

Pedal in Preston Park

Saturday 15 October – 12 Noon till 4.30pm

A fantastic fun filled sponsored bike ride for all the family raising money for Martlets and Motor Neurone Disease Association.



CYCLISTS' BRIEFING SHEET

TIME SLOTS The marshals are organising the time slots today as follows:

8.30 – 12.00 - Adult and youth club riders only

12.00 – 17.00 - Wheelchair lead-out lap, followed by open to all.

ON THE TRACK All cyclists must wear a helmet on the track. For safety reasons, please do not use earphones (e.g. MP3, iPod) or triathlon handlebars or other time trial bar extensions. Please also observe these instructions from the track marshals:

1. Ride anti-clockwise only
2. Enter only when a marshal permits at grandstand entrance
3. Exit at south exit only (by car park)
4. Track divided in two parts, above and below blue line. Below blue line for slower riders and above for faster riders
5. Change from below blue line to above blue line at designated points (marked by cones)
6. Always look before moving up or down the track
7. If overtaking, shout 'STAY' to rider in front
8. If asked to 'STAY', don't move up track
9. Try to ride in straight lines, no unnecessary moving up or down the track.
10. If you hear two long blows on the whistle, please stop cycling.

KEEPING A COUNT If you want to know how far you have cycled, please keep your own count of the laps. Marshals will be counting only the overall total of laps cycled.

FIRST AID The First Aid post is opposite the grandstand.

SOCIAL MEDIA Follow us on Twitter throughout the day #PedalPrestonPrk. Like us on Facebook where we will be posting photos of today's event.

MEDAL Everyone cycling today will receive a specially-made medal to record their achievement. These will be awarded at the podium where you can be photographed by family and friends. Please go to collect your medal when you complete your laps.

REFRESHMENTS Soup, cakes and hot and cold drinks are available from the Refreshment Point next to the pavilion. All proceeds go to support the two charities.

TOILETS There are toilets in the pavilion and next to the café in Preston Park.

SPONSORSHIP & DONATIONS Thank you for your help in raising money for the Motor Neurone Disease Association (MNDA) and Martlets Hospice.

You can pay in your sponsorship money:

1. Through the Pedal in Preston Park pages at uk.virginmoneygiving.com
2. By putting money in the collecting buckets at the track today.
3. If you are eligible, please complete a Gift Aid form which will enable the charities to claim an extra 25% on your donation from the Government – at no cost to yourself.

THANK YOU A big, big thank you from the organisers of Pedal in Preston Park to everyone who has supported the day – and especially to YOU for turning out and giving us your backing!