

PARKINSON'S^{UK}
SCOTLAND

In partnership with
TRUE GRIT
events

PEDAL STIRLING SPORTIVE

Sunday 1 September 2024
Your event day guide



ARE YOU READY TO PEDAL?

Thank you for taking part in the Pedal Stirling Sportive. Whether you're cycling 22, 50 or 100 miles, we hope you enjoy the challenge.

By taking part in the Pedal Stirling Sportive, you're part of a powerful movement.

Exercise is vital for living well with Parkinson's. Every mile you cycle will help fund us to support people with Parkinson's to get and stay active.

We're making it easier for people to find activities near them. We're funding new ideas

and programmes for local communities. And we're always here with information and support for anyone struggling to get active.



On the day

Location

The Pedal Stirling Sportive event hub is
Stirling High School, Torbrex Farm Road, Stirling FK8 2PA.

Key times

7am – Registration opens

8am – 100 mile route starts

8.15am - transport to 22 mile startline

8.30am – 50 mile route starts

8.30am – Registration closes

9am – 22 mile route starts

These times may be subject to change.

22 mile riders

Please arrive at Stirling High School by 8am to pick up your race pack and park your car. There will be a shuttle bus and bike transport leaving to go to the startline at Kippen at 8.15am.

Registration

Registration will be open from 7am where you can pick up your race number.

We will be accepting on-the-day registrations, so bring any friends or family along who want to ride.

Car parking

Limited free car parking will be available on site. Please follow the signs when you arrive at Stirling High School. If the car park is full, you will be able to park on the local streets for free close to Stirling High School.

Please note 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 **07376 500 504** or **07593 575 693** in the event of a medical emergency or route issue. Please add these numbers to your mobile contacts.

Don't forget!

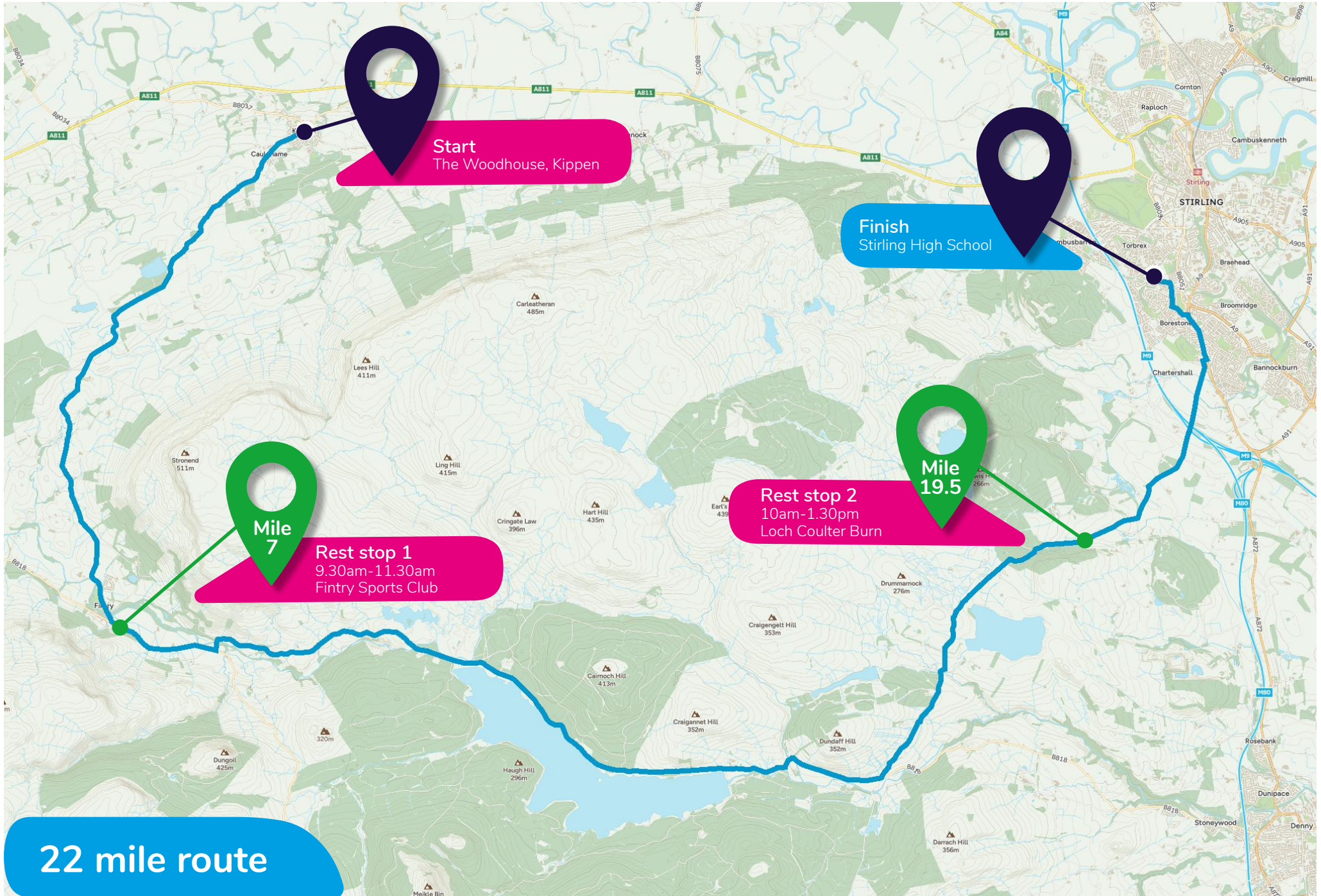
Essential kit:

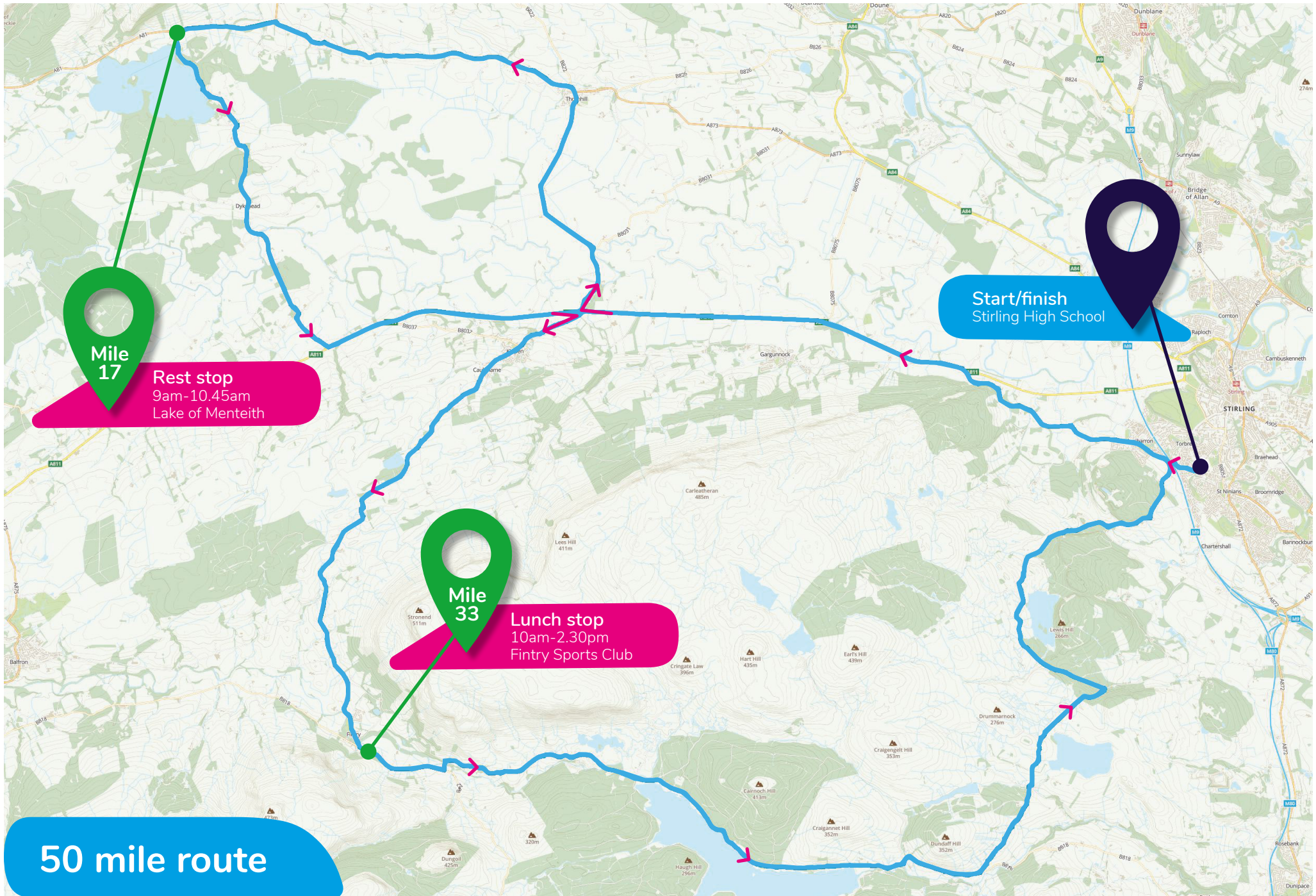
- ✓ Your race numbers with details completed on the back and attached to your handlebars and helmet (collected at registration)
- ✓ Your bike
- ✓ Cycle helmet
- ✓ A fully charged mobile phone
- ✓ Cash or card
- ✓ A water bottle or CamelBak. You should be able to carry at least 1L of water at all times (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 as you never know when you may need it!

Recommended kit:

- ✓ Cycling sunglasses to protect your eyes from sun, wind and rain
- ✓ A zipped cycling jersey
- ✓ Cycling mitts or long fingered gloves
- ✓ Bike lights. This event will take place during the day, but heavy cloud and rain can make cyclists harder to spot





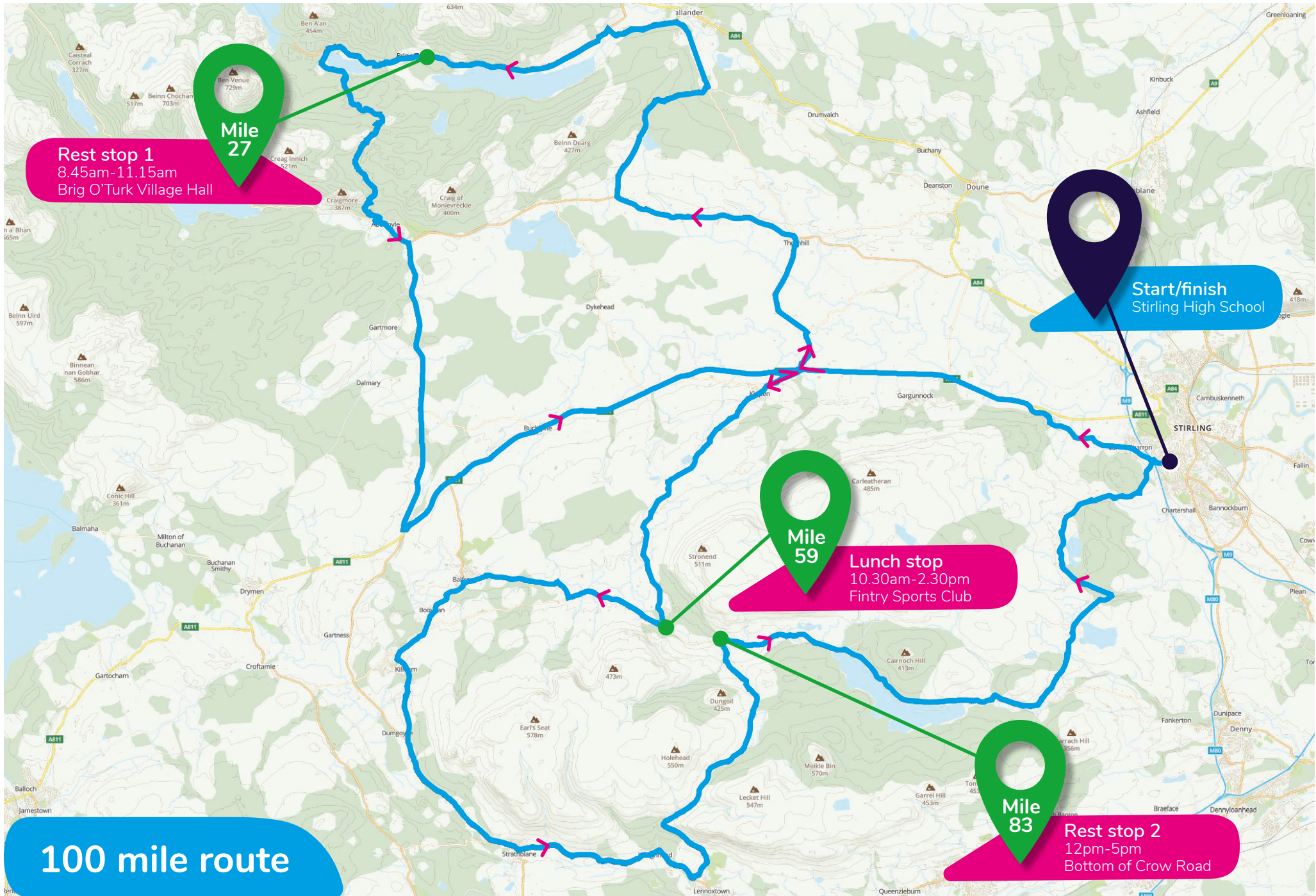


Start/finish
Stirling High School

Mile 17
Rest stop
9am-10.45am
Lake of Menteith

Mile 33
Lunch stop
10am-2.30pm
Fintry Sports Club

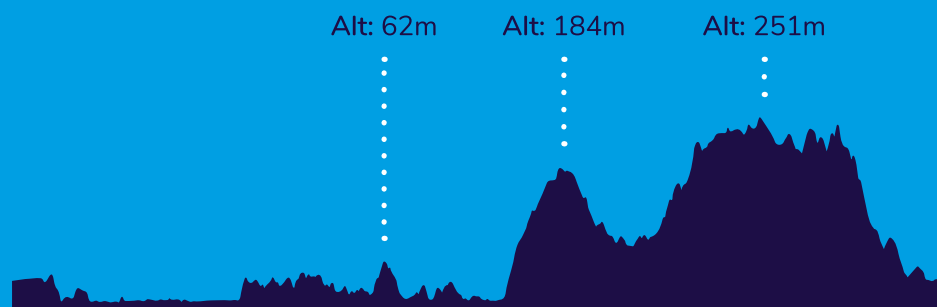
50 mile route



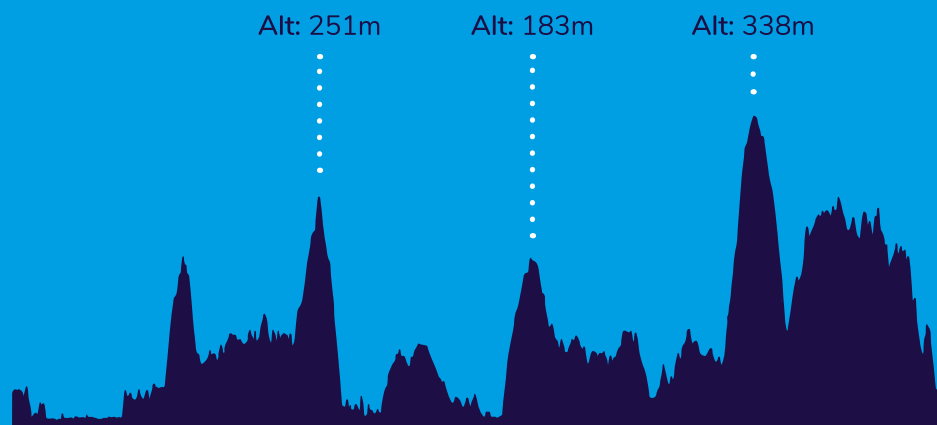
Course elevation maps



22 mile route



50 mile route



100 mile route

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. They also allow us to safely monitor how everyone is getting on.

Route	Rest stop	Distance	Open from	Closes at
22 miles	Rest stop 1 Fintry Sports Club	7 miles	9.30am	11.30am
22 miles	Rest stop 2 Loch Coulter Burn	19.5 miles	10am	1.30pm
50 miles	Rest stop Lake of Menteith	17 miles	9am	10.45am
50 miles	Lunch stop Fintry Sports Club	33 miles	10am	2.30pm
100 miles	Rest stop 1 Brig O'Turk Village Hall	27 miles	8.45am	11.15am
100 miles	Lunch stop Fintry Sports Club	59 miles	10.30am	2.30pm
100 miles	Rest stop 2 Bottom of Crow Road	83 miles	12pm	5pm

Keeping you safe

Event safety

Although the Pedal Stirling Sportive 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.
- * If you need to change to a lower distance route during the event, please stop at a rest stop and tell staff.
- * 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.

Event Control contact numbers
07376 500 504 and 07593 575 693



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 can't make it to the rest stop, please call Event Control and wait for medical help.
- * If you're in doubt about your ability to carry on, please call Event Control for medical help.

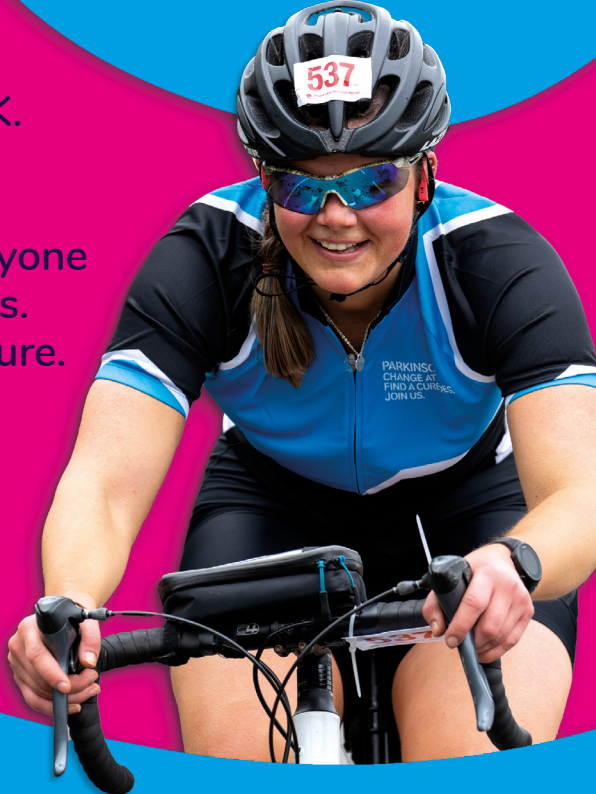
Emergency procedure

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're lost, please:

- * 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.

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} SCOTLAND

To find out more about our events

020 7932 1314

events@parkinsons.org.uk

parkinsons.org.uk/events

For general information and support

Free confidential helpline 0808 800 0303

hello@parkinsons.org.uk

parkinsons.org.uk

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