

Regulations, Terms and Conditions, PUNCHEUR 2018

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 participate BUT younger riders may ride with written parental consent. Please email soigneur@puncheur.co.uk for more details. • Riders will be responsible for the road worthiness of their own cycle.
- Only road bikes will be accepted (not tandems or recumbents etc).
- Tri-bars are acceptable; however they are not to be used in group riding.
- Riders will be set off in groups of 20 or less at intervals of no less than 2 mins but start times are flexible.
- 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 civil party liability.
- 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 any other traffic. Please always indicate your intention to stop or change direction. All cyclists must adhere to and obey the Highway Code and laws of England, Scotland, Wales and N. Ireland where applicable and extend all reasonable courtesy to other road users.

Note of advice: it may be prudent and helpful to pull over to let cars pass you in some situations.

- You may not deviate from the official route. From start to finish there will be signage marking the route. Direction will be indicated by signs placed clearly at or before junctions. It is also available to download [here](#). IT IS THE RESPONSIBILITY OF ALL RIDERS TO TAKE THE CORRECT ROUTE.
 - If you need a pee, you must find a place completely out of sight and away from residential or private property.
- 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. The rider must accept this as a condition of entry.
- Please do not use your mobile phone when riding and if taking or making calls please do it safely at the side of the road.
- The organisation reserves the right to terminate an individual's ride on health and safety grounds.
- The rides will take place regardless of bad weather and will only be cancelled, rerouted or stopped for reasons of safety. Entry fees, however, are not refundable.

- The organisers will endeavour to provide fluid and some form of food at the designated feed zone, 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 rider may take food or drink from anyone whilst on the move; if you need food or drink you must stop to receive it.
- Individual support cars are strictly forbidden; any participants seen to use one will be taken out of the event, disqualified and not covered by third party insurance.
- All riders 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. It is also advised that all participants carry 2 drinks bottles, energy bars, tools, replacement inner tubes and a working pump, suitable wet weather gear, money, mobile phone.

Entry Terms and 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 me 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.
- **Refund policy:** If you wish to withdraw from the event and you inform us by 31 January, 2018, we will refund your fee, minus £5 admin charge. After that date, entry fee(s) are non refundable and non transferable.
- I declare myself medically fit and able to participate in the challenge. By entering the challenge, I waive any liability on the part of the organiser due to medical grounds.

NOTE: Cyclosporives 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 the total distance.

- If I am under 18, I have the written consent by parent or guardian to ride.

Upon entering Punctureur, participants are assumed to have read and agreed with the event regulations and Terms and Conditions. They agree to abide by the regulations and accept the entry Terms and Conditions as stated above by the organiser.