

PEDAL FOR SCOTLAND

**PEDAL** TURNS  
**TWENTY!**

1999-2019

SUNDAY 8 SEPTEMBER 2019

**EVENT INFORMATION**



TRANSPORT  
**SCOTLAND**  
CÒMHDAIL ALBA

**Cycling  
Scotland**

Cycling Scotland is a recognised Charity  
No.SCO29760



British Heart  
Foundation  
Scotland

# Thank you cyclists of Scotland

for helping us beat heartbreak forever.

You can still be a BHF Champion by joining our team now and we'll support you all the way to the finish line.

[bhf.org.uk/pedalforscotland](https://bhf.org.uk/pedalforscotland)



Thank you for registering for the 20th anniversary Pedal for Scotland event on Sunday 8 September. We hope you have a brilliant day!



**Unless you have entered in the last few days before the event, your pack will be posted to you prior to the event weekend.**

### **YOUR PACK SHOULD CONTAIN**

- **Your event number**  
*please complete the details on the back and pin to your front on the day*
- **Your bike number**  
*please attach to your bike handlebars, using ties provided*

### **YOU MAY ALSO HAVE**

- **Transport wristbands** *(if you booked transport)*
- **Timing chip** *attached to your bike number (Big Belter only)*
- **T-Shirt** *(Gold entry or ordered)*
- **Baggage wristband** *(includes baggage transfer and shower facilities if purchased)*

**If you are missing any items, please give us a call on 0141 370 0466, or on the day, pop into the registration marquee at Glasgow Green.**

# PEDAL FOR SCOTLAND

## THE BIG BELTER

Glasgow Green,  
latest start 07:00

*Yellow/Green/Purple rider numbers*

## THE CLASSIC CHALLENGE

Glasgow Green,  
latest start 09:00

*Red/Pink/Purple rider numbers*

## THE WEE JAUNT

Linlithgow,  
latest start 09:00

*Blue rider numbers*

## WAVE TIMES (YOUR START TIME)

CHUTE	EVENT NUMBER	ARRIVE AT START	DEPART
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### BIG BELTER

A	A12500-A12749	06:30	06:45
B	B13500-B13749	06:30	06:45
G	BB1900-BB2099	06:30	06:45

**Big Belter Gold** entrants can depart any time from 06:45 to 07:00 using the **Gold start chute**. Please arrive at the start anytime from 06:30.

### CLASSIC CHALLENGE

A	A2200 - A2699	07:00	07:30
B	B7000 - B7499	07:07	07:37
A	A2700 - A3199	07:14	07:44
B	B7500 - B7999	07:21	07:51
A	A3200 - A3699	07:28	07:58
B	B8000 - B8499	07:35	08:05
A	A3700 - A4199	07:42	08:12
B	B8500 - B8999	07:49	08:19
A	A4200 - A4699	07:56	08:26
B	B9000 - B9499	08:03	08:33
A	A4700 - A5099	08:10	08:40
B	B9500 - B9999	08:17	08:47
G	CC1000-CC2199	07:00	07:30

**Classic Challenge Gold** entrants can depart any time from 07:30 to 08:54 using the **Gold start chute**. Please arrive at the start anytime from 07:00.

### WEE JAUNT EDINBURGH

20000 - 20999	08:00	08:30-09:00
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## RIDER INFORMATION

**CLASSIC CHALLENGE** 45 MILES

START: GLASGOW GREEN, GLASGOW G1 5PX

**THE CLASSIC  
CHALLENGE**

This is a 45-mile traffic free route between Glasgow and Edinburgh with rest stops at Drumpellier, Slamannan and Linlithgow.

Please arrive at Glasgow Green at least 45 mins before your wave departure time. If you're travelling on one of the event transport coaches from Edinburgh, you should aim for a coach roughly 2 hours before your start time.

A lunch option at Linlithgow is included in your event entry and there will be complimentary bananas provided by Lidl along the route. However, we strongly recommend you bring some cash with you to purchase additional items. You'll also be able to purchase refreshments at the finish.

**START: 07:30-09:00**

see wave times on page 4

**Gold entry includes fast track servery at some feed stations, baggage transfer and access to showers at the finish.**

Cut off times for finishing the course are included on the map on page 10.

If you fall behind this, you can either be picked up in our sweep vehicle, or you can continue to follow the route but you will no longer be part of the event.

**If you decide not to finish the ride, please advise us by phoning 01772 447979.**

**THE START LINE CLOSES  
AT 09:00 – ALL RIDERS MUST  
START BEFORE THIS TIME**

## RIDER INFORMATION

# BIG BELTER 100 MILES

START: GLASGOW GREEN, GLASGOW G1 5PX

# THE BIG BELTER

The Big Belter route is 100 miles between Glasgow and Edinburgh with rest stops at Drumpellier, Slamannan, Forth and Carnwath.

Please arrive at Glasgow Green for 06:00. If you are travelling on one of the event transport coaches from Edinburgh, you should aim to be on a coach by 04:30.

The first 20 miles of the route is on closed roads and after this the route reverts to open roads.

**A minimum speed of 20kph (12.4 mph) needs to be maintained.**

There will be complimentary High Five gels, hydrate mix, and bananas provided by Lidl available along the route, as well as a choice of sandwiches at Forth. We strongly recommend you also bring cash with you to purchase additional items.

**START: 06:45-7:00**

see wave times on page 4

**Gold entry includes fast track servery at some feed stations, baggage transfer and access to showers at the finish.**

Riders reaching rest stops after cut-off times will be diverted to shorter routes.

You can also be picked up in our sweep vehicle, or you could choose to continue the full route outside of the event times but you will no longer be part of the event.

**If you decide not to finish the ride, please advise us by phoning 01772 447979.**

**Your timing chip is on the back of your bib number and you need to cross both start and finish mats to get a recorded time.**

## RIDER INFORMATION

# WEE JAUNT EDINBURGH 10 MILES

START: LINLITHGOW PALACE PEEL, LINLITHGOW EH49 7HZ

# THE WEE JAUNT

This is a 10-mile traffic-free route between Linlithgow and Edinburgh.

Please arrive in the Peel at Linlithgow Palace at least 30 minutes before the start at 08:30. Riders will be set off in groups at regular intervals.

Please note you will not be able to start after 09:00.

If travelling by event transport from Edinburgh, you need to be on a coach before 07:45

**WEE JAUNT  
START TIMES  
08:30-09:00**

You should aim to arrive at the finish by 12 midday.

If you fall behind this, you can either be picked up in our sweep vehicle, or you can continue to follow the route but you will no longer be part of the event.

**If you decide not to finish the ride, please advise us by phoning 01772 447979.**

# A big thank you...

...to everyone cycling for the STV Childrens Appeal. We can make a real difference to the lives of children and young people affected by poverty across Scotland.

stv.tv/appeal

STV  
**children's  
appeal**

STV Appeal SCIO SC042429

# SAFETY AND EMERGENCY



For assistance on the day  
call event control on

**01772 447979**

*(please save it in your mobile)*

**For serious incidents, accidents  
or injuries, call 999 immediately.**

## Your rider number

You must wear your event number on the front of your outermost layer. *Please also attach the smaller number to your handlebars.*

## Medical Emergency Details

It is mandatory to complete the medical emergency details on the back of your rider bib number, specifically detail if you suffer from asthma, diabetes, epilepsy or any other condition.

## Support en-route

Stewards are on the route with radios or phones in case of a problem. There are first aiders and mechanics at the feed stations.

Mechanics can assist with minor mechanical issues but it's important you arrive with a serviced bike with fully functional brakes and you should bring with you a puncture repair kit and spare inner tubes. Additional inner tubes and brake pads will be available to purchase, so please remember to bring cash with you just in case.

**cycle  
republic**★

**FREE BRONZE SERVICE\***  
(worth £30)

Find your nearest store at [cyclerepublic.com/stores-finder](http://cyclerepublic.com/stores-finder)

Offer valid until 6th September 2019. Subject to availability, pre-booking required, excludes all parts. Proof of participation required.

# RULES OF THE ROAD



All riders must follow the Highway Code, including the section on “extra rules for cyclists”:  
[www.direct.gov.uk/en/travelandtransport/highwaycode](http://www.direct.gov.uk/en/travelandtransport/highwaycode)

## Please ensure you

- Stop at red lights and crossings unless instructed by police.
- Please follow all instructions given by police, stewards and crossing marshals. Please be aware that instructions can vary along the route and at different locations.
- Watch out for pedestrians, especially in villages and towns and always give way at pedestrian crossings.
- Stay within cones on one-way road closure sections.
- Ride no more than two abreast.
- Ride on the left, allowing faster participants to overtake you on the right.
- If you need to walk, please keep to the left side of the road
- Keep a good distance between yourself and the bike in front.
- Please be considerate to local people along the route, use the toilet facilities provided and do not litter or stray onto their property.
- If you see or are involved in an accident or see anything that may compromise the safety of participants, please report it to the nearest steward or call 01772 447979.
- If your bike breaks down, please move off the road before starting to repair it.

**Please note** the event organisers reserve the right to remove any rider who behaves in a way that could cause danger to others.

## DON'T FORGET...



- Bring cash to pay for spare bike parts and to purchase any additional tasty treats and snacks at the rest stops and also in the finish village at the Royal Highland Centre.
- We strongly recommend that you wear a helmet during this event.
- Dress for all weather – layers will help and don't forget waterproofs.
- **We are trying to make our last Pedal for Scotland event as green as possible by reducing single-use plastic. As such, please ensure you remember to bring your own water bottle which you can refill along the route.**

There will be support and sweep vehicles patrolling the route. If you and your bike are collected by a support vehicle and are separated, we will return your bike to the Royal Highland Centre where you can pick it up until 17:00. After that time, please arrange collection from the Cycling Scotland office by calling 0141 229 5350.

## EVENT PHOTOS

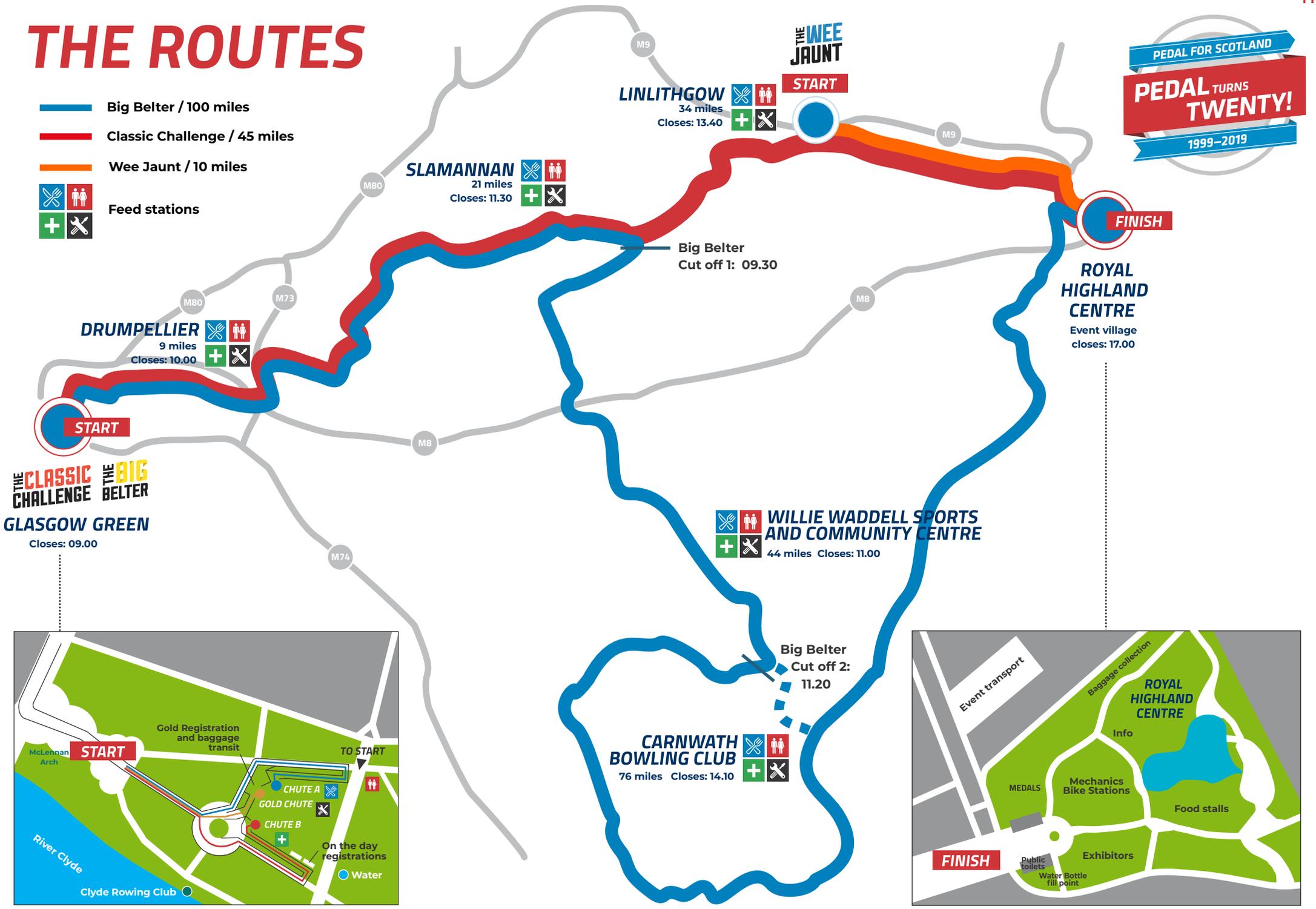
Photographers will be taking photos throughout the day. To see your photos and get a 10% discount, register for the gallery, visit [www.mybibnumber.com/gallery/369](http://www.mybibnumber.com/gallery/369)

**If you don't want your photos to be shared publicly, please email [info@pedal.scot](mailto:info@pedal.scot) or phone 0141 370 0466.**

We'd also love you to share your photos from the day on social media, using the hashtag #pedalforscotland.

# THE ROUTES

-  Big Belter / 100 miles
  -  Classic Challenge / 45 miles
  -  Wee Jaunt / 10 miles
- Feed stations**
-  
  -  



See also map on P15

## ON THE DAY REGISTRATION



If you have a friend or family member who wishes to take part they can register for Pedal for Scotland on the day. Please note that we may not be able to accept card payments, so please bring cash.

For Classic Challenge and Big Belter, go to the Registration Marquee at Glasgow Green.

For Wee Jaunt Edinburgh, head to the Registration Marquee in the Peel area of Linlithgow Palace, if the event is not sold out.

## ON THE DAY RIDER PACK COLLECTION

For the Classic Challenge and Big Belter - if you registered after 31 August, please collect your rider pack from the rider pack collection marquee at Glasgow Green – look out for the signs.

If you have booked event transport from Edinburgh but registered after 31 August and do not have your rider pack, please make your way to the Event Transport Information Point in the North Car Park Transport Zone at Royal Highland Centre.

For the Wee Jaunt Edinburgh, if you registered after 31 August, please collect your rider pack from the rider pack collection marquee in the Peel area of Linlithgow Palace.

For all of the above, please bring a copy of your confirmation email with you as proof of purchase.

## BAGGAGE SERVICE

Please note that for those using the baggage service your bag may be subject to a security check at Glasgow Green.

# RIDER TRANSPORT



## Coach transfers

For participants who have booked transport, transport zones are in the North Car Park of the Royal Highland Centre in Edinburgh (please see map on page 15).

Transport from Edinburgh to Glasgow will be available at 04:30 for the Big Belter riders and from 05:15 until 06:45 for the Classic Challenge.

Please arrive at the transport zone 2 hours before your start time. This will allow time for your bike to be loaded, the journey from Edinburgh to Glasgow, unloading your bike, a stop in the event village and getting to the start.

Return transport will start at 11:00 and run until 17:00. We cannot guarantee return transport after 17:00. Bubble wrap is available for anyone who wants to wrap their bike. On arrival in Glasgow, please show your rider number to the truck supervisor to reclaim your bike, which must have the same bike number affixed to it.

## Trams (please see map on page 15)

If you have paid for a tram ticket from Edinburgh Haymarket to Ingliston Park and Ride, please bring with you the wristband provided in your pack. In the morning the trams will run between Haymarket and Ingliston Park & Ride every 30 minutes between 04:00 and 06:30. For return journeys, trams will run between 11:00 and 18:00, without stopping, from Ingliston Park & Ride to Haymarket

**Edinburgh Trams reserve the right to refuse entry to riders without an official Pedal for Scotland tram wristband on the day.**



**The finish is located at the Royal Highland Centre where your friends and family are welcome to gather to support you.**

The event village has a range of catering, entertainment and information stalls and is open from 08:00 – 17:00. Please note, there are no ATMs or cash machines at the finish so please remember cash.

If you are planning to meet family or friends at the finish, please be aware that they won't be able to follow the route you are cycling as the roads will be closed. Public access into the Royal Highland Centre is from the North Car Park (detailed on the map shown on page 15)

## How do I get to/from the start/finish?

All riders are encouraged to get to the start or finish by public transport or by bike. For detailed information on how to get to the event, please refer to our online FAQs at:  
[www.cycling.scot/pedal-for-scotland/help-and-advice/faqs](http://www.cycling.scot/pedal-for-scotland/help-and-advice/faqs)

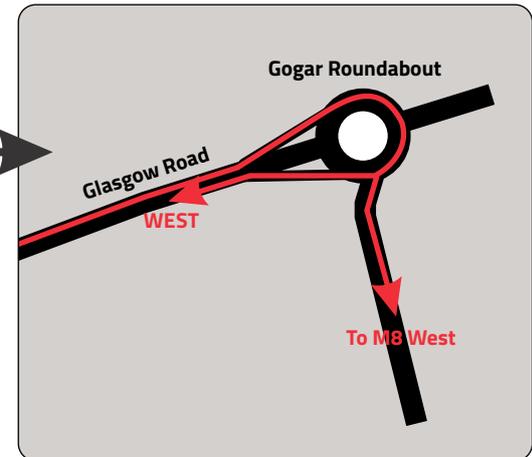
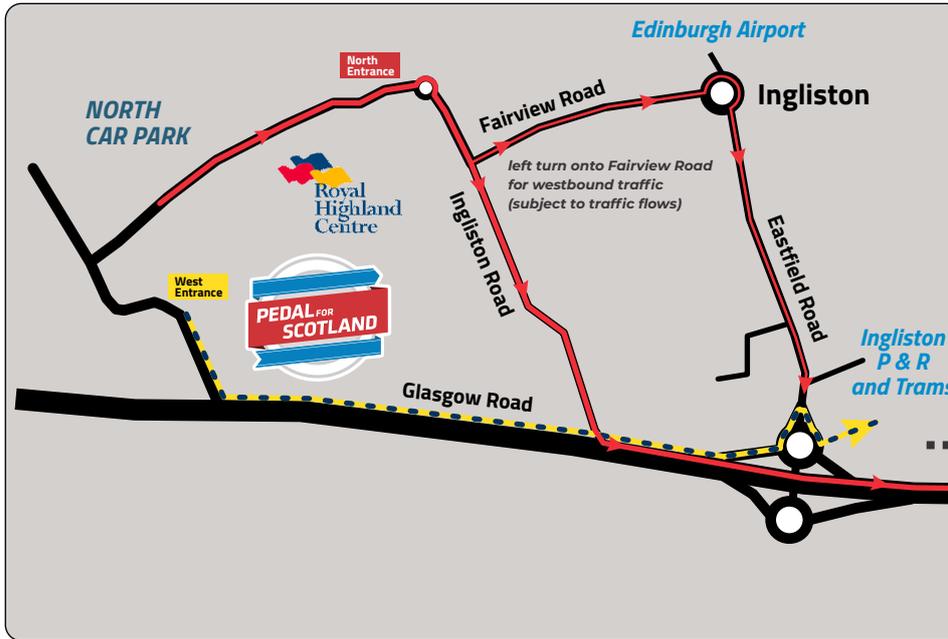
**There are car parking facilities at the finish line in the North Car Park of the Royal Highland Centre.**

There will be a drop off/pick up area there. Please only use this area if you are ready to pick up, there will be a maximum waiting time of 5 minutes. Participants can also be dropped off and picked up from the Ingliston Park & Ride.

*Although there is no official charge for the use of the car park we would really appreciate a donation to our official charity partner or official charity supporters.*

# ROYAL HIGHLAND CENTRE EXITS

- Exit by vehicle
- ● ● Walking route to Ingliston Park and Ride and Trams (25 mins)
- Bike route to Ingliston Park and Ride and Trams (6 mins)



To go west after leaving Royal Highland Centre, please use Gogar roundabout to avoid congestion on Ingliston roundabout A8/Airport



# Cycling Scotland

## THANK YOU

Pedal for Scotland is organised by Cycling Scotland to encourage people of all ages and abilities to cycle. We would like to thank everyone that helped make Pedal for Scotland possible this year including Transport Scotland, Sustrans, British Heart Foundation, Cycle Republic, STV Children's Appeal, Glasgow Children's Hospital, Scottish Association for Mental Health, Glasgow City Council, North Lanarkshire Council, Falkirk Council, West Lothian Council, City of Edinburgh Council, Police Scotland, Scottish Ambulance Service, St Andrew First Aid, Edinburgh Trams and all our volunteers for their support. *A big thanks to the communities and businesses along the route.*

Most of all we would like to thank every one of you taking part – we hope you have a fantastic day out.

For more information about the businesses, Folk Festival (11th-15th September) and community of Linlithgow, go to [www.linlithgow.info](http://www.linlithgow.info)

For further queries, please visit:  
[www.cycling.scot/pedal-for-scotland/help-and-advice/faqs](http://www.cycling.scot/pedal-for-scotland/help-and-advice/faqs)  
 or email [info@pedal.scot](mailto:info@pedal.scot) or phone 01772 447979

**Remember to share your happy memories of the event on Facebook, Twitter and Instagram using the hashtag #pedalforscotland**

**Happy riding!**

sustrans 

 **everyday**  
*adventures* 



*Discover Scotland by bike*

[www.sustrans.org.uk](http://www.sustrans.org.uk)

