

GGCC Women's Road Race 10th May 2014 Race Programme

In Association with



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& Scottish Cycling
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GGCC are delighted to host the first of four Women specific road races which will form the Scottish National Women's Road Race Series. With Dales Cycles being the title sponsor for the series, we are sure that the races will be some of the best supported this year. GGCC including its members and partners, hope you enjoy this event and have a successful race.

About the Organisers



Glasgow Green Cycle Club (GGCC), formed in 2011, provides an open environment for cyclists to "get involved" in club cycling. In less than three years, the club has grown from 3 members to nearly 200. GGCC has members from all over the Glasgow area and is seen as one of the fastest growing clubs in Scotland.

The club participates in Road Cycling, Mountain Biking, Track Cycling, Time Trialling, Cyclo cross and numerous other organised cycling events across the UK.

In 2014, GGCC will be hosting more than a dozen cycling events, all of which are registered and insured by Scottish Cycling.

To support this growth Scottish Cycling has committed to co-ordinating a brand new Scottish Women's Road Race Series for 2014. The Series sponsored by Dales Cycles will consist of four races throughout the country, with events taking place in Glasgow, Edinburgh, Inverness and Banchory, Aberdeenshire.

Providing quality racing opportunities at a local, regional and national level is an essential part of the rider development process and a key building block for riders who may have aspirations to move on to national level racing in the British Women's Road Series Women's Team Series or other national events. The staging of high-profile international events such as the upcoming Women's Tour is expected to further inspire British women to get on their bikes and enter competitive events.

Race Dates:

10 May 2014 – Glasgow

24 May 2014 – Edinburgh

15 June 2014 – Inverness

30 August 2014 – Aberdeenshire

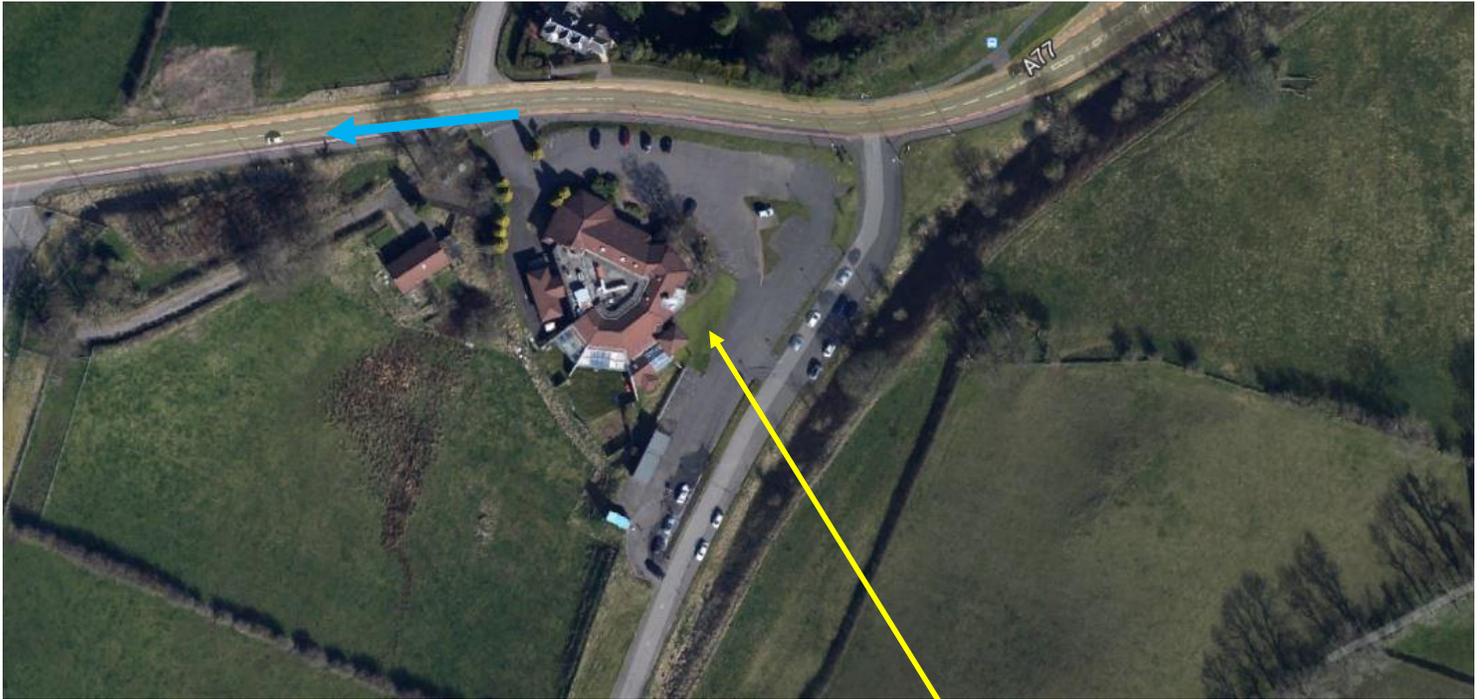


Debbie Houston, Managing Director for Dales Cycles said: "We are delighted to be the title sponsor of the 2014 Scottish Women's Road Race Series. Dales Cycles partnership with Scottish Cycling will deliver a brand new Woman's Road Race Series for 2014 and hopefully help grow and develop women's cycling in Scotland for many years to come."

Since 1912, Dales Cycles has been part of cycling in Glasgow & the west of Scotland. Growing from a small shopfront to our current 6000 square ft showroom in the city centre, we have lived alongside cycling as it has moved through it's various up's and down's, fad's & phases. But we're still here, and with the same family at the helm since the 1950's.

As well as offering everything a great bike shop should at our stores in Glasgow & East Kilbride, we have our state of the art website, where all enquiries are dealt with in a bespoke office within our warehouse near the Glasgow store, where we are fully focused on great customer service.

Event Headquarters



Direction to Start of Race



Ivy India (Formerly the Malletsheugh Inn),
340 Ayr Road,
Newton Mearns,
G77 6RT.

<http://www.ivyindia.com>

Parking on site.

Facilities on the Day

1. Parking is provided within the grounds of the Ivy.
2. Changing Facilities are available in the Ivy India prior to and after the race
3. Refreshments and snacks will be available from the on race day
4. Marshals will direct you from the Event HQ to the race starting point (The start is 6 Miles from the Race HQ (Head south on the A77))

Event Information

Entry Fees

£10 Juniors

£15 Seniors

- Day licences
- £1.50 Youth - £10 Senior

Times

Sign on = 8:30 - 9:30 am

Race Briefing = 9:50 am

Race Start = 10 am

Prize Giving = 12 - 1 pm

Address

Ivy India
340 Ayr Road, Newton
Mearns, Glasgow
G77 6RT



This event programme will cover all the relevant points you will need to know prior to coming along to the race. It is important for GGCC to hold a cycling events which are safe whilst also making sure rider safety is a priority

This race will be the first event and will form part of the Scottish National Womens Road Race Series 2014.

On the morning of the 10th May, Registration will be open from 8:30 am through to 9:30 am at the Race Headquarters. The event sign will be carried in accordance with the rules and regulations of British and Scottish Cycling.

A riders briefing will take place at the near the start line @ 9:50 am. This is to give each rider the opportunity to ask any questions.

The Start and Finish line will be shown to all the competitors before they set off. We ask that each rider adhere to the rules of the road

The race will be neutralised until the ommissaire is happy for the race to commence. At that point the race will then cover 8 laps of the loop (map attached on Page 7) Each roundabout will have a marshal to highlight any traffic issues. The National Escort Group (NEG) will also support the race. Please respect both the marshals and NEG as their role is to make sure the event is carried out safely. Again, please obey the rules of the Highway Code at all times.

Event Information (cont'd)

Guidelines for the Day

The team @ GGCC have detailed some useful information to help you prepare for the Road Race

This event is an open event and is an official British Cycling event. The race will be held under Scottish Cycling Insurance and therefore the riders are covered.

In order for the Road Race to be carried out in a safe manner and that every participant has a fantastic experience, we would ask that the following points are read through. We hope this allows you all to prepare for the Road Race.

RACE OFFICIALS AND MARSHALS

The Chief Commissaire for the Race will be main point of contact on the day and will carry out the duties associated with the start and finish areas. The race organiser is Ray Hicks and can be contacted on 07760 676262

Other associates of GGCC will be supporting the event in the capacity of marshals. They will be responsible for the course including junctions and other areas on the course. For everyone's safety, please follow the directions of the race officials at all times including the run up to the event and after you have crossed the line.

SUMMARY OF THE EVENT

1. 8:30am – 9:30am SIGN ON. This will be held in the Race Headquarters. You will be asked to sign the race register, hand over your BC race licence (if you have one) and will then be issued with your race number. If you do not have a valid race licence, you will be asked to buy a day race licence.

2. 9:30 – 9:45 COMPETITORS TRAVEL TO START LINE. Each competitor is responsible for making their way to the start line in plenty of time

3. 9:50 am RIDER BRIEFING. The Chief Commissaire will cover all relevant points prior to the start of the race.

4. 10am RACE STARTS. The race is fully neutralised until the after the Commissaire is happy for the race to get underway fully. Please follow the rules of the road at all times as the event will be taking part on open roads.

5. Roundabouts on the course. Please approach these with caution. Please give way to oncoming traffic and take advice from the marshals and NEG riders.

6. FINISH LINE AREA. As you round the last roundabout, the finish line will be approximately 1 mile further up the road and will be displayed with a chequered flag. After you cross the line, Please use the cycle lane immediately after the finish line to slow down.

7. POST RACE. After you finish the race please move off the course and find a safe area to stop. We ask that you then make your way back to the Race HQ and hand in your race number and collect your race licence (if you have one)

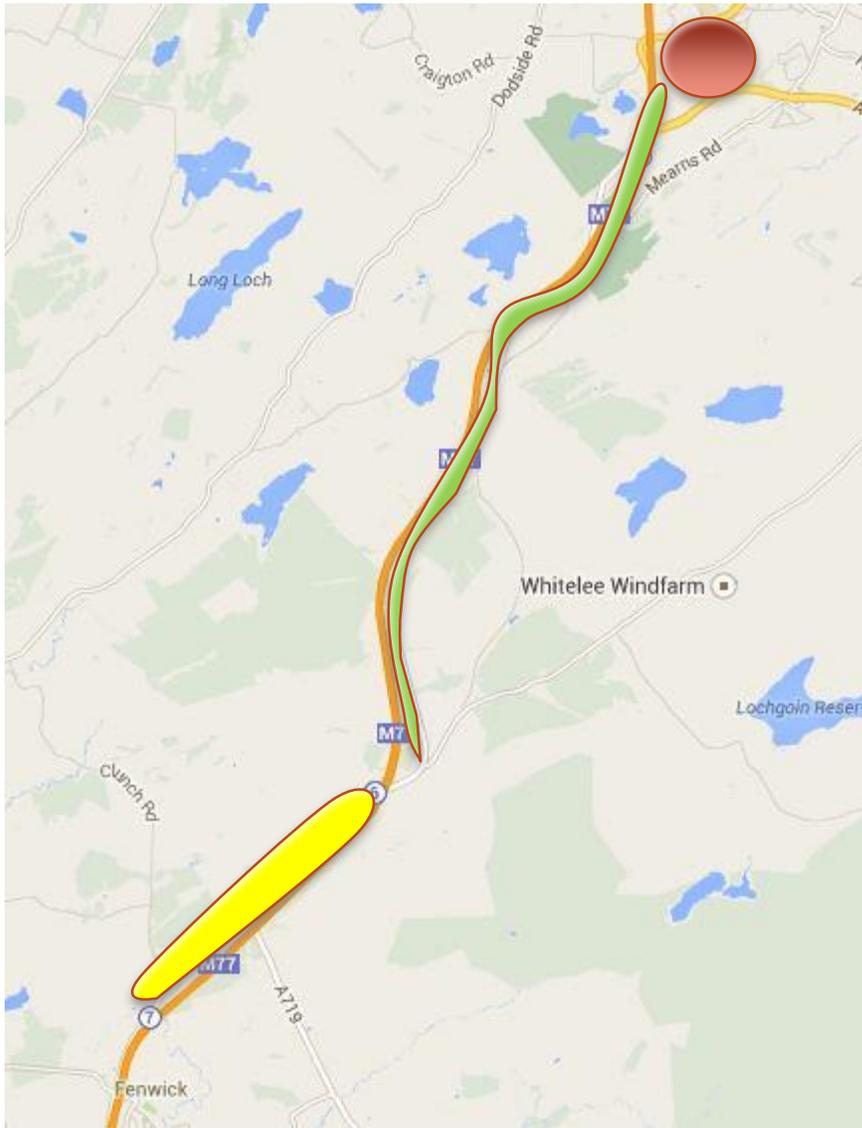
8. 12:30 – 1pm, RACE RESULTS & BRIEFING. A post-race briefing and coffee break will take place in the Race Headquarters after the event. Prizes will be given on the day. In addition, a full list of the race results will be published by Scottish Cycling.

9. 1pm onwards. Event Closes.

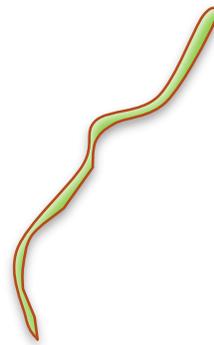
We look forward to welcoming you all to what we hope will be a fantastic event.

From all the team @ GGCC

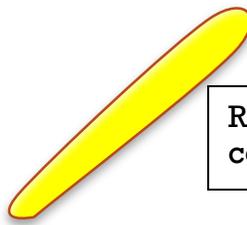
Course Map



Race HQ



Route from Race HQ to Start (6 miles)



Race Loop (4.25 miles) completed 8 times



Course Elevation per loop

Preparing for the event

Essential Equipment

- Cycling Helmet (Mandatory)
- Road Bike – well maintained
- Spare wheel – Odd number riders to bring rear wheel, Even number riders to bring a front wheel. Please label rear wheels as to Shimano, Campag, 10 or 11 speed.

Check your bike is fully maintained prior to the event. Should you need to have your bike checked please contact **Dales Cycles** in the days before the event to have any mechanicals fixed prior to the race

Ensure you have enough fluids/snacks for the event. 39 miles may not sound like a big distance though your effort over this course may need you to take on some additional fuel in the form of liquids or snacks.

Bring along spare tube, pump, multi-tool etc as you may have a mechanical on the course.

Do not test new equipment on the day of the ride. This could lead to avoidable mechanicals on the day.

Prize Categories on the day!

GGCC and its supporters will offer prizes to the 1st
2nd and 3rd place riders.