

Pre Event Rider Pack



Sunday 22nd April 2018



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Introduction

From Ride 63 Community Cycling Club Chair Fiona Hewitt



Thank you for entering the fourth edition of the Pedal the Park, Road Sportive!

We hope this event will raise the profile and membership of our local cycling club, Ride 63.

The need for a cycling club in this area was brought about by the joint interest of a few local cyclists wanting to develop more routes in and around the OS map 63 area, covering Clyde Muirshiel Regional Park. Your entry fee will help contribute to this, the development of paracycling and support CLIC Sargent's work with young people facing cancer in south west Scotland.

We're passionate about the Park and its assets and hope you discover these for yourself when participating in Pedal the Park. If you want to see more, join our club. We meet every Tuesday in summer with a few longer rides at weekends throughout the year. Look on the [club Facebook](#) page for details of ride times and locations along with the odd meeting over coffee to discuss development ideas.

We hope the route will provide a challenging but enjoyable ride through a variety of environments within the Park area.

Whether you're riding for a charity, part of a team or just for fun, enjoy! Feel free to share your feedback with us and we hope to see you at a ride soon.

Fiona Hewitt

From Clyde Muirshiel Park Authority



As Chair of Clyde Muirshiel Regional Park may I welcome you to Pedal the Park Road Sportive 2018, our annual 100km cycling adventure, in partnership with Ride 63 CCC.

Clyde Muirshiel Park Authority has for a long time nurtured the belief that the outdoors and its associated activities should be genuinely accessible to all. To this end we have developed facilities and activities to enable us to cater for as wide a range of visitors as possible. For walkers there are many miles of paths and tracks, many capable of taking wheelchairs, prams and mobility scooters. Our adaptive bikes, access dinghies and hoist provide accessible facilities for all cyclists, sailors and kayakers to use the Regional Park for their outdoor activities.

The event would not have been possible without the help of a huge number of volunteers and supporters; my sincere thanks to you all. Equally my thanks also go to Regional Park staff, who have worked tirelessly to ensure the day is a success.

May I take this opportunity to wish all the participants the best of luck and enjoy Pedal the Park 2018.

Cllr Andy Steel

Essential Information

Getting There

The event will start and finish at **Castle Semple Visitor Centre, Lochlip Road, Lochwinnoch, Renfrewshire, PA12 4EA.**

By car

Take the M8 past Glasgow Airport on to the A737, signposted Irvine. At the Roadhead roundabout, turn right/take the third exit signposted Lochwinnoch. Pass the RSPB Centre and take the first right on to Lochlip Road. Brown tourism signs are present from the roundabout for Castle Semple, part of Clyde Muirshiel Regional Park.

By bike

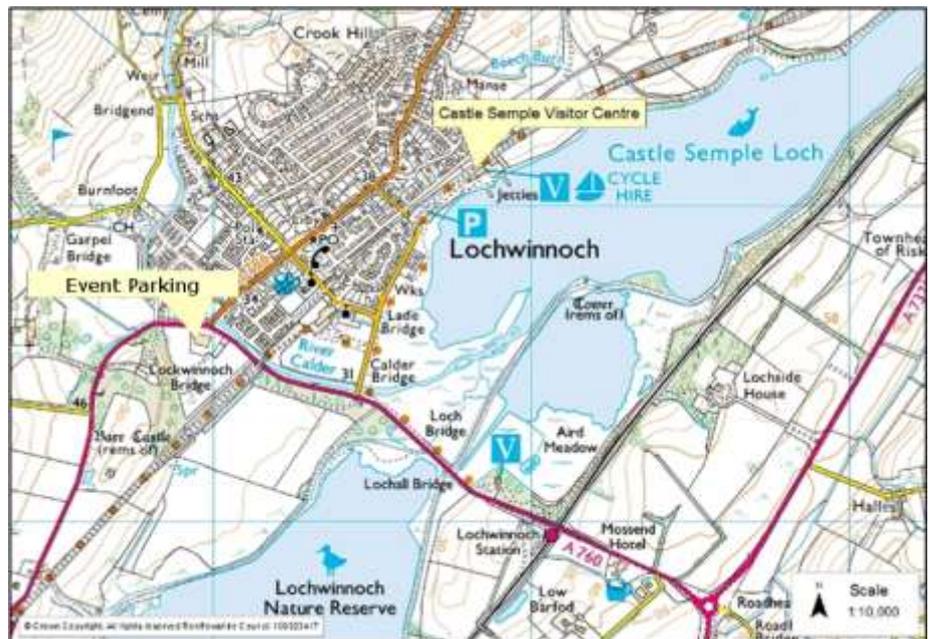
Sustrans National Cycle Route 7 (Glasgow – Irvine) passes through Castle Semple

By train

Unfortunately the first train into Lochwinnoch on a Sunday arrives after 9am. You could however get the first train from Glasgow Central at 07.20, alighting at Paisley Gilmour Street at 07.35, then use National Cycle Route 7 to cycle the remaining 16km to Lochwinnoch, this would take approximately 40-45 minutes. There will be some flexibility for registration for those doing this.

Parking & Event HQ

Limited onsite parking available at Castle Semple Visitor Centre, please car share. Alternatively, we have secured additional **event parking at Lochbarr Leisure Centre**, 1 Newton of Barr, Lochwinnoch, PA12 4JB, just 2 minutes riding time from the start line. Please use this before attempting on street parking in Lochwinnoch, to minimise disruption to local residents.



What to Bring

Bring whatever you feel you may need, i.e. food, money, mobile, basic tool kit inc. pump, tools, spare tubes. Make sure your bike is in good working order. For hints and tips see suggestions in this article - <http://www.britishcycling.org.uk/sportives/article/sp-Sportive-Tips--Be-prepared-on-the-day-0>

Pre Ride

Medical Support

Emergency / Do Not Finish (DNF) number – 01505 842 882 or 07725601850. Please save this number and contact in the event of emergency or DNF. **Do not leave a voicemail** message but DNF text messages may be sent quoting name and rider no. First aid kits are available at Castle Semple and Greenock Cut Visitor Centres and in the marshal vehicles. In the event of a more serious accident call 999.

Mechanical Support

This will be available at the start at Castle Semple provided by RT Cycles from 07.30 <http://www.cyclerepairman.co.uk/> 01505 682191 or 07867790889.

The marshal vehicles will have a limited amount of puncture patches and track pumps on board to help.

Baggage

A baggage storage space will be available at Castle Semple Centre. The space will be secure but riders are advised not to leave any valuables. This is located beside the registration desk.

Toilets / Showers

Toilets and showering facilities are available at Castle Semple Centre and toilets are available at the Greenock Cut Visitor Centre feed station, which is about the halfway point.

Photography

There will be some photography at scenic viewpoints and it is likely that you will be photographed. Links to images will be sent to riders after the event and posted on [facebook.com/ride63](https://www.facebook.com/ride63)

Do's & Don'ts

This ride is non-competitive – **therefore NOT a race**. Please ensure you act accordingly.

Do:

- Enjoy the ride
- Challenge yourself
- Follow the Highway Code and be safe
- Wear a helmet
- The marshals are there for your safety - please follow their instructions

Don't:

- Drop litter
- Behave in a manner that may offend others /impede traffic flow
- Ride in large groups in the middle of the road i.e. 2 abreast maximum
- Ride on the wrong side of the road

For advice on sportive etiquette please see this article -

<http://www.britishcycling.org.uk/insightzone/features/article/izn20141017-Sportive-A-Guide-to-Sportive-Etiquette-0>

During the Ride

Registration and Start Area

Registration opens at **07.30 hrs**. All riders must be registered **30 minutes** before the ride start time.

Sign on will be **inside Castle Semple Visitor Centre**.

The café and toilets will be open from 07.30 hrs for pre-race coffee & snacks.

Starts will be in groups of 20 riders at 2 minute intervals as requested by Police Scotland.

It's first come, first away, so if you have a group of friends then gather and register together at the start area.

Ride Start Times

The start time will be **08.30 hrs** for the first group of 20 riders.

Rider Briefing

Advice to Riders on sportive etiquette - **Please** listen carefully to the pre-event briefing. It will contain essential information about any route alterations, possible hazards and what to do in case of an emergency or if you need to withdraw from the event.

There are pot holes; it's a hazard of the roads these days. If you're a west of Scotland cyclist you will already be aware of this.

The short briefing will be given to each group of 20 riders while waiting at the start line.

Pre-Event Checks

Riders are responsible for their own safety. Check your bike condition, helmets (mandatory), emergency numbers, tools, water, food / gels etc.

Our event partners at [RT Cycles](#) are offering free pre ride checks at Castle Semple in advance - get in touch with Martin (07867790889) to arrange this.

Broom Wagon

The broom wagon will follow along behind the last rider although not directly trailing, stopping periodically at a safe distance. They will be happy to collect any damaged bikes and take you and the bike to convenient point nearby to get collected or access public transport.

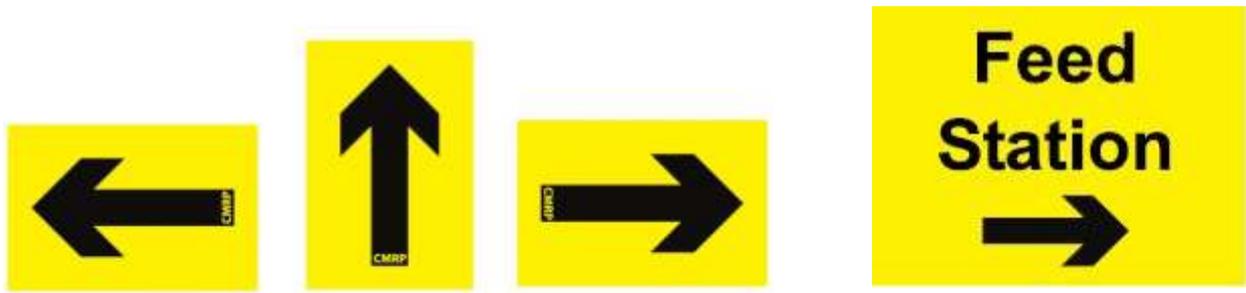
Route Map

Can be found online here - https://gb.mapometer.com/cycling/route_4511231.html

GPX files can also be downloaded from [this link](#). Sections of the route are prone to loose gravel and potholes and, although our volunteer team have done our best to sweep particularly hazardous sections, please ride cautiously especially during descents.



Signage



Feed Station

The feed station is located at Greenock Cut Visitor Centre beside Loch Thorn, toilets, café and shop available here. There will be water, bananas and chewy bars provided but other items in the café are cash only.

Marshal Points and Vehicles

There are several marshal points at significant junctions around the route just to keep you on track. The marshals are there to make sure that you find your way and to call for assistance if you require it, not to stop or manage traffic flow. The vast majority are volunteers so give them a happy wave on the way past as they will be out whatever the weather to assist you.

Clyde Muirshiel Regional Park vehicles will also be out as mobile marshal points to be able to assist with minor repairs and transport to a nearby town/train station etc. if you need to abandon the event.

Finish Line / HQ

Finish for the event is back at the start point, please check in with the team at the Registration desk again when you return and collect your goody bag and if you want to record your time enter it on the sheet that will be provided (in legible handwriting please) . **If you don't enter your own time we won't publish a time for you.** Times will be posted on clydemuirshiel.co.uk a few days after the event.

Showers and changing facilities will be available at the finish.... For those needing to freshen up.

A post event survey monkey will be sent out via email, please complete and return so we can note your comments and hope to make improve for future cycling events.

There will also be links to event photography and the opportunity to **join Ride 63 Community Cycling Club for FREE**. So please join up, receive member benefits (like half price British Cycling membership) and help us grow and improve our sport locally.

After the Ride

Photos

We will photograph the event and will aim to put these images on our facebook page in the days after the event. If you would like a high resolution copy of your photo it will cost you a donation to CLIC Sargent, email ridesixtythree@gmail.com with your rider number and photo number(s) and we'll be in contact.

We cannot guarantee a photo of all riders due to the nature of the event, although you can make this easier by not drafting anyone up the Fairlie Moor climb!

Keep in Touch & Join us Again

Ride63 Facebook Group - <https://www.facebook.com/groups/1645463259084958/>

Facebook Page - <https://www.facebook.com/ride63/>

Strava - <https://www.strava.com/clubs/ride63>



Plus we're out every Tuesday evening in summer, meeting at 6.10pm, RT Cycles Glengarnock or 6.30pm at Castle Semple Lochwinnoch. Later once the nights get longer. All welcome.

Operation Outdoors

Operation Outdoors will be in full swing when you return from your cycle. Encourage your friends and family to come and cheer you over the finish line.

See the poster at the end of this pack for more information!

Sponsors / Event Partners

Thanks to the following for contributions:

The lovely Lynda from Tesco Linwood, plus Darren and his team from Morrisons Stevenson. Much appreciated.



Lochbarr Leisure Centre

FOOTBALL SNOOKER LOUNGE BAR FUNCTIONS KIDS PARTIES FITNESS CLASSES

Indoor 5 aside astro park
Outdoor 5 aside astro park
2 Full size grass parks
Snooker hall with 4 tables: memberships available



Function hall with bar available for parties. Look out for our new party packages for 2018. Check out our facebook page for a list of dance & fitness classes at Lochbarr or contact us on **01505 842808**

1 NEWTON OF BARR, LOCHWINNOCH, PA12 4JB



Part of the
Avis network



Operation Outdoors

Displays

Games

Activities

Family Fun

SUNDAY

22 APRIL 2018

12_{noon} - 3pm

Castle Semple
Visitor Centre
Lochwinnoch
PA12 4EA



- Make your own smoothies - using cycle power!
- Bring your dog to meet Snelly the sheep
- Play the famous dog poo game!
- Kids Cracking the Code Quiz
- Kids Bike Skills Mini-Course
- Bike Security Marking
- Bike Health Checks

More info: www.clydemuirshiel.co.uk