

# **Stratford-to-Stratford - pedalling for Parkinson's**

*11 April 2010 - Training Ride & map reading exercise*

The purpose of this training ride is to familiarise riders with the style of map that they will be following on the ride - **REMEMBER there are no marshals and no specific S2S signage on the route.**

Four routes have been devised, all meeting at the same destination for coffee ... and all four are very similar distances at about 20 miles. The routes are marked in colour on (separate) printed map extracts - Blue, Green, Pink & Purple. There is then either the option to use another of the routes to get back to Stratford, or to take the direct route option that will be available at the coffee stop (the Red route)

Riders will be divided into groups at the start (either by numbers of people, or with partners/pals etc) to make four roughly equal groups. The maps will be issued and riders then set off to ride individually or in groups as they wish - following the maps.

**NOTE : The routes are all different BUT do cross each other, converge and diverge, and some share common (short) stretches of road. So - if you see another rider do not assume that he/she is on the same route as you!**

.... and to make sure there's no cheating or taking short-cuts each route has a couple of questions to be answered that relate to places along the route .....

*Sorry, there are no prizes for getting to the coffee stop! It might be useful to keep an eye on the time it takes under "event conditions" to cover the distance and gauge that against the BIG DAY*