

## PARTICIPANTS NOTES

Thanks for taking part in the MUG Bike Ride on Sunday 21st October 2018 and helping the Male Uprising in Guernsey Charity raise funds for research, support and diagnostic testing for male cancer sufferers in Guernsey. Please read **ALL** the following notes as each is important.

### START TIMES

Riders may start at any time between 10.00 am and 11.00 am. Riders will be set off in small groups at intervals to save congestion on the route.

### ARRIVE IN GOOD TIME

You are asked to arrive 20 minutes prior to your start time in order to register and attach a unique start number to the front of your bike.

### PARKING

There is very limited parking at the start area so please, if you can, ride to the event. If you are being dropped off then please be considerate to other road users in the area. Parking at the finish is limited too. Please use the northern end of Bordeaux Car Park and allow the southern end to be used by the patrons of Woodies Kiosk. Other parking for the finish can be found alongside "Quayside" and the "Bridge" area.

### SPONSORSHIP MONEY

Please bring your sponsorship money if at all possible to hand in at registration.

### SUITABLE BIKES

Most bicycles will be suitable for the ride as the majority of the course is on hard packed coastal paths. Mountain Bikes and Hybrid bikes are suitable but racing bikes not so.

### THE COURSE

Once you have travelled down the La Mare Nature Trail the course uses the coastal paths around the north of the island via Rousse, Chouet, L'Ancrese, Beaucette, Bordeaux and on to Vale Castle car park.

### APPARATUS ON THE COURSE

As well as the natural features of the course there will be a series of Norman Piette apparatus such as shark's teeth, see saws and zig zags. These are for the moderately proficient cyclists to enjoy and can be bypassed for those that prefer. There are a couple of sections of "easy" and "hard" routes and these will be sign posted too. Each piece of apparatus will be marshalled by experienced cyclists to assist.

**Shark's Teeth** suitable for those with moderate bike riding skills.

**Zig Zags** suitable for riders with good bike control.

**See Saws** only rideable by those with advanced riding skills.

### ROADS

There are three sections of roads on the course. The first is at Portinfor for just 100 metres before turning left towards Les Dicqs. The second is just after Beaucette Marina and heads through the lanes to "La Miellette and up the hill to Kings Road then left along Rue de La Cocayne to Paradis to rejoin the off road section to Bordeaux Tip. The final road section is just after Bordeaux Tip to travel around the edge of Bordeaux Harbour.

**Please beware of other traffic in these three areas.**

### SAFETY ON THE COURSE

The course is safe but in the event of a fall there will be expert assistance in attendance from Guernsey Velo Club trained first aid personnel. Please make the nearest marshal aware of any situations requiring medical assistance and the marshal will arrange this. If you require assistance throughout the course, there is a number which you can call on your bike plate - 07839 264819.

### KEEP TO THE COURSE

The course will be signposted and marshalled. Over 90% will be based on coastal paths. Please keep on the designated course. We have been granted permission to ride on the course as a privilege but any deviations will be monitored and could jeopardise future fundraising events. Please stick to the course and encourage others to do likewise.

### OTHER PATH USERS

The ride does not have exclusive use of the paths and there may be other users on foot or on bicycles. Whether going in the same direction or oncoming please respect all other users accordingly.

### CAR PARKS

Apart from the car park at Vale Castle all other car parks along the route will be used by other road users. Please be careful of other vehicles as you ride through any car parks. In particular take extra care at Chouet car parks as there will be an autocross meeting held that morning.

### SPEED LIMIT IS 10 MPH

The stated speed limit for coastal paths is 10mph and must be adhered to. This is not a race.

### AGES

All are welcome but due to the length of the course a sensible minimum age anticipated is 7 years old. All riders under 12 years old will need to be accompanied by an adult. All riders between the ages of 13 and 17 will need separately signed parental consent forms which are available from Ian Brown's Cycle Shop. (Or online)

### CYCLE PARKING AT THE FINISH

There will be entertainment and refreshments for participants within the Vale Castle grounds but it is strictly forbidden for cycles to enter the area. Riders will need to park and secure their bicycles around the car park and finishing area. This area will be manned but the bicycles left there will be at owners risk.

### WHAT TO BRING

**All participants** will be required to be wearing a suitable cycle helmet for the ride.

You should wear suitable clothing in regard of the weather.

You will need a lock for your bike.

You will also need drink during the ride. Many of the kiosks and cafes will be open for the duration of the ride.