

TEAMS REGISTERING ONLINE GET EVERY 4TH ENTRY FREE - SEE WEBSITE FOR INFO

### Choose a ride:

51 mile Challenge Ride

100 Mile Sportive

3 mile Family Ride

### Entry Donation:

Challenge Ride: Adult: £20

Concessions: £10

Sportive: £30

Family Ride: FREE

### Transport:

No Transport Required £0

Participant / bike transport (am to the start from Edinburgh to the start in Glasgow) £15

Participant / bike transport (pm from the finish) in Edinburgh back to Glasgow £15

Where did you hear about the event?

Are you a past participant? YES  NO

### Age Group:

U16  16-17  18-24  25-34

35-44  45-54  55-59  60+

### I agree to the conditions of entry

Signature (Parents/guardian's signature if under 16 years)

Date

Cheque for £  enclosed

Please make cheques/postal orders payable to Pedal for Scotland.

Once we have received your entry fee and form you will be sent a confirmation letter, along with a sponsor form to raise money for our official charity partner Maggie's Cancer Caring Centres.

This event is organised by Cycling Scotland. Charity No. SC 029760 Company No. SC 252907

#### Event Partners



# freshnlo

## Pedal for Scotland

Glasgow to Edinburgh

12 Sep 2010

Get fit.  
Feel great.  
Do Scotland's  
biggest  
bike ride!



for more  
info visit:

[www.pedalforscotland.org](http://www.pedalforscotland.org)

Organised by

Cycling Scotland

SC 029760

Official Charity Partner

maggie's  
cancer caring centres

Supported by



Supported by



**Register Now!**  
You can register on line at  
[www.pedalforscotland.org](http://www.pedalforscotland.org)  
or by completing and  
returning this form to:

Pedal for Scotland,  
Pennine Events,  
Suite 1a, Ribble House,  
Meanygate, Bamber Bridge,  
Preston, PR5 6UP

**For more info call:  
0141 348 7998**



**freshnlo Pedal for Scotland** now has three ride options to choose from, so cyclists of every level of ability can take part:

### Challenge Ride - 51 miles

The 51 mile Glasgow to Edinburgh ride is Scotland's biggest bike ride that uses a mixture of closed roads, quiet back roads and cycle paths, taking in Scotland's two largest cities via stunning countryside. It's the perfect challenge for both regular cyclists and those who haven't cycled in a while - a few weeks training is enough to get in shape. There are rest stops around every ten miles serving free refreshments, plus a free lunch at the beautiful Linlithgow Palace, making for the perfect active day out for groups of friends, family or work mates.



### Sportive Ride - 100 miles

The freshnlo Pedal for Scotland Sportive is a brand new ride of 100 miles from Glasgow to Edinburgh. The Sportive is a much more challenging ride for regular cyclists. Expect some challenging climbs, great scenery and a brand new route that will push your endurance to the limits.



### Family Ride - 3 mile circuit

The freshnlo Pedal for Scotland Family Ride is a brand new FREE event for 2010, especially for families with young children or those new to cycling. A 3 mile off-road circuit around Glasgow Green will give riders the opportunity to participate in a cycling event without any contact with traffic, with a host of music, entertainment and activities to ensure a great day out for families.



**maggie's**  
cancer caring centres

### Official Charity Partner 2010

Maggie's is an innovative cancer charity providing a programme of psychological, emotional and practical

support that empowers people with what they need to get through their diagnosis and to learn to live with, through and beyond cancer. We provide all of this in stunning inspirational centres where anyone affected by cancer can turn to for help. The centres are there for anybody who feels the need for help, which includes those who love and look after someone with cancer, who often feel as frightened and vulnerable as those who actually have the disease. Maggie's are working to create a network of cancer caring centres across the UK offering high-quality community-based cancer support that will help people to manage the impact of a diagnosis of cancer and live with hope and determination. You can support this important work by raising funds for us by riding freshnlo Pedal for Scotland.

Registered charity number: SC024414

#### Conditions of Entry:

Entrants must ensure that their bikes are roadworthy. Children aged between 10 and 16 can ride independently in freshnlo Pedal for Scotland Challenge Ride if accompanied by a responsible adult. Children aged 9 or under can take part in freshnlo Pedal for Scotland Challenge Ride on a tag-along or in a children's bike trailer. The Family Ride is suitable for children under 9, but they must be accompanied by an adult. The Sportive Ride is for over 16s only. In all cases it is the responsibility of the child's parent or guardian to determine the ability of their child to take part in freshnlo Pedal for Scotland. The organiser cannot accept any liability for loss or theft of belongings. Riders participating in the freshnlo Pedal for Scotland 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 employees or representatives. It is the responsibility of every participant to ensure that they are fit and healthy to complete the ride. If you are in doubt it would be advisable to consult your doctor. Cycle Safety helmets are recommended.

### One entry per form

Title:  Forename:

Surname:

Email:

Address:

Town / City:

Postcode:

Day Tel:

Eve Tel:

Emergency Contact:

Emergency Tel:

T-shirt Size: S  M  L  XL