

Hopeful Routes

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SATURDAY 13th SEPTEMBER 2014

Information for cyclists

ALL CYCLISTS MUST WEAR A HELMET

Thank you for registering to take part in our third bicycle ride to raise awareness of suicide prevention in the Scottish Borders.

Your participation is much appreciated and every penny raised will be used to support the organisations working to support suicide prevention in the Borders.

In order to ensure everyone has an enjoyable experience we would like to provide the following information.

1. The cycle ride will be done at a gentle pace; it isn't a race, just an opportunity to raise awareness and some money for worthy causes.
2. Cyclist ride at their own risk, please be sensible, if you are not fit enough to do the whole route, then please feel free to join us for a part of the ride, however let us know if this is your intention so we don't send out a search party!
3. The route does involve gradual inclines and is about appx. 15 ½ miles long therefore, wear comfortable and relevant footwear and clothing. Unfortunately we can't predict the weather so make sure you have clothing for all eventualities – there is no such thing as bad weather, only the wrong clothing – we will set off regardless of the weather conditions!
4. Bring some plasters and water with you, a light snack might also be a good idea.
5. Most importantly – Enjoy it!

Thanks again, if you have any queries contact Health Improvement at health.improvement@borders.scot.nhs.uk or tel. 01835 825 970