

Cyclist Information Pack

Sunday 1st May

Penicuik to Musselburgh Racecourse

Registration: 12.00 noon

(Penicuik Centre)

Start: 1.00pm

(Penicuik High Street)

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1) Event Schedule

11.30 am	Uplift (pre-paid) from Musselburgh Racecourse Pavilion Carpark
12.00 noon <i>until</i> 1.00 pm	Registration at Penicuik Centre & COLLECT EVENT NUMBERS
1.00 pm <i>until</i> 1.30 pm	START Penicuik High Street, no departures after 1.30 pm

There is a time limit of 4 hours for the ride.

The course will be cleared from 5.30 pm, signs removed and marshals will disperse.

Uplift (prepaid) back to Penicuik from 5.00 pm (or earlier if all those booked have completed the route).

2) Route Description

The “MEGACYCLE” route starts at Penicuik High Street and very soon turns onto the Penicuik to Dalkeith Cycle Track. This is a former railway line on a generally downhill gradient passing through very scenic countryside and emerging at Rosewell village. (water stop).

You have now completed 1/4 total distance.

Remaining on this track the route continues downhill on quiet ,traffic free bye-ways, through Bonnyrigg and Eskbank eventually emerging onto A6106. A short ride leads directly to Kings Gate and Dalkeith Country Estate, a peaceful haven of majestic architecture and abundant wildlife. Food and drink, first-aid and toilets are available here. You can, of course, bring your own picnic.

You have now covered 1/2 total distance.

Much refreshed, riders will continue through the park to the “Lodge” exit, then follow a short length of public road before joining the River Esk Path, a designated cycle way, to arrive at Musselburgh. (water stop).

You have now completed 3/4 total distance.

Crossing the river by footbridge the route heads for the coast at Fisherrow, then re-crosses to Musselburgh near the famous racecourse. The scene changes once again to that of a “seaside” nature with views across the Forth to Fife, and following the sea-wall along the coast, you should spot birds (and birdwatchers) a-plenty before cutting inland for a short distance to arrive at the Musselburgh Racecourse New Pavilion finish.

You have now completed the course, and you have earned some of the refreshments available .

Don't forget to collect your medal WELL DONE!

3) Megacycle Route

1. Assembly at Penicuik Centre
2. **START** : Penicuik High Street (marshal)
3. Left onto Bridge Street
4. Left onto Valleyfield Road
5. continue onto Penicuik/Dalkeith cycle path
6. continue on to car park at Rosewell (water stop)
7. Cross A6094 (marshal)
8. Cross B7003 and continue Penicuik/Dalkeith cycle path
9. Cross B704 and continue Penicuik/Dalkeith cycle path
10. Cross A7 (bridge) right turn and continue Penicuik/Dalkeith cycle path
11. Turn left and continue Penicuik/Dalkeith cycle path
12. Cross River N. Esk on Glen Esk Viaduct
13. Continue along Penicuik/Dalkeith cycle path to end near Sheriffhall Roundabout
14. U-Turn along A6106 pavement for 50 metres (marshal)
15. Turn left into Dalkeith Palace Grounds via Kings Gate (food/drink)
16. Exit Palace Grounds at Lodge exit (marshal)
17. Left onto A6094
18. Turn left onto Cowpits Road
19. Left onto Dalkeith/Musselburgh cycle path
20. Follow riverside onto Station Road
21. DISMOUNT! turn left onto footbridge
22. Turn right and cross Olivebank Road using pedestrian crossing
23. REMOUNT! onto Eskside West
24. Pass under Bridge Street by pedestrian path (low headroom!!),
Continue onto Eskside West.
25. Turn right onto footbridge
26. Turn left onto Goose Green Crescent
27. Continue to Goose Green Place
28. Follow on to path around lagoons
29. Turn right (away from coast) and follow path back into Racecourse
30. Follow path to Pavilion
31. **FINISH**

5) Health and Safety

YOU AND YOUR BIKE

All cyclists should wear a cycling helmet for protection and suitable clothing. We suggest you bring a water bottle and perhaps an energy bar, though we do provide refreshments at points along the route. There will be time for lunch at the Dalkeith Country Estate, so we advise you to bring money or a picnic.

You should ensure that your bike is in a safe and serviceable condition prior to starting the challenge and it may be worth taking it to your local cycle dealer for a safety check if you have not used it in a while! Remember to bring a puncture kit or new inner tube with you, just in case. "Mechanics" services will be available at both Start and Finish, while another mechanic will follow the event. Our cycling marshal can also help with minor repairs and if you have to withdraw for any reason we have a vehicle following the route which can pick up both you and your bike.

If you are using our transport service please identify your bike by writing your name on an affixed label.

SAFETY

Because we are concerned for your safety at all times we will ensure that suitable first aid cover is available and that the route is suitably marshalled. All participants must heed any requests and/or instructions given by the marshalls.

All adult riders should carry a mobile phone and any incident should be reported to **07512 780 543**.

All participants should be in good general health. If in doubt, please consult your doctor.

"MEGACYCLE" carries up to £5 million public liability insurance. Please note however that this is NOT personal accident insurance and you may wish to speak to your insurance agent to take out such cover through your household

6) Health and Safety *(continued)*

FURTHER SAFETY NOTES

- * THIS IS NOT A RACE. Please maintain reasonable speeds and consider others.
- * Some paths are narrow and may be muddy - no overtaking here.
- * Major road crossings and some stretches of trafficked roads are unavoidable. These points are marshalled, but nevertheless extreme caution must be used.
- * Wear appropriate clothing for the weather, and bright colours and/or reflective clothing is highly recommended. Ensure no clothing can become entangled in the bicycle machinery.
- * Road Position ; keep out of the gutter and cycle where you can be seen, keeping a smooth line rather than moving in and out to dodge obstructions and parked vehicles.
- * Carry your belongings in a pannier or basket.
- * The route is on public paths and there will be other users. Alert them to your presence and be as courteous as possible.
- * Security; When you leave your bike outside, choose a place in public view and use a strong lock to secure your bike to a fixed object

AND FINALLY; Please respect the privacy of those residing in nearby streets and use alternative parking locations.