.uk or 0131 228 9713

Pedal for Scotland

1. Pedal for Scotland is organised by Cycling Scotland, the lead organisation for cycling promotion in Scotland. Cycling Scotland is the national cycle training, promotion, events and engineering organisation for Scotland. With grant funding from Transport Scotland we are working to establish cycling as an acceptable, attractive and practical lifestyle option.

www.cycling.scot.

Cycling Scotland is a recognised Scottish Charity no. SCO29760