



## **Kayleigh's Wee Stars Cycle Frequently Asked Questions**

### **FAQs**

#### **Is it all on the road?**

The 50 and the 90 mile routes are all on the road. The 20 mile has a road option and an off road option on the Deeside Line. Click the 20 mile route on the website for more information.

#### **Is the route sign posted?**

Yes, all 3 routes will be clearly sign posted? There will NOT be marshals on the day.

#### **I have not cycled in years, will it be too fast for me?**

No! It is not a race and everyone can cycle at their own pace. Last year, many people who had not cycled in years took on the 20 mile cycle and it took around 2 and a half hours. Most felt they could have easily managed more!

#### **If I want to try the 50 miles how long will it take?**

If you are a beginner then it would be an idea to get a few miles in before taking on the 50 miles. Last year, some beginner cyclists did the 50 miles in approximately 4-5 hours.

#### **Can I use the hotel facilities during the day?**

Yes the Deeside Inn are happy for cyclists to use the toilets and bar / restaurant facilities on the day.

#### **Will there be water stops?**

Yes, the 50 mile route will have a water stop at the Lumphanan Hall and the 90 mile will have three Stops. Each water stop will be well stocked with water, juice, energy bars and sugary sweets for all cyclists. However, we highly recommend you take food and fluids with you to sustain yourself over the course of the cycle.

#### **What Should I Wear?**

This one is essential. If you are not an experienced cyclist, do not underestimate how cold you will get on the bike, particularly at this time of year. Please do not turn up in short sleeves. You will need thermal base layers (top and bottom), gloves, thick socks and overshoes.

#### **Can I enter on the day?**

Yes the more the merrier!

#### **What kind of bike do I need?**

For the 50 or the 90 miles, you really should be on a road bike or perhaps a hybrid. We have seen some people take on the 50 miles on a mountain bike but it is a hard slog as mountain bikes are not terribly efficient for road miles.

**How old do you have to be? Can my children take part? What about a child seat on the back of my bike?**

Yes but this is ultimately up to parents to decide what is appropriate. We have had 13-14 year olds taking on the 50 mile route (with their parents), and we have had family days out with child seats on the back of bikes doing the 20 mile route. The 20 mile route has an option where you are only on the Deeside Line and it is an out and back (no traffic). You can make this cycle as long or as short as you like so it is suitable for youngsters.

**How can I buy Kayleigh's Wee Stars Cycle Kit?**

Send an email to [info@kayleighsweestars.co.uk](mailto:info@kayleighsweestars.co.uk) and we will send you all of the relevant information for how to place an order.