

RIDE STIRLING 2021

PEDAL FOR PARKINSON'S

Event day guide
22 August 2021

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.





READY TO PEDAL

Thank you for taking part in Pedal for Parkinson's Stirling. Whether you're taking part in our Fun 25, Challenge 50 or Tough 100 route, we hope you enjoy the challenge.

By taking part in Pedal for Parkinson's Stirling, you're part of a powerful movement. And every mile you cycle helps support the Parkinson's community in Scotland.

Impatient for change, we're taking a stand, speaking out, chipping in, and playing our part. Together, we'll find a cure.

In partnership with

TRUE GRIT
events



ON THE DAY

Location

Pedal for Parkinson's Stirling will start and finish at Stirling High School, Torbrex Farm Rd, Stirling FK8 2PA.

Key times

- ✳ 8am – Tough 100 route starts
- ✳ 8.30am – Challenge 50 route starts
- ✳ 9am – Fun 25 route starts

These times may be subject to change dependent on the latest Government coronavirus (COVID-19) guidelines.

Registration

You'll need to sign in on the morning of the event in order to pick up your race number and timing chip. We will NOT be accepting on-the-day registrations.

Car parking

Free car parking will be available on-site. Please follow the signs when you arrive at Stirling High School.

There won't be any official car parking along the route or at any of the rest stops.

Event Control

Please call Event Control on **07503 892 071** and **07376 853 862** in the event of a medical emergency or route issue. Please add these numbers to your mobile contacts.

DON'T FORGET

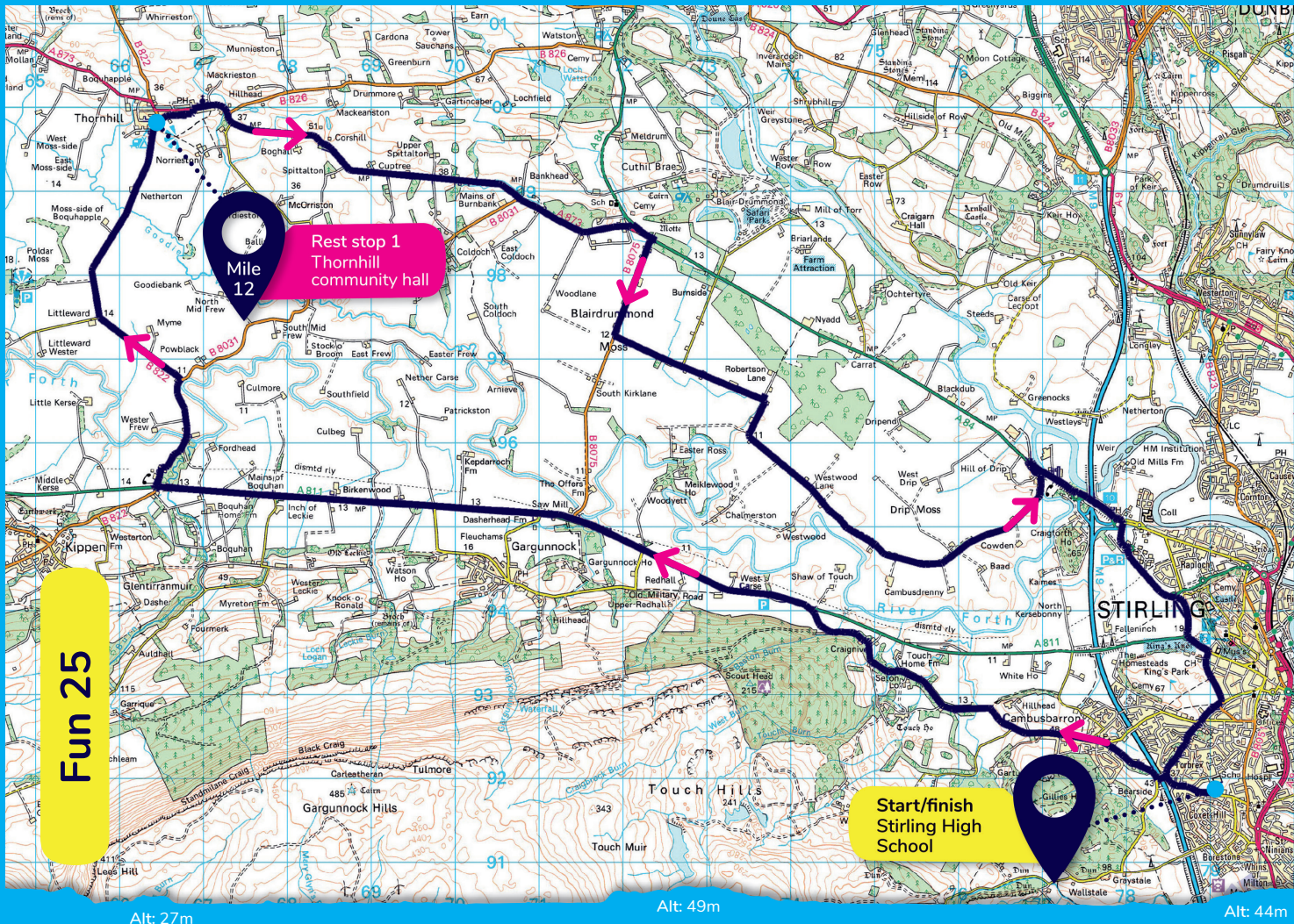
Recommended Kit:

- ✳ Cycling sunglasses to protect your eyes from sun, wind and rain
- ✳ A zipped cycling jersey. You can buy a Parkinson's UK jersey at parkinsons.org.uk/shop
- ✳ Cycling mitts or long fingered gloves to help keep your hands warm and protected in colder conditions
- ✳ Bike lights. This event will be taking place entirely in daylight but heavy cloud and rain can make cyclists harder to spot

Essential Kit:

- ✳ Your race numbers with details completed on the back and attached to your handlebars and helmet (picked up at registration)
- ✳ Your bike
- ✳ Cycle helmet
- ✳ A fully charged mobile phone
- ✳ Cash or card
- ✳ A water bottle or camelback. You should be able to carry at least 1L of water at all times (water top ups will be available at rest stops)
- ✳ Snacks (you'll be able to stock up at rest stops)
- ✳ A waterproof jacket (even if the forecast is sunny, the weather can turn quickly and unexpectedly)
- ✳ A puncture repair kit







TAKE A BREAK

The number and location of rest stops depends on your choice of route. Each rest stop will open and close at a particular time, so you can get all of the support you need along the route. It also allows us to safely monitor how everyone is getting on.

Rest stop	Route	Distance	Open from	Closes at
Rest stop 1 Thornhill community centre	Fun 25	12 miles	9am	10.45am
Rest stop 1 Lake of Menteith	Challenge 50	18 miles	9am	11am
Lunch stop Fintry sports centre	Challenge 50	34 miles	10am	2.30pm
Rest stop 1 Brig O'Turk village hall	Tough 100	27 miles	8.45am	11.15am
Lunch stop Fintry sports centre	Tough 100	59 miles	10am	2.30pm
Rest stop 2 Carron Valley reservoir	Tough 100	85 miles	10.15am	5pm

KEEPING YOU SAFE

Event safety

Although Pedal for Parkinson's is designed to be accessible for all abilities, it's still designed to be a challenge for participants.

- * Follow the Highway Code at all times, this is an open road event.
- * The route is fully signed. It's important to follow all event arrows.
- * If your GPX route differs from the signed route, follow our event arrows as last-minute route changes are sometimes necessary.
- * Please only stop at designated rest stops. If you go off route we may lose you!
- * Inform Event Control if you have any issues or if you're leaving the event.



Accidents

If you have an accident, or come across someone who has had one, please follow this procedure:

- * If it's a critical medical emergency, call **999** direct.
- * If you can carry on with the ride, please continue on to the nearest rest stop where you can receive medical attention.
- * If you cannot make it to the rest stop, please call Event Control and wait for medical help.
- * If you are in doubt about your ability to carry on, please call Event Control to receive medical help.

Emergency Procedure

Please call Event Control in the event of a medical emergency or route issue. Please add these numbers to your mobile phone.

If at any time you think you are lost, please follow this procedure:

- * Stop, check your map and try to work out where you are using reference points.
- * Make your way back to your last known point or arrow.
- * If you're still lost, stay where you are and call Event Control who'll be able to assist you.

Event Control contact numbers
07503 892 071 and **07376 853 862**

We are Parkinson's UK.
Powered by people.
Funded by you.
Improving life for everyone
affected by Parkinson's.
Together we'll find a cure.



Parkinson's UK
215 Vauxhall Bridge Road
London SW1V 1EJ

To find out more about our events
events.parkinsons.org.uk/pedalstirling2021
020 7932 1356
events@parkinsons.org.uk
parkinsons.org.uk/fundraise

For general information and support contact
our free confidential helpline
0808 800 0303
hello@parkinsons.org.uk
parkinsons.org.uk