

MUG BIKE RIDE 2022



PARTICIPANTS NOTES

Thanks for taking part in the 6th MUG Bike Ride on 9th October 2022, kindly sponsored this year by Oak Trust. By riding you will be helping MUG continue to raise funds for research, support and diagnostic testing for cancer sufferers in Guernsey.

START TIMES

Start location: Home Farm, Saumarez Park. 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 limited parking at the Saumarez Park, so please cycle to the event if you can.

SUITABLE BIKES

The family friendly ride uses the shared use coastal paths, so hybrid bicycles or mountain bicycles are most suited to these trails. **Electric bikes are welcome.**

THE COURSE

From Home Farm, travel down La Mare Nature Trail and then onto the coastal paths around the north of the island. At Port Grat there is an option to ride a loop of the Ronez Quarry MTB Circuit before continuing the paths to Rousse, Chouet, L'anresse. There will be a circuit at Beaucette then onto Bordeaux, and on to the finish at Vale Castle Car Park.

SAFETY ON THE COURSE

The courses are safe, but in the event of a fall there will be expert assistance in attendance from 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.

ROADS

There are three sections of roads on the course. The first is at Portinfer 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.**

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.

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

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 Portinfer car park where a clay pigeon shooting meeting is taking place and Chouet car parks as there will be an autocross meeting held that morning.

SPEED LIMIT IS 10MPH

The stated speed 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 at www.mug.gg).

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 to 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.

