**ROTARY TRIPLE CHALLENGE – CYCLE EVENT – SUNDAY 24TH APRIL 2022**

**Final Information to Participants**

Event HQ: Miltonduff Hall

Car Parking: Parking is available at Mosstowie School and Miltonduff Distillery. The Hall car park is to be kept clear for cyclists and pedestrians. Consider cycling to the start to avoid car use and parking.

Start and Finish: Miltonduff Hall

Distance: 31 miles (circa 50kms)

Registration: Opens: 09.20am. Closes: 09.40am. Located in Miltonduff Hall. Marshals will be there to direct you.

Event Number: At registration, you will be given an event number and plastic ties. Please fix the number onto the handlebars and headset with the ties provided and ensure that the number is visible. You will also have a coloured sticker on the front of your event number. This colour denotes the group within which you will start.

Summary of Route: Miltonduff – Cloves – Brodieshill – Burgiehill – Dallas / Forres road junction – Dallas loop: high road to Dallas – Kellas – Cloddach – High road to Pluscarden – Miltonduff.

Refreshment ‘Pit Stop’: There will be a refreshment stop in Dallas (circa ½ way). Located on the left at picnic area. Marshals will be there to welcome you.

Briefing: There will be a short briefing in Miltonduff Hall for all cyclists at 9.40am. This will cover start and finish procedures, safety and all other arrangements.

Emergency and Support / Assistance contact details:

If you are carrying a phone - Contact: Iain Jamieson on 07723 341659. Please ensure details are logged on your mobile.

If you are not carrying a phone, there will be a marshal at almost every junction, or cyclists behind you who may have a phone and can assist.

Starting and Finishing Arrangements: Participants will be called forward to the start line in groups of approximately 12 to 20 with the faster riders setting off first. Start times:

1st group (red sticker) 10.00am

2nd group (blue sticker) 10.03am

Your time will be recorded when you cross the finish line at Miltonduff hall and be available to you on resultsbase later that day.

Equipment

Please make sure that you:

1. Have checked your bike and that it is roadworthy.
2. Bring a spare inner tube and tyre levers just in case you have a puncture.
3. Wear a recognised cycle helmet.
4. Bring something to eat for energy and your own filled water bottle (it can be refilled at the half way point in Dallas).

Mechanical and Medical Support: A bike mechanic and first aider will be available at the Hall from 09.00 and they will also act as the mobile support unit which can be sent out from HQ to your location should you need help.

Refreshments: No refreshments will be available before the event. Tea, coffee, soft drinks and home bakes will be available at the Hall when you finish. Supporters are welcome to refreshments at the hall – we would simply ask for a small donation to cover costs.

Medals: Medals will be presented at Miltonduff Hall HQ when you finish.

Highway Code: Road safety is the responsibility of each cyclist and you should follow the Highway Code and be familiar with the new regulations which can be found via the following link.

<https://www.gov.uk/government/news/the-highway-code-8-changes-you-need-to-know-from-29-january-2022>

<https://www.facebook.com/HighwayCodeGB>   
  
COVID Precautions and Measures: Please ensure you follow all current Scot Gov. Guidelines and COVID measures at all times whilst in Miltonduff Hall. Wearing of masks in the hall is recommended when you are not seated for refreshments.

Press: Local press may be present along with Rotary Elgin videoing and taking photos for social media and our website.  If you do not wish to be involved in these videos/photos, then please advise us when registering on the day.

General safety and things to be aware of: There are some potholes along the route and also sand on a short section of the ‘high road’ from Miltonduff to Pluscarden.

There will also be some gravel on tighter bends and at some junctions. We will sweep the worst of these locations the day before as best we can.

We look forward to seeing you on the day.

Best regards

Iain Jamieson (Rotary Elgin Triple Challenge 2022: Cycle Event Lead)

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