

RUNNING STAGE

If you are participating in the running stage as an alternative to the mountain bike stage then the following advice is applicable to you.

- Appropriate clothing and footwear should be worn for a cross country run. The terrain which this route follows varies from rough rocky track to wet peat tracks. There are some steep ascents and descents and care should be taken when negotiating these parts.
- Please follow all instructions from the authorised marshals and do not deviate from the planned route.
- Please ensure that you carry all the water and food you will require over this distance.
- PLEASE DO NOT DROP LITTER ON ROADS OR CROSS COUNTRY
- IF YOU PULL OUT OF THE EVENT AT ANY TIME YOU MUST INFORM A MARSHALL, GIVING YOUR NAME AND RACE NUMBER AND INFORM THEM IF YOU ARE MAKING YOUR OWN WAY HOME OR GOING ON TO THE SCALADALE CENTRE.

FITNESS

The organisers wish to provide a fun and an enjoyable day whilst raising funds for local clubs however the cycle will require a degree of physical effort.

To get the most out of your day it may be worth considering doing a bit of training in the months leading up to the event.

This does not have to be a full on training programme but as simple as spending some extra time on your bike or increasing your current fitness regime.

For assistance in starting or improving your fitness training there are a number of helpful programmes or links on the following web sites....

www.srac.org.uk

(Stornoway Running and athletics club)

www.runnersworld.co.uk

www.cyclingweekly.co.uk

www.cyclingmagazine.co.uk/cyclingplus

Alternatively you can contact your local sports centre for advice and assistance.

It is always advisable to ensure you are in good health prior to commencing a fitness programme and advice should be taken from your GP.



HEBRIDEAN CYCLE CHALLENGE

IN AID OF LEWIS & HARRIS
YOUTH CLUBS ASSOCIATION



**SATURDAY
18TH JUNE 2011
CREED ENTERPRISE
PARK, 9.30AM START**

PROGRAMME

SATURDAY 18TH JUNE 2011

- 0830 Registration opens at Lewis Karting Centre, Creed Enterprise Park
- 0915 Final registration
- 0930 Cycle start
- 1400 Barbeque and entertainment at Scaladale Centre, Harris
- 1500 Cycle race prizegiving
- 1600 Bus departs Scaladale
- 1645 Bike reclaim at Lewis Karting Centre, Creed Enterprise Park
- 1715 Bus departs Creed Enterprise Park for Stornoway Bus Station

KEY POINTS

- Read all correspondence
- Make sure you are reasonably fit
- Prepare and train before the event
- Bring your sponsor form for Registration
- Ensure you have all equipment and clothing for the day
- Organisers can transport one kit bag per person from Stornoway to Scaladale
- Wearing a cycle helmet is mandatory
- A High Visibility Vest will be provided
- Discounted bikes for hire are available at Alex Dan Cycle Shop, Stornoway
- Entry Fees: Sponsored Cycle - £10.
Competitive Cycle / Run - £30
- More Information at www.hebrideancycleclub.com or www.lhyca.co.uk

In order to provide an enjoyable and safe event the organisers have taken all reasonable steps to ensure the safety of all participants. However it is expected of participants to follow the advice below and take responsibility for their own safety and comfort.

This list is not exhaustive.

ROAD CYCLE / MOUNTAIN BIKE

- Safety approved helmets are compulsory and must be worn at all times when cycling.
- Appropriate clothing should be worn depending on weather conditions. It is advisable to wear bright clothing and not to wear headphones or hoods which may obscure your hearing or vision.
- Please ensure your bike is maintained to a safe standard and it is advisable to have your bike checked over by a qualified person prior to the day.
- There are water/food stops on the route but it is recommended that you carry water/juice and any sweets/bars that you may require.
- You may not start ahead of the group.
- You must be aware of other cyclists around you and allow faster cyclist to go past.
- You may not deviate from the official route and please obey any instructions from authorised marshals.
- If you require to make or take a phone call please pull over and do not use a phone whilst cycling.
- The law relating to the use of public roads and the Highway Code should be followed throughout this event.
- If you are going on to take part in the mountain bike stage of the event, then, in addition to the above you should ensure your mountain bike is suitable for such a route. Please do not attempt any downhill section unless you are confident of your abilities. You are permitted to walk/push your bike on any part of this stage.
- Please stay on recognised tracks to minimise damage to the countryside.
- PLEASE DO NOT DROP LITTER ON THE ROADS OR CROSS COUNTRY.
- IF YOU PULL OUT OF THE EVENT AT ANY TIME YOU MUST INFORM A MARSHAL, GIVING YOUR NAME AND RACE NUMBER AND INFORM THEM IF YOU ARE MAKING YOUR OWN WAY HOME OR GOING ON TO THE SCALADALE CENTRE.

