



Tour de Catterline 2015

Saturday 5th September

The 16th annual Catterline village bike ride with a twist.

This not for profit event organised by locals, retains the usual format of having 3 suggested routes and distances. It is a fun event for riders of all abilities, so whether you want a social ride, to encourage the kids out of the house, or just want to beat your neighbour – there's something for everyone.

You have a choice of routes: 10, 35 or 50 miles. This year we have extended the original route to make sure the distances reflect reality. Maps will be available soon and on the day. We do not have signage on the route so please make sure you have a map with you.

Riders should arrive ahead of their start time at Catterline School. Sign in is required prior to departure and when you get back so that we can confirm everyone is back safely.

The aim is to have everyone finish between 13.00 and no later than 13.30. The finish line is at Catterline Harbour where hot soup and refreshments will be provided (& brazier!).

Start times will be **every half hour from 9.30** and your choice of time will depend on the distance you are riding and the speed of your group. Slowest groups should leave first and fastest last. Typically groups leave at 10.30 or 11.30 for the 35 mile route and 9.30 onwards for the 50 mile route. People entering the family ride may wish to leave 2 hours or so. Refreshment and a free go on the tree swing will be available at East Mains of Barras, ½ way round the 10 mile family route. Please make sure children are accompanied by an adult.

For riders who are keen on competing with their neighbours, you are welcome to add miles to the route providing you return no later than 13.30. For this particular type of rider there will be prizes for distance and speed (you know who you are!).

Entry is £10 for adults, free for children under 16. All money raised will go to Kincardine and Deeside befriending, a charity which aims to reduce social isolation and loneliness in older people.

Award ceremony at 14.00 with prizes donated by Bike Remedy, Stonehaven.

Best Dressed Cyclist.....Sportsmanship.....Most Improved.....Greatest distance..... Greatest elevation..... Fastest Average Speed..... Most tea shops visited and the all important Catterline Yellow Jersey.....



Advance entry preferred - contact Jillian Evans preferably by email Jillian.evans@nhs.net or text 0777 5523152.

Name	
Address and Mob. No.	
Emergency Contact details and Mob. No.	
Route and start time (Please select)	50 miles 0930/1030/1130 35 miles 1030/1130 Family Friendly 1200
Will you be staying for soup?	Yes/ No

Entry Rules

- * You must be 16 years of age on the day of the ride to participate
- * Participants will be responsible for the roadworthiness of their own cycle.
- *You must obey all Highway Code Rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time unless this is on a road closed to normal traffic. Please be aware of your fellow cyclists and other traffic. Please indicate your intention to stop or change direction.
- * All participants must wear a safety-approved cycling helmet complying with ANSI Z90/4 or SNELL standards.