

## **'Sir' David Gray Cycle For Autism FAQ's**

### **Can you transport bikes to Hampden?**

Yes! You can drop off your bike at Easter Road Stadium the day before the cycle before 12 noon, and it will be transported to Hampden for you to collect on Sunday morning.

### **Can you transport me to Hampden?!**

Yes! A coach will depart from Easter Road Stadium on the morning of the cycle.

### **Will mechanical support be provided?**

Yes! Leith Cycle Co. will be providing mechanical support on the day. Mechanical support will be provided at the start point, and at 2 rest points along the route.

Leith Cycle Co. will also be providing free safety checks at their store in Leith, for all event participants. Please call 0131 467 7775 to book in your free safety check.

### **What information will I receive in advance?**

You will receive an email with your final event instructions 2 weeks in advance of the event.

### **How are the waves of cyclists organised?**

Participants will be split up into waves of 10 people. Each wave will leave 5 minutes apart from Hampden Park. Each wave will be accompanied by a volunteer cyclist, who will be first aid trained and will be equipped with bike repair kits.

### **Can I volunteer for the event?**

Yes! We are currently recruiting volunteers to help out as volunteer cyclists on the day. Volunteer cyclists will accompany waves of cyclists, and will act as the primary point of contact for their wave. Volunteer cyclists must be first aid trained and have basic knowledge of bike repair.

### **Are there toilets on the route?**

Yes, there will be toilets located at the start point and at each of the rest points along the route.

### **Is parking available?**

Please refer to our final event instructions (emailed 2 weeks in advance of the event), which will contain information on parking locations.

### **Is there an afterparty?**

Yes! There will be a celebration at the end of the event at Easter Road Stadium for all taking part. Food and Drinks will be provided. This is a great chance to relax and unwind after a long cycle, and we hope that you can make it.

**Do I have to fundraise?**

We ask that all participants fundraise a minimum of £90+£2 to take part in our Cycle for Autism, in aid of Team United. Please set up your fundraising page at the following link: <https://www.justgiving.com/campaign/teamunitedcycleforautism>

If you would not like to fundraise, you can make choose to make a direct donation to the cause at the above link, clicking the "Give Now" button. 100% of direct donations will be allocated to Team United.

**Is there a minimum age?**

Our Cycle for Autism is open to cyclists aged 16 and over on the day of event.

**Can I be in the same start wave as my friends or club members?**

If you would like to start in the same wave as your friends, please input a 'Team Name' during the registration process.

**What type of bike can I use?**

Road bikes are preferable, but gravel, mountain, hybrid touring bikes and tandem bikes are acceptable. If you are riding a tandem, both participants need to enter as individual participants.

An electric bike or Ebike is permitted, provided it is a UK road legal bike.

**Where can I hire a bike for the event?**

If you would like to hire a bike for the event, head to <https://leithcycleco.com/>

**Do I have to wear a helmet?**

An approved bike safety helmet must be worn by all participants at all times whilst taking part in the event.