

Keswick Cyclo Sportive Regulations

We the organisers have a responsibility and duty of care towards our participants. The following regulations are to be followed for the duration of the event;

- You must be over 18 years of age on the day of the event to ride the 105k, route 1 & over 16 years of age on the day of the event to ride routes 2 & 3. Under 18's must have the consent of a parent or guardian and be accompanied by a nominated adult at all times whilst on the ride.
- No refunds are available. You may NOT ride under someone else's number under any circumstances. Failure to comply with the rule will result in disqualification. We will not be accepting substitutions after the closing date or on the day of the ride. Entries on the day are subject to availability.
- If you cannot take part then you may find another cyclist to take your place and the organisers will arrange a substitution at a fee of £10. The original entrant will NOT be refunded his/her entry fee.
- Participants will be responsible for the road worthiness & safe working order of their own cycle.
- No bicycle, tandem or other machine, conventional or otherwise, is permitted to have unconventional handlebars including triathlon bars, aero bars, clip-ons, prayer bars, and cow bars. Neither is Spinachi type bars permitted. However, ATB bar ends are permitted on mountain bikes. Failure to comply will result in exclusion.
- The route will be marked with directional arrows. Direction will be indicated by signs placed clearly at or before junctions. It is the responsibility of each participant to take the correct route. All volunteers and staff involved in the event will be clearly identifiable. The marshals do not have the authority to stop motorists; they are there for your safety and other road users. Please listen and obey their instructions.
- You may not deviate from the official route. Failure to comply with the rule will result in disqualification. If you have entered onto a shorter route you will be allowed to continue on one of the longer rides providing you are within the set time limits.
- You must obey all Highway Code Rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists and other traffic. Please indicate your intention to stop or change direction.
- Please do not pass through any traffic lights on red. Cumbria Police will be patrolling the route and any cyclists found to be riding outside of the road rules will be subject to fines. Failure to comply with the rule will result in disqualification.
- You may not use your mobile phone while riding. You must stop at the side of the road if you need to make or receive a call.
- The organisers reserve the right to terminate an individual's ride on health and safety grounds.
- The ride will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. Entry fees, however, are not refundable.
- It is mandatory THAT ALL riders wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis.
- We advise that all participants carry a form of identification showing their name, address and/or contact details of a person to be advised in the eventuality of an accident. All riders are

recommended to carry suitable wet weather gear, 2 drink bottles, an energy bar or similar snack, multitool, spare inner tubes and a working pump, a mobile phone, a small amount of money, as well as extra clothing to complete the ride being undertaken, taking into account the route and possible adverse weather conditions.

- The organisers will endeavor to provide fluid and some form of food at designated "feed zones" however we cannot guarantee supplies will be available at all times and urge riders to only take what they need and be mindful of the needs of those following behind.
- No participant may take food or drink from anyone whilst on the move. If you need food or drink you must stop to receive it.
- Mobile support vehicles in the form of cars or motorbikes are strictly forbidden and will lead to disqualification. You may however receive outside support from a stationary vehicle any such vehicle must not interfere with the progress of other riders.
- All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. The organisation is covered for third party liability.
- Rider's number, issued at registration, must be displayed for identification at all times and you will need this for your meal voucher.
- The organisers will send out regular newsletters by email to all entrants. You may only unsubscribe from this service after the event has been held.

Entry Terms & Conditions

- I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss, however caused by myself, outside of the third party insurance in place for the duration of the event.
- I agree to wear a safety approved cycling helmet complying with latest ANSI Z90/4 OR SNELL standards for the duration of the event.
- Entry fee(s) are non refundable and non transferable.
- I declare myself medically fit and able to participate in the ride. By entering the ride(s), I waive any liability on the part of the organiser due to medical grounds.
- Cyclo Sportives are designed as events for serious cyclists who have the strength, endurance and stamina to successfully complete the challenge. Please ensure you have done the right level of training to go for your standard and/or chosen distance.
- If I am under 18, I have the written consent by parent or guardian to ride & my parent or guardian will also accompany me throughout the duration of the event by bicycle.
- Participants must agree to have read the event regulations and to agree to abide by the regulations and accept the entry terms and conditions as stated above by the organiser.