

Cycling Scotland

Recognised Scottish Charity no. SCO29760



PEDAL FOR SCOTLAND

2018

SOUVENIR ISSUE

WINTER 2018

ALSO IN THIS ISSUE:

WINTER CYCLING TIPS

2018 PICTURE SPECIAL

WHAT'S ON IN 2019

GERRY McCULLOCH

RIDER STORIES

When Gerry McCulloch, aged 52 from Wishaw, was diagnosed with type 2 diabetes two years ago, he was only given five years to live by doctors, weighing 24 stone as a result of an unhealthy lifestyle.

After being admitted to hospital overnight with severe chest pain, Gerry knew something had to change: "I couldn't carry on the way I was going" he said. "I have family and grandchildren who I wanted to watch grow up. That inspired me to make a change more than anything.

"I had tried other forms of exercise before but couldn't find anything I really connected with. Jogging was too hard, and I found walking too boring, the gym was never appealing either. My friend and colleague Hazel introduced me to cycling and I've never looked back. I wish I'd discovered it years ago, I'm well and truly hooked!

After losing 4.5 stone, Gerry took on his first Pedal for Scotland in 2018. After completing the 45-mile Classic Challenge from Glasgow to Edinburgh, he said: "I'm feeling a bit sore but that's only to be expected. I pedalled a total of 63 miles on Sunday, the furthest I have ever cycled. We set off from Wishaw to Glasgow Green to get into the spirit of things, then completed the 45-mile Classic Challenge from Glasgow to Edinburgh.

"The start line had a great atmosphere with hundreds of people there and music playing, it really got me motivated. Chatting to people along the way was a great way to pass the time, you really get to know people after cycling a mile or two with them.

"There were some climbs along the route, which was especially tough as I'm still not a strong cyclist. But for every uphill, there was a downhill stint which gave me something to look forward to on the other side! You just have to accept the typical Scottish weather as part of the experience.

“The journey hasn't been easy but crossing the finish line was worth it.”

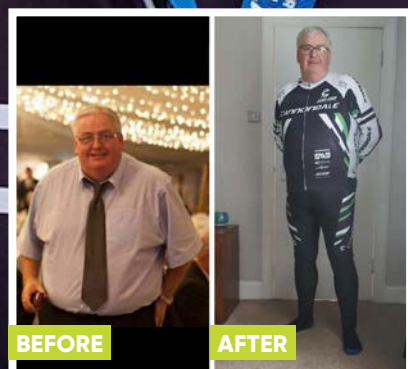
"My health really motivated me to get into shape properly, and I've built up from cycling two miles a year ago to now cycling 40 miles in one go. My eating habits were all over the place", Gerry added. "I would miss breakfast then skip lunch and end up binging on junk food in the evenings. I didn't have any sense of routine, and things quickly spiralled out of control. It was a struggle to get out of bed in the morning, and I avoided doing certain things because I felt too self-conscious.

"I'm over halfway towards my weight loss goal of eight stone since I started cycling: I've completely changed my diet and cut out junk food, eating a lot more fresh food and fruit and veg to give me the right calories and energy for cycling. I can really relate to the endorphins people get after exercising and feel really accomplished after each ride!"

"If you'd told me I would have been cycling 63 miles this time last year I would have thought it was impossible. The journey hasn't been easy but crossing the finish line was worth it and made me forget about the exhaustion it's taken to get to this stage.

"Now I know I can do it, Pedal for Scotland will be an annual event in my calendar and I can't wait to get involved in next year's 20th anniversary celebration. I've set my sights on the 100-mile Big Belter challenge for 2019, it's a long time in the saddle but with plenty of training I know I'll get there.

"I've had 51 years of being unhealthy, but that's changed. Pedal for Scotland was a fantastic experience, and if I can inspire one person into getting fit and healthy, I will have done my job." ●



1,800
Calories burned when you cycle the Classic Challenge

STAT

BIKES FOR REFUGEES

RIDER STORIES

The whole ethos of Pedal for Scotland is that anyone, whatever age, ability or background, can take part in an iconic cycle. Every year we see kids, grannies, mums and dads, colleagues, friends and a fair number of dogs take part. Joining them this year was a group of people who had only recently made their home in Scotland.

Volunteers, refugees and asylum seekers connected with Bikes for Refugees, an organisation which repairs bikes donated by the public, also took their places on the start line. The charity renovates bikes and then passes them on to refugees and asylum seekers to help them access services, explore their new surroundings and connect with local communities. By providing a free mode of transport, Bikes for Refugees aims to tackle loneliness and isolation which many asylum seekers and refugees face when they first arrive in Scotland.

Since the charity was set up in 2016, over 400 bikes have been repaired and given to refugees and asylum seekers across the country. This year, 15

volunteers and service users decided they wanted to pedal the 45 miles from Glasgow to Edinburgh to raise awareness of the charity and were given complimentary places to take part.

Steven McCluskey, who founded Bikes for Refugees, said "cycling helps people's physical and mental health and particularly for refugees who have experienced so much hardship and trauma. Bikes also bring people together and reduce isolation and help people to make new friends. Team Bikes for Refugees was made up of refugees, volunteers and new supporters flying the flag for cycling and refugees."

Mehdi, who is a part of Bikes for Refugees, says "Bikes for Refugees tries to make the world a brighter place by welcoming New Scots with a bike to explore the city and lots of new places in Scotland. Bikes provide free travel and make it easier to travel to places like college and volunteering, and for those that are alone and have lost their families they help to meet new people and make new friends. It's a fun and healthy activity and when we give people a bike we invite them to our cycling group where you can meet many people from many different countries with people from Scotland." ●

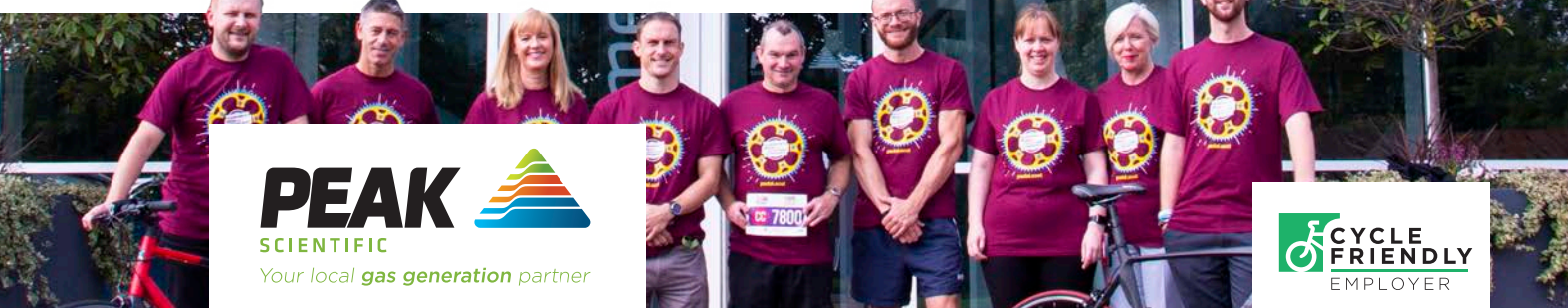
“Bikes bring people together, reduce isolation and help people to make new friends”



7,054
Riders took part in 2018

STAT

EMPLOYER FOCUS



Manufacturing Engineer, Steven Lockhart gives an account of his Pedal for Scotland experience.

As a keen cyclist joining Peak Scientific in 2016, I quickly learned that Peak had a number of sporty staff, and excellent facilities already in place. I registered Peak Scientific for the Cycle Friendly Employer Award, and given the head start with facilities – we achieved the award in March 2018.



Collecting statistics of how many people cycled to work was part of the Cycle Friendly Employer Award process, so we have good data on cycle usage. Weather obviously plays a big part in uptake, but over the amazing summer of 2018, we had an average of three bikes in the storage rack per day, peaking at a high of five. Not always the same bikes, but a regular core of commuters. Typical commuting distances range from 6 ½ to 20 miles each way.

All agreed it made them feel more alert and more energetic and provided a welcome boost in the morning.

Commuting by bike doesn't just benefit the individual, it benefits the organisation, and wider community too. It's a difficult thing to quantify, but obvious benefits to the organisation are:

- Fitter, happier, energised and wealthier employees.
- Less space required for car parking.
- Better for local environment by reducing number of cars on road.
- Identifies Peak Scientific as a forward-looking employer, committed to active travel by providing showers, lockers, drying facilities etc.

We identified the employees interested in cycling, and setup a bicycle user group to exchange knowledge and skills. The logical conclusion to this would be to enter an organised event: Pedal for Scotland 2018! We emailed all 200 employees at the Peak Scientific Inchinnan HQ, expecting perhaps six replies, and received 16! The final team consisted of 14 individuals, each taking part for a different reason, but riding together through a shared interest and team spirit.

Notable mention goes to Alison White who bought a bike through the Cycle to Work scheme, was bitten by the cycling bug, and wanted to take part in an event! From collecting her bike, to lining up at the start of Pedal for Scotland, Alison had just four months to prepare for the challenge.



14%

Classic Challenge riders took part with work colleagues

STAT

The big day arrived, and we met up in small groups. We barely had time to get team pictures taken, before we were waved through the arch, and onto the streets of Glasgow. The route was well marked, and the atmosphere amazing! The closed roads made everyone feel safe and made enjoying the fantastic scenery even better. We settled into smaller groups of similar ability, supporting and encouraging each other. The one thing none of us were prepared for was the amount of climbing on the route but it is a challenge after all! Food stops were perfectly placed, and well stocked and staffed by enthusiastic, helpful and smiley people. The carnival at the end was a buzz of everyone swapping tales of their adventures and eating more fabulous food, before getting on a bus for the return leg to Glasgow. Transport was expertly arranged and ran very smoothly for everyone.

We published pictures and a short write up in the company newsletter, and with 2019 being Pedal for Scotland's 20th anniversary we have enough interest already to field an even bigger team next year. See you in 2019! ●

Find out more about becoming a Cycle Friendly Employer at www.cycling.scot/our-programmes/cycle-friendly/employer

The clocks have gone back, the mornings are dark and the nights even darker. Why on earth would you want to head out into the cold for a chilly (and potentially wet) cycle?

A couple of good reasons: working out keeps you healthy and can stop you picking up nasty bugs, getting out and about is great for your mental health especially in the dark nights and – if you're anything like the Cycling Scotland team – keeping active means you can indulge in even more mince pies!

It's not easy to keep these benefits in mind, though, when you're weighing up a cosy bus versus a cycle ride to get home. That's why we've put together our top five tips to keep those wheels spinning all the way through winter.

1 DRESS FOR THE WEATHER

Whilst we're advocates of the philosophy that you don't have to dress head-to-toe in lycra to ride a bike, winter does bring a couple of challenges that means it's good to be prepared. You don't have to break the bank to get kitted out: you can find many decent waterproof jackets and trousers on the high street that will pack away neatly into your rucksack and which you can whip on should the heavens open. Buy a decent pair of gloves to keep your hands warm: There's nothing worse than having to spend ten minutes trying to lock up your bike with frozen fingers and then another ten minutes defrosting them on a radiator.

Brightly coloured jackets or reflective strips mean you can feel confident that you'll be seen while you're out and about and if you really want to keep toasty, now's a good time to add socks, a buff or a cycling cap to your Christmas list.

2 LIGHTS, LIGHTS, BABY

Don't overlook bike lights: they mean that other cyclists, drivers or pedestrians also on the road can see you. If you're commuting on a path that isn't well lit you could also invest in lights that light up the way ahead, helping you to spot any piles of leaves or potholes in your way. Again, you don't have to go super high-tech or expensive; you can find lots of suppliers on the high street or online for affordable lights that'll keep you shining bright in the dark.

3 EXPLORE NEW ROUTES

Like anything in life, doing the same routine again and again can sometimes feel a little dull. Cycling is the same; you dread the hill you have to climb every day and you can start to zone out of your surroundings. Mixing it up can make a big difference and remind you of why it's great to get out and explore. Take a different turning on your commute to work, pedal to a café you've always meant to go to but never had the chance or check out the great routes on the Sustrans website to keep things fresh.

CYCLING THROUGH WINTER



6,100

Calories burned when you cycle the Big Belter

STAT

4 BUDDY UP

Gang, squad, bezzie, best pal: call it what you will but friendships are great and can be real motivators when the going gets tough and you really don't want to go out. Having a date in the diary to meet a friend for a bike ride means you'll have the double benefit of time with your mate, and you can't make excuses not to go for a cycle. It always helps if your cycle ends with a coffee and cake! ●

5 SET YOURSELF A CHALLENGE

Having a goal to aim for is another great motivation. Entering an event puts a date in the diary to work towards, keeps you focused, helps you train and, if you're fundraising for a good cause, can give you that extra boost to keep those wheels turning through the winter months. ●

NATIONAL CYCLE NETWORK ROUTE 75

JOHNSTONE TO KILMACOLM

...and back.



Distance 15.4 miles

Start Johnstone Station

Finish Johnstone Station

Grade Easy

Terrain, gradients and access

Traffic-free, sealed path cycleway.

Beginning at Johnstone station (a 14 minute train journey from Glasgow Central), this peaceful, traffic-free section of National Cycle Route 75 located on the site of the former Paisley and Clyde railway line towards Kilmacolm traverses open countryside on sealed surfacing, allowing for a leisurely, family-friendly winter ride. After passing alongside Brick Traction (1990) and XVII Legion (1990), two striking artworks by David Kemp, the route emerges directly into the heart of Kilmacolm village at the Pullman Tavern, a popular turning point for a relaxing half-day trip on bike or by foot from Johnstone.

Find out more about the route: www.sustrans.org.uk/ncn/map/route/paisley-and-clyde-railway-path

sustrans
JOIN THE MOVEMENT



294,000

Miles cycled during Pedal for Scotland 2018

STAT

NATIONAL CYCLE NETWORK ROUTE 1

DUNDEE TO ARBROATH



Distance

18.8 miles one way,
37.6 miles round trip

Start Dundee Station

Finish Arbroath Station

Grade Easy

Terrain, gradients and access

Predominantly traffic-free cycleway,
some short quiet on-road sections.

This predominately traffic-free coastal route begins at Dundee station, immediately passing the spectacular new V&A museum before hugging the Firth of Tay towards Broughty Ferry. Passing by the famous golf links of Carnoustie, the coastal path then takes in crisp winter views of the North Sea whilst meandering past a distinctive chainsaw carving at East Haven village, before continuing on towards Arbroath. From here, onward rail connections are available towards Edinburgh and Aberdeen, or back to Dundee.

Find out more about the route: www.sustrans.org.uk/ncn/map/route/dundee-to-arbroath

For those seeking a bigger challenge:

Stop for a bite to eat in Arbroath before following the same route back to Dundee station, with the route providing views of the Firth of Tay past Dundee towards Newburgh.

PEDAL FOR SCOTLAND

2018

PICTURE SPECIAL



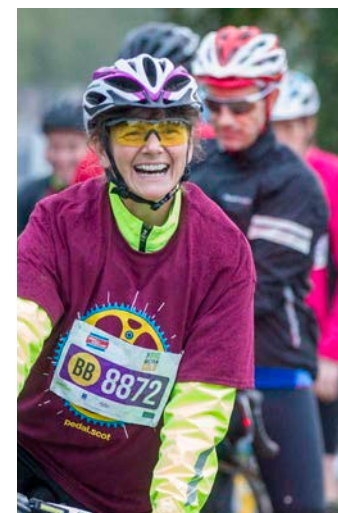
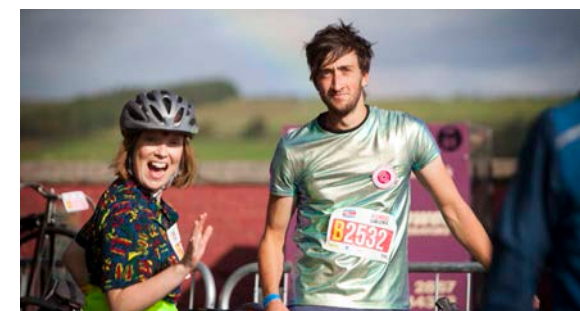
PEDAL FOR SCOTLAND

 **45%**
were first time riders

STAT



cycling.scot





THE CLASSIC CHALLENGE



**THE WEE JAUNT
EDINBURGH**



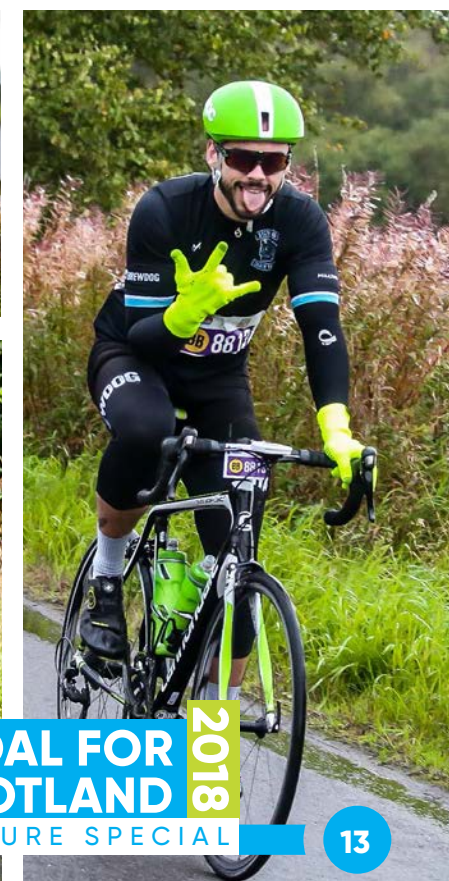
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or click here to purchase your event photos.

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PEDAL FOR SCOTLAND 2018
PICTURE SPECIAL



PEDAL FOR SCOTLAND 2018
PICTURE SPECIAL

CAPITAL EFFORT



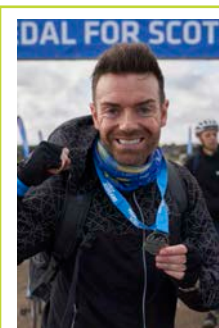
Des Clarke, Steven Mill and Amy Irons from the Capital Scotland Breakfast Show took part in this year's Pedal for Scotland event and would recommend it to everyone. Not only did the event allow them all to work on their fitness but also gave them the opportunity to accomplish a personal goal.

Presenter and comedian, Des Clarke enjoyed the experience of taking part in Pedal for Scotland, especially as this year he had just learned to ride a bike. "I had the most amazing time training and taking part in Pedal for Scotland. I only learned to ride a bike this year, and just getting to the start line is one of my proudest achievements". Taking part in the event and cycling 45 miles from Glasgow to Edinburgh was something he never thought he could do. He commended all the fellow riders for their support and encouragement and said "I couldn't have done it without the support of friends and family and want to thank my fellow riders for all of the encouragement! Thank you Pedal for Scotland!"

Pedal for Scotland allowed co-presenter Steven Mill to work on his fitness. Training and working towards the event gave him a goal to focus on. Steven thoroughly enjoyed his training plan and it gave him the motivation to get out and about on

his bike. It was Steven's first time taking part in Pedal for Scotland. He said "the route was the right level of difficulty and it went by in a flash!" He also enjoyed the pit stops along the route which had great food, a friendly atmosphere and encouragement from everyone involved. "It was my first time doing Pedal for Scotland and I already cannot wait for next year."

Amy Irons was so excited to take part



37

The age Des Clarke from Capital FM learned to ride a bike and complete his first Pedal for Scotland

STAT

“It was my first time doing Pedal for Scotland and I already cannot wait for next year.”

in Pedal for Scotland this year as it was also her first time doing the event. In the past she has been on the side-lines supporting and cheering on her friends and family so this time it was a nice change for her to be part of the action. "There really was such a great family friendly atmosphere at the event. Whether you were an experienced cyclist looking to get a good time or an amateur who wanted a fun day out, Pedal for Scotland really offers something for everyone. I've definitely got the bug now and can't wait for next year." ●

CAPITAL BREAKFAST WITH
DES CLARKE, STEVEN & AMY

WEEKDAYS FROM 6AM

@CapitalScotland



105-106
CAPITAL FM

SCOTLAND'S NO.1 HIT MUSIC STATION



450

Riders in the first Pedal for Scotland in 1999

STAT



2019

JAN	Set a New Year's resolution you'll want to keep: sign up to Pedal for Scotland!	
FEB	14th Get together the ones you love for a Valentine's Day cycle	♥
MAR	30th Earth Hour 31st Clocks go forward	🌐
APR	5th Walk to Work day Organise an Easter egg hunt on bikes	🥚
MAY	 12th Wee Jaunt Falkirk National Walking Month	🚶
JUN	6th – 16th Edinburgh Festival of Cycling TBC Bike Week	🚴
JUL	Start planning training rides for Pedal for Scotland	🏠
AUG	15th Cycle to Work Day	👤
SEPT	 8th Pedal for Scotland	🚴
OCT	International Walk to School Month Organise a Hallowe'en ride Clocks go back Check out page 5 for our winter cycling tips TBC Road Safety Week	🎃
NOV	Get out and enjoy the autumn leaves on a November bike ride	🍂
DEC	Add some cycling goodies to your Christmas list	🎁

WHAT'S ON IN 2019



PEDAL FOR SCOTLAND 2019 IS NOW LIVE!

Register at
pedal.scot

cycling.scot

Cycling Scotland

Charity No.SCO29760



TEACHING SCOTLAND'S CHILDREN TO CYCLE WITH CONFIDENCE

Ask your school about Bikeability Scotland cycle training.

Bikeability Scotland gives children the skills and confidence to make independent journeys and cycle safely on the road.

With Bikeability Scotland cycle training, your child will gain an essential life skill and become a biking expert.

Visit **BIKEABILITY.SCOT**
for more information