



M74 Bike 'n' Hike

START INFORMATION

Please be in the assembly area at Shields Road Car Park in Scotland Street at the requested time. Your event number which is included in your event pack should be fixed to the front of your top with 4 pins (not supplied). Remember it is vital you warm up properly. Join in this fun instructor led warm up. Please follow all instructions from the event officials.

Elite wheelchairs, Club cyclists, Fun cyclists

Assemble @ 0840 to move to Start for 0900.

Club runners and Fun runners

Assemble @ 0910 to move to Start @ 0930

Walkers, Families and Wheelchairs

Assemble @ 1000 to move to start @ 1015

Last start time for the long route 1200

Last start time for the short route 1400

FINISH INFORMATION

PLEASE DO NOT STOP as this will block others from crossing the finish line. If you must stop, move to the side where the medical team will assist you if required.

The route must be cleared by 1600.

IMPORTANT INFORMATION

Please Note

Entries will not be accepted on the day.

Transport

We strongly advise you to use public transport.

Traveline Scotland can provide information on public transport journeys within Scotland. Phone 0870 200 2233 or visit www.travelinescotland.com

Car Parking

If travelling by car you can find details of car parks in the city centre by visiting www.glasgow.gov.uk/parking. Please park responsibly.

Please Note: Limited car parking will be available at Shields Road multi-storey car park and limited blue badge parking will be available at Shields Road surface level car park.

Drop Off Facility

A drop off and collection facility will be available in the Cook Street car park. There will be strictly no parking in this car park.

Animals

The only animals permitted on the site will be guide dogs.

Participants in Wheelchairs

The M74 is not designed to be DDA compliant. Consequently there are long steep gradients on the route (6% on ramps for 100m and 4.5% on motorway over 400m) and anyone participating in a wheelchair might require an able-bodied 'buddy' to assist them ascending and possibly descending some gradients. If you do require assistance, please make sure you organise this yourself prior to event.

Medical Information

This is a fun event, however if you have recently had a cold or other illness, then please do NOT start the event. If you have a specific medical condition, to assist our medical team please mark a cross on the front of your number and write any medical condition or illness on the back.

Medical Stations

There will be a medical stations located at Shields Road car park, at Polmadie Road junction and at Fullarton Road junction. First aiders will be in attendance along the route.

Toilet Facilities

There will be toilet facilities located at Shields Road car park. This will service both pre and post event needs. However as these are likely to be extremely busy please ensure that you leave yourself sufficient time. There will also be toilet facilities located at Polmadie Road Junction and Fullarton Road junction.

SPT SUBWAY INFORMATION



Times of operation

To support the M74 Bike 'n' Hike SPT has arranged for the Subway to open at 0815 on Sunday 22 May 2011. The Subway will close at 1800 as normal.

Park and Ride

Facilities will be available at Bridge Street and Kelvinbridge. Limited car parking will be available at Shields Road multi-storey car park and limited blue badge parking will be available at Shields Road surface level car park.

Restrictions of Usage

Unfortunately, the inherited constraints of the small tunnels and trains prevent SPT from offering wheelchair access.

Customers with sight impairment are welcomed, along with their guide dogs when accompanied.

Parents with young children should fold pushchairs to avoid accidents on stairs, escalators or platforms. Space on the small trains is so limited that pushchairs have to remain folded. Please ask station staff if you need help.

Unfortunately, again because of space restrictions, it is not possible to accommodate large prams and pushchairs.

DISCLAIMER

Each and every Participant is solely liable for making the decision to enter, start and or continue in the event and will be deemed to understand fully their own limitations.

Participants take part in the event entirely at their own risk. The Organising Authority will not accept any liability for material damage or personal injury or death sustained in conjunction with or prior to, during, or after the event.

Nothing done, or not done, by the organisers can reduce the responsibility of the Participant, nor will it make the organisers responsible for any loss, damage, death or personal injury, however it may have occurred, as a result of the Participant taking part in the event. The organisers encompass everyone helping to run the event, and include the organising authority and any other helpers.

The provision of event management does not relieve the Participant of their responsibilities.

The fact that the organising authority and or any other helpers may marshal or provide event support does not reduce the responsibilities of the Participant.