

## INFORMATION FOR ENTRANTS

### SESTRAN Two Capitals Cycle Ride 2010-

Thank you for signing up for this exciting Scottish Cycling Event

We hope you have a memorable day and a safe day's cycling. This letter contains important information and we ask you to read it carefully before you join us on the day.

#### **Before the Event**

Prepare your bike and get in some fitness training. **See web site and '8 Top Tips' for advice.**

#### **Sponsorship**

Try to raise as much sponsor money as you can to help us put bikes and biking equipment into schools. Feel free to make extra copies of the blank sponsorship form!

Please try to collect the money ***before the event*** and bring it with you on the day. You should place the money and your sponsorship form(s) in the enclosed A5 envelope and write the total amount on the outside in the space provided.

Any money you collect after the event should be paid via the web site or send a cheque to the PO Box, made out to Prenticeevents. Prenticeevents is a registered Scottish Charity No SC039404.

The event dedicated site is called [www.twocapitals.org](http://www.twocapitals.org) and the charity site is [www.prenticeevents.com](http://www.prenticeevents.com)

We are also supporting our partners this year : - **MAGGIES CENTRES AND KINGDOM FM CASH FOR KIDS ...**

**IF YOU WISH TO TAKE PART IN A CYCLE RIDE TO PARIS IN SEPTEMBER OR ANY OTHER PRENTICEEVENT CHARITY EVENT OR SUPPORT US PLEASE GOTO [WWW.PRTEENTICEVENTS.COM](http://WWW.PRTEENTICEVENTS.COM)**

#### **Arrival at the Start and Registration**

Those making their own way to the Start should aim to arrive in plenty time. Car parking is available. You must register before you start. See web site for directions to the Start and route details.

If you have registered to use our transport from Edinburgh, you should arrive at the loading point at Ocean Terminal no later than 11.00am Riders will be carried by bus and their bikes by truck. Please take careful note of the truck number to facilitate recovery of your bike at the start.

**To register you will need to show your Entry Number, printed on the enclosed body and bike labels. You should also bring your sponsorship envelope. You will receive your Tee-Shirt when you register.**

You must attach your body and bike numbers before starting and only start when the marshal gives permission. **THIS IS NOT A RACE** Riders will not be timed and there are no prizes for being first.

The organisers reserve the right to refuse entry to an individual or team.

**All entrants under the age of sixteen must be accompanied by a responsible adult.**

**Note: this year the route follows the A90 and Cycle Path from South Queensferry.** It is possible to cycle through Dalmeny estate ..but the sweep team will be using the A90 that is BUT ANY CHANGES TO ROUTE PLEASE CHECK WEBSITES.

**On the Route** The route will be sign posted and marshals will be present at points along the route and at all official sites. Please pay attention to announcements and information posted at the sites.-You could be a prize-winner!

- You must obey all instructions from the police and the marshals and abide by the Highway Code, paying special attention to the section 'Extra Rules for Cyclists'
- We strongly recommend the use of a safety helmet.
- You can get off your bike and walk at any time.
- If you leave the ride you must notify a marshal or other organiser.
- Keep a good distance from the bike in front. If you have to stop suddenly, shout 'Stopping' and indicate to which side.
- If your bike breaks down, move off the road before starting to repair it. A breakdown vehicle will be patrolling to help you if necessary.
- Do help others who have broken down if possible.
- Be considerate to local people and do not drop litter or stray onto their property take it home with you
- If you see or are involved in an accident, please report it to a marshal as soon as possible. If it is a serious accident and a rider is injured, divert others round the scene and seek medical assistance by dialling 999. Make sure the injured are not left alone. Do not move the injured rider unless you have had appropriate first aid or medical training. Do not give food drink or medication.
- The organisers reserve the right to disqualify any rider or team whose behaviour causes danger to others.
- Do not ride in groups that block the highway.
- Toilets, refreshments and first aid facilities will be present at all official sites.
- If you suffer from any medical conditions such as asthma, diabetes, epilepsy or any other conditions that medics would need to be aware of in an emergency, please write them clearly on the back of your body number.

### **Finish and Return Transport**

At the end of the ride you will receive your thoroughly deserved medal and goodie bag.

Riders who have booked transport back to the start will be carried by bus and their bikes by truck. Please take a careful note of the truck number to facilitate recovery of your bike.

You must register in advance for transport back to Fife at 16.30 or 17.30 hrs.

**Have a Great Day!**

[www.Prenticeevents.com](http://www.Prenticeevents.com) a registered Scottish Charity SCO39404

**Please keep looking at [prenticeevents.com](http://prenticeevents.com) for updated information**

**In case of bad weather or if the event has to be cancelled shortly before the event**

Please keep looking at web site or listen to Kingdom FM for information

Why not register as a prenticevent member and get upates sent to you AND why not cycle from Edinburgh to Paris via Zeebrugge to raise money for Malawi

## 8 Top Tips

1. **Remember this is a fun ride, not a race.** No times will be taken and only the fact that you have completed the course will be recorded.
2. **Safety; Most of the route will not be closed to traffic during the event.** Obey traffic signals and read signs at all times. Buy a copy of the Highway Code and brush up on your knowledge of traffic rules. Behave at all times on the roads that future events are not jeopardised. **It is recommended by the Police that you ride in single file. The organisers urge you not to ride two abreast.**
3. Don't let mechanical failure spoil your day. Make sure that your brakes and gears work correctly and that your tyres are in good condition- no cuts or bulges. So check your cycle now! Pump up your tyres hard, carry a pump, tyre levers, and puncture kit, spanners and a spare inner tube.
4. If you are not a regular cyclist, start your preparation slowly and gradually increase you mileage week by week. Cycling fitness is a slow process, so start with gentle rides, say 30minutes per day, increasing daily so that by the time of the event you will be achieving two or three hour rides.
5. On the day it may not be warm enough for shorts, so a track suit would be ideal. Try to avoid clothing which leaves your back bare when leaning forward. Shoes should be light, but have stiff soles. If the weather is wet, then a cape or waterproof is essential. Carry everything on your cycle, not on your back. Wear bright clothing and a **cycling helmet is highly recommended**
6. **Cycling will make you hungry and thirsty. It is better to 'stoke up' the day before and don't have a heavy meal before you start. Carry a drink with you and keep it topped up at the refreshment points en route. Eat what you like - sandwiches are ideal but try to avoid too much chocolate.**
7. You will enjoy your day even if at the end you say' never again' at the finish. You will look back on it as a day to remember so take care and have a good day.
8. **Should you encounter any difficulty please stay on the course and await the arrival of a marshal. If you have to drop out please tell an official so that unnecessary time is not spent searching for you.**

## Fitness and Liability Statement

Each Entrant must read this.

It is in your own interest that you are fit and well on the day of the Event.

Please check with your doctor if you have any doubts about your fitness as the responsibility rests with you.

If you are not sure, or if you are worried about stressing yourself, please ensure that you drop out of the ride at a sensible time. The best place for this is at one of the checkpoints.

Please also ensure that you have adequate insurance cover for yourself and your bike.

#### Liability and Loss

The organiser cannot accept any liability for loss or theft of belongings. Riders participating in the Two Capitals Cycle Ride do so at their own risk and without any liability whatsoever on the part of the organisers in respect of any injury, loss or damage suffered except for death or personal injury caused by negligence of the organisers, its employers or representatives. The organiser cannot accept any liability for loss or damage to bikes or equipment except that caused by the organisers or agents.

If you cannot confirm any of the above you must NOT enter the event.

**In addition to our main sponsors, we take this opportunity to thank the following supporters and sponsors of this and the Auld Alliance Edinburgh to Paris Cycle ride over the last few years:-**

Saltire Hostings  
Sandy Wallace Cycles Inverkeithing  
Leslie Bikes Leslie Fife  
Babee Bike Shop Leven  
Flemings Removals of Rosyth.  
Bannatynes Health Clubs  
Menzies Belford Hotels  
Britannia, Ocean Terminal  
Nairns Biscuits  
Hilton Grosvenor Hotel, Edinburgh  
Hilton Caledonian Hotel, Edinburgh  
Keavil House Hotel, Dunfermline  
Holiday Inn  
Vue Cinema, Ocean Terminal  
Burtons Biscuits  
Queensferry Hotel  
Odeon Cinema, Halbeath  
Scottish and Newcastle  
Hardies Bikes, Cairneyhill  
Army Cadets  
Air Cadets  
Sea Cadets  
Fife Fire and Rescue  
Lothian Fire and Rescue  
Visit Scotland  
Sustrans  
D and G Auto Services  
Condies Accountants  
Carnegie College  
Stevenson College  
Dunfermline High School  
Queen Anne High School  
Woodmill High School  
Tynecastle High School  
Rotary Club of Dunfermline Carnegie  
Rotary Club of South Queensferry  
The Honda Gold wings Motor cycle Club

Fife Police  
Lothian and Borders Police  
St Andrews Ambulance

and most importantly ...YOU for supporting us by taking part .