

THE BIG SAWSTON PEDAL PUSH 2015

Instructions to cyclists

Thanks for taking part in this event! Along with this info sheet, you should have received a sponsorship form and a map of the 2 circuits – the BIG PEDAL PUSH (a 7.5 mile circuit) and the MEGA PEDAL PUSH (a 15 mile circuit). You can choose which circuit you'd like to do depending on your age and experience and repeat it as many times as you want (each completed circuit is called a 'lap'). All cyclists must be at least 8 years old, and young cyclists **must** be accompanied by an adult.

Sponsorship

The idea is to get sponsors to donate for each mile or lap you complete, but of course we all know that some people will simply say "I'll give you a donation". We can live with that! The main thing is that you have fun and stay safe! All money you raise goes to Romsey Mill, a charity that is based in Cambridge but works with young people in Sawston.

Safety

- If you are riding on the day, you **must** wear a helmet.
- If you turn up on the day without a helmet, you won't be able to take part.
- Children taking part who are under the age of 14 must be accompanied by an adult.
- If your bike gets a puncture, we'll have some people around to help – call the mobile number below!
- Please don't take part if you have any concern about your bike. There are some inclines and crossroads so good condition brakes and tyres are particularly important.
- Please bring your own food and drink (though there will be refreshments back at the Church).

When you start

You must register from 8am at Sawston Free Church (£5) or in advance (£3). Sawston Free Church is the start and finish point for both circuits.

1. When you get to the start point, check in with the Registrar. Don't go without checking in properly!
2. As you complete each lap, check in with the Registrar and get your lap ticked off against your name.
3. When you've finished cycling, go to the Registrar, get your miles calculated and have your form signed off. You can collect your certificate there (along with a free massage and refreshments!).
4. The Registrar is going to close at 3pm, so you will need to have finished your last lap and be back by then. If you are nearly finished and concerned you may not make it back by closing time, phone the emergency number **07814 920187** and let us know.

On the day, do as many or as few laps as you wish. Whatever you do, ride carefully, safely and courteously – remember this is not a race or a speed test!

