



## Frequently Asked Questions

### EVENT INFORMATION

- **Will I get a medal?**

Yes! Everyone taking part in *Pedal Glasgow G3* will receive a medal.

- **How long will it take me to complete the route?**

The route is just under 5km, and on mainly flat ground - along dedicated cycle lanes (National Cycle Route 75) or shared pedestrian/cycle paths. Cycling from the start of the route near The Pyramid to Glasgow Science Centre would take an average cyclist around 10 minutes; therefore, the round trip could take between 20 - 30 minutes.

For less experienced cyclists, or for smaller children taking part - it may take slightly longer, at around 40 - 50 minutes to cycle the route.

- **Do I need to train? If so, how much training?**

Probably not! As long as you have a reasonable level of fitness, you wouldn't need to train to take part in *Pedal Glasgow G3*. The route has been chosen to be as accessible as possible - there are no hills, just one slope that takes you up onto the bridge to cross over the Clydeside Expressway. Also, there is a half-way point, where you could take a break in the new Wetlands Area at Glasgow Science Centre - if you needed to have a wee rest.

*Pedal Glasgow G3* is not a race - it is a chance to enjoy cycling through our city!

- **How do I get to/from the start/finish?**

Please register for your Pedal Glasgow G3 cycling slot at the Event Hub - outside The Pyramid, 759 Argyle Street, G3 8DS. You will be issued with your Event Pack, and then you will need to wheel your bike down Little St (beside The Pyramid) to the start line - on the cycle track running parallel to the Expressway. The route is circular - so the finish line is at the same place as the starting line. When you return from your cycle you can wheel your bike back up to The Pyramid, and join in with all the fun activities on offer at the Event Hub.



- **What type of bicycle can I use?**

Most types of bicycle will be fine to ride on the route as it is mostly flat, and takes place on hard standing / tarmac surfaces. *The bicycle must be in good working order.*

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

We are working with our friends at *Bike for Good* to provide bicycles and helmets for you to borrow for the ride. All you need to do is let us know when you register for the event that you would like to borrow a bike. We need to know how many bikes and helmets you would like to borrow, and also who they are for - e.g. adult/child/teenager. The bikes and helmets can be returned to the *Bike for Good* stall at the Event Hub once you have finished your cycle.

We will also be able to provide accessible bicycles from Free Wheel North - again, we just need to know what type of bicycle would work best for you. Please visit their website - <https://www.freewheelnorth.org.uk/> - to take a look at the bicycles on offer, and then get in touch with us, and we will do our best to organise this for you: [info@thepyramid.scot](mailto:info@thepyramid.scot) | 0141 226 3277

- **Should I bring my own water bottle?**

YES! It's always good to have some water with you. We're very keen to keep plastic bottle use to an absolute minimum though - so please bring re-useable water bottles if you have them.

- **How do I get to/from the event hub at The Pyramid?**

The Pedal Glasgow G3 Event Hub is The Pyramid, 759 Argyle St, Glasgow G3 8DS. Our phone number is 0141 226 3277 and you can email us here: [info@thepyramid.scot](mailto:info@thepyramid.scot)

The Pyramid at Anderston is situated close to Glasgow City Centre, just west of the M8 and north of the Clydeside Expressway and the River Clyde. There are really good transport links that make it easy to get here! We encourage you to walk, cycle or use public transport whenever possible, as parking is limited and restricted around our building. We're a 10/15 minute walk from the City Centre; we're on cycling routes 75 and 7. The nearest train stations are Anderston and Charing Cross - although Glasgow Central is only 15 minutes walk. The nearest buses from Central Station are the **1 (A,B,C,D)** and the **2** to Elderslie St.



- **Can I collect friends/family from the Finish area?**

We would recommend meeting or collecting your friends at our Event Hub - The Pyramid, rather than at the start/finish line. There will be plenty to do and see at the hub; with entertainment, activities, food stalls and a community table top sale.

## PEDAL GLASGOW G3: ROUTE

- **What is the route?**

The route is circular - it starts and finishes at the same place; and runs from Little St (close to The Pyramid) to Glasgow Science Centre and back. Please visit the event page on our website to download a PDF of the route:

<https://thepyramid.scot/events/event/pedal-glasgow-g3/>

- **Are there hills? Are they steep?**

There are no hills, but there is one part of the route where the cycle path crosses the Clydeside Expressway by pedestrian/cycle bridge. There is a curved slope that you will need to cycle up to be able to cross the bridge. This is a shared cycle/pedestrian bridge - and it is possible to get off your bike to push it up the slope to get onto the bridge.

- **Are there cars on the route?**

The route makes use of National Cycle Route 75 - parts of which are shared pedestrian/cycle paths. The route does not make use of any roads - so you will not be riding on roads with traffic.

The route runs parallel to a road - under the Kingston Bridge down to the River Clyde. There are also three points along the route where you will need to cross a road; two of which are at pedestrian crossings with islands at the halfway point between the lanes of traffic. All crossing points will be monitored by our Route Marshals.

For those who may feel nervous, or less confident, about cycling - there will be an option to take part in a led ride, with a trained cycle leader from *Bike for Good* who will guide you and your small group of fellow cyclists along the route and back.