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Cycling Scotland

CYCLING SCOTLAND SCOTTISH CHARITY NO.SC029760

PEDAL FOR SCOTLAND 2017 SOUVENIR ISSUE



**FREE
NO.13
WINTER
2017**

ALSO IN THIS ISSUE

**WINTER CYCLING TIPS
PEDAL FOR SCOTLAND 2017 PICTURE SPECIAL
GLEN TROOL CIRCULAR ROUTE**



Welcome to this issue of SPIN magazine, our souvenir issue for Pedal for Scotland 2017. As well as a picture special, we've chosen to include a Classic Challenge sized route for you to add to your training schedule for our 2018 event and some top tips for keeping cycling through the colder months. Remember, if you register soon, you can take advantage of our Early Bird entry offers. We've also heard from some of our riders about their own experiences on the Classic Challenge and Wee Jaunt Falkirk.

Here Eddie from Fife, Stephen from Glasgow and The Brodie Family from Falkirk share their Pedal for Scotland stories.

EDDIE CHAN



"Pedal for Scotland this year was exceptional, especially as I had friends and family with me."

I took part in the 45 mile Classic Challenge with my brother from another mother, Scott McFarlane, who I have known for 25 years plus friends Lewis, Marc, Gordon, John and Kerry.

Training for me is every time I head out on my bike - I like to think it all adds up. Because there were more people with me this year, we tried to get together and train but this did not always work out.

We headed out in 3s, 4s and sometimes 5s. We started small doing 12 miles then up to 20 miles then 24 miles. It was important to start small as some of the group had not been on a bike for 10 years or more.

The biggest group was 30+. Training with a group is so much fun and a great way to just catch up with friends, have a good laugh and encourage the ones who are doing it first time.

We started a WhatsApp group and the banter was great, I would recommend if you are starting out or taking part for first time. Padded shorts are a great idea too and, of course, a decent bike which has been serviced or looked over by decent bike shop.

Taking part in Pedal for Scotland is a must for me every year. The first time I took part I cycled for cancer charity, Maggie's, who helped my mum and many of my family and friends through cancer, so this event has a place in my heart.

The event is well organised and the people are amazing whether volunteers or riders. Everyone is always friendly and happy to chat whether at the start, 20+ mile mark or the finish. There is always someone happy to chat and encourage you along. I love it."



"As we crossed there was a palpable sense of achievement and the joy was written on my face."

I also had Kevlar puncture proof tyres that gave me a sense (false or otherwise) of security as we navigated our way around the route, although with brilliant marshals and easy to follow signage, not much navigation was required.

Regular stations every 10-13 miles kept me fuelled with water and unlimited Tunnocks Caramel Wafers (THE Reason to book the Gold package) while they nicely split the 45 miles into smaller rides that made the whole thing feel more manageable. I especially loved the stop (and support) in Linlithgow and just had to take a palace selfie.



Stephen Morrison

Pedal for Scotland was always an event that I vowed to do, but every year, I always managed to somehow find one reason or another not to do it.

But not this year. I was out of excuses and as a runner turned cyclist (and owner of good and bad knees, as opposed to right and left) I had developed a newly discovered love of cycling.

However, there was another reason that I wanted to do this event (and why I was possibly appointed as a Pedal for Scotland ambassador) and it is motivation behind almost everything I do. To show that shape, size, age and ability (lack of it in my case) are not barriers to taking part in sport and having fun.

Fun is not the word I would associate with the 93 miles of the Big Belter, but with a long distance triathlon my ultimate goal I saw this a challenging milestone. However, as weeks of saying: "I'll up my miles this week" passed without any upping happening, I started to worry.

And then, my life got flipped-turned upside down (although I didn't become the prince of a town called Bel Air). Long story short, I dropped out of the Big Belter and saddled up for the 45 mile Classic Challenge with my pals Paula (fellow ambassador) and Gerry. And it turned out to be my best day of 2017.

Other than a 21 mile cycle with my Pearl Izumi Champion team, my training rides were restricted to three mile commutes to work with the odd 10 mile detour through Glasgow's parks. While I wouldn't necessarily recommend this approach, the setup of the Pedal for Scotland Classic Challenge is such that it is actually accessible to anyone with a bike and a reasonable level of fitness.

So, on the morning of the event, I was feeling confident and looking forward to catching up with friends and participating in my first Pedal for Scotland. Even as rider after rider overtook me, my spirits were not dampened. Even as the rain began to fall, my resolve did not dissipate.



As we crossed the finish line, there was a palpable sense of achievement and the joy was written on my face. This was my longest ever ride and I felt that I could cycle the whole route back.

Two minutes later, I was thankful that my euphoria and misplaced enthusiasm were tempered by the pre event decision to book the bus back to Glasgow. Possibly the best £20 I have ever spent.

I had pedalled for Scotland and next year, I am going to peddle this event to everyone I know and I hope that you will join me.

And next year, the Big Belter will be mine.

Stephen blogs at www.howmanymiles.co.uk





“My son Connor (9) took part in Pedal for Scotland last year with his Uncle Andy and absolutely loved it. So when the chance came around again this year, (and just down the road from us, - the Wee Jaunt in Falkirk), he was eager to take part again with the whole family. As well as having fun, Connor and my other son Aiden (11) really liked what the STV's Children's Appeal was all about and wanted to help raise money for children living in poverty in Scotland.

A happy consequence of training for the big day was that we were spending more time as a family and getting fit and healthy at the same time. Aiden being just 10 at the time but very tall, had to become acquainted with his first adult-sized bike. Had it not been for the sponsors that were rolling in, I doubt he'd have gotten to grips with it so quickly as it was a lot heavier than his previous child bike. He felt he had a job to do, and was determined not to let anyone down!

When the big day arrived, we set off early in the morning, cycling to the event with a couple of layers on in the cool morning breeze. Arriving at the Helix was when things got really exciting as there was a real buzz in the air. We took to our positions as the sun was rising higher into the sky, and then we were off! It was nice that Pedal for Scotland doesn't emphasise 'winning the race' but rather the taking part and the cause itself. As a rider, this meant that the pressure was off trying to get to the finish line as fast as possible, and instead focused on having fun and exploring the route at a leisurely pace. And what a route it was! For those who haven't been to The Helix or The Kelpies, and even for those like ourselves who had, there's something about being on a bike that makes you appreciate these beautiful landmarks as you maybe haven't before.

Even more so in the glorious weather we ended up having! Long gone was the cool start to the day and some of those earlier much-needed layers were very much needing to come off! We were all roasted but had plenty of water to keep us cool. Much rather that than pouring of rain, and let's face it, you never can tell in this country!

The day couldn't have gone better; the sun was shining, the atmosphere was fantastic, the route was delightful and most importantly, it was all for a great cause. It was lovely for us all to receive a medal at the end too. My husband and I as well as our two children thoroughly enjoyed the day and urge everyone and anyone to take part in future events, you won't regret it!”

Lynsey Brodie

THE BRODIES

“It was nice that Pedal for Scotland doesn't emphasise 'winning the race' but rather the taking part and the cause itself.”



WINTER CYCLING TIPS

Ok, tip numero uno: Prepare! Spend a few minutes thinking about what you don't like about winter cycle commuting, make a list if that helps. Chances are there are low tech, low cost solutions.

This time of year you'll have probably noticed the road surface is completely different than it was even a few months ago, it's wetter, slipperier and occasionally icy [look out of the window & keep an eye on the weather report, and an eye out for sub zero temperatures!]. Your contact with the terra-firma is with your tyres, a part worn, unpumped, slick tyre is less than ideal as there is little grip, and high chance of a puncture. Consider a good quality, puncture resistant tyre [Schwalbe Marathon Plus is a dead cert]. Tyres are a bit of an investment, you get what you pay for and pound/mile they'll cost you less than a penny a mile and keep you upright on the bike!

As you'd probably imagine, the majority of our staff cycle to work, and there has been a slow and steady modification of staff bikes, mudguards get fitted, tyres get wider, bikes roll in and out like Christmas trees, and the winter garb makes an appearance. We've rounded up our collective wisdom into a handful of tips, follow this mantra and it will make the winter commute not such a big deal after all.

Cycling clothing is BIG business, but you don't have to get drawn into the velo catwalk. A few key items will keep you comfortable and safe. It's undeniable High-Vis, or even just a bright coloured jacket will get you seen on the open road, get something waterproof and you'll be confident to head out on a wet day, doubled-up with waterproof gloves and you'll feel invincible!

Other items which we use this time of year include Buffs: keeps the chill off your neck, Chapeau cycling Caps: keeps the chill of your head, and can protect your eyes from the wind & rain, Overshoes/Waterproof Socks; may seem a bit much, but the luxury of arriving at your destination with dry feet will put a smile on your face.

Mudguards, we may sound like a broken record promoting mudguards, and they don't look cool, but they will protect you and your bike from all the spray thrown up from your tyres. Full-fit mudguards are the best for commuting as they cover a large part of the wheel, clip-on mudguards are better than nothing. We stock new and used mudguards and you can pick up some used ones for a matter of pounds.

Bit of an obvious one, but bike lights are not to be overlooked, in this day and age of cheap electronics you needn't break the bank to get something decent. Rechargeable lights are great, and a more ecological option compared to lights with disposable batteries. Spend £30 or so, on something from a reputable brand like Moon or Blackburn and they'll last you years. If you are commuting on cycle paths, maybe a light that will illuminate the path, but please be considerate not to blind pedestrians, drivers or other people cycling.

Final Note: better to have it with you and not use it, than not have it and need it!

So there you go, winter cycle commuting doesn't need to be all wet feet and frozen hands, pop into the shop on Haugh Rd in Glasgow if you want to have a chat about equipment, and look out for our free pop-up workshops across Glasgow this winter!

Rich – Bike for Good



GLEN TROOL CIRCULAR LOOP

START: Newton Stewart

END: Newton Stewart

DISTANCE: Approx. 47 miles

TERRAIN: Quiet roads and traffic free paths

NATIONAL CYCLE NETWORK: Route 7

ACCESS: Train stations at Dumfries and Stranraer and then Service 500 bike buses to Newton Stewart

ROUTE DESCRIPTION:

This is a challenging but extremely rewarding ride in the heart of Dumfries and Galloway, where the beautiful landscape, attractions and fascinating history more than compensate for the steep climbs.

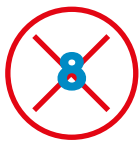
The ride starts in Newton Stewart and follows National Route 7 east, crossing the A712, to Creetown. The route continues along National Route 7 until you reach Gatehouse Station where you turn off onto a track towards Clatteringshaws and Glen Trool. This track travels north beneath the spectacular Big Water of Fleet Viaduct, as seen in Alfred Hitchcock's *The 39 Steps*. You will then wind through forests and countryside, past Loch Granoch, until you reach Clatteringshaws Loch. If you feel like a break, you can turn off to the right along the main road to Clatteringshaws Visitor Centre for refreshments and toilets, as well as visit the nearby Bruce's Stone - the first of two that can be seen on this ride.

Follow the quiet road round Clatteringshaws Loch to Craigenallie House and you will come to the start of another traffic free section that passes Loch Dee. The route continues to Loch Trool where you'll find the second Bruce's Stone - where Robert the Bruce is reputed to have paused after his victory at the Battle of Glentworth in 1307! Here you'll rejoin the road downhill into Glentworth Village. Just past the Glen Trool Visitor Centre, you turn left onto a quiet road that runs near the River Cree through the woodlands and countryside back to Newton Stewart for a well earned rest!

Find out more:

www.sustrans.org.uk/ncn/map/route/newton-stewart-circular





PEDAL FOR SCOTLAND 2017

PEDAL FOR SCOTLAND



THE CLASSIC CHALLENGE



THE WEE JAUNT FALKIRK



**THE WEE
JAUNT**
EDINBURGH



**THE WEE
JAUNT**
PERTH

**THE BIG
BELTER**





CYCLE FRIENDLY EMPLOYER

Royal Bank of Scotland receives Scotland's first-ever Cycle Friendly Employer Plus Award

CYCLE FRIENDLY EMPLOYER

Long time Pedal for Scotland supporters, the Royal Bank of Scotland, have been presented with the first-ever Cycle Friendly Employer Plus Award from Cycling Scotland in recognition of their efforts to support and encourage more staff to cycle to, from and around their Gogarburn HQ in Edinburgh.

The nationally-recognised award, which is delivered with funding from Transport Scotland and supported by Healthy Working Lives, recognises and encourages workplaces committed to increasing levels of cycling at their workplace.

Receiving the award, Ross McEwan, CEO of RBS said: "Royal Bank of Scotland is delighted to receive this award from Cycling Scotland.

"We place a huge importance on the health and wellbeing of our staff across the business and our efforts to support cycling initiatives at Gogarburn have been well received by colleagues."

Keith Irving, Cycling Scotland CEO, said: "With hundreds of people cycling to work everyday, pool bikes for anyone to use and major cycling fundraising efforts, from Sport Relief to STV Children's Appeal, RBS deserves this new Cycle Friendly Employer Plus Award. We are delighted to see such leadership from a major company, supporting a healthier, happier and more productive workforce."

Want to encourage more cycling at your workplace? The Cycle Friendly Employer Award is open to all Scottish employers. Interested? Find out more and register online by completing a short questionnaire at www.cycling.scot/cfespin

Teams can take part in Pedal for Scotland by signing up to Pedal for Scotland Gold at pedalforscotland.org



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