

DURHAM BIG RIDE – EVENT REGULATIONS

Entry fees for all rides are as follows:

Ride A	Little Ride	3 miles
Ride B	Middle Ride	10 miles
Ride C	Big Ride	25 miles
Ride D	The 'Beast'	50 miles

Ride A £15 all entrants over 16. £5 under 16.

Ride B £15 all entrants over 16. £5 under 16. *

Ride C £15 all entrants over 16. £5 under 16 *

Ride D £15 all entrants**

To enter you can either submit your application and make payment online or print out the Entry Form and return with your cheque to Durham Big Ride c/o Management Office, Indoor Market, Market Place, Durham DH1 3NJ.

Cheque should be made payable to Durham Big Ride and ride entered noted on the reverse of the cheque.

Please note we need a separate application form completing for each participant.

Event Regulations

This is a fun run, not a race.

*All riders participating in Rides B and C who are under 14 must be accompanied by a responsible adult and have the entry form signed by a parent or guardian. Those aged between 14 and 16 who wish to do the Big or Middle Rides unaccompanied must have their entry formed counter signed by a parent or guardian consenting to such.

All riders participating in Ride D must be either over 18 or over 16 and a member of a recognised cycling organization **AND must be highly capable and fit cyclists in view of the length of ride, the hills and descents, and the number of technical sections.

Participants will be responsible for the roadworthiness of their own cycle.

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.

You may not deviate from your official route. From start to finish there will be signage marking each route. Directions for each ride will be indicated by signs and marshals at main junctions and a map of each ride is downloadable from the website.

There will be water stops on each route which will be notified to you with your joining instructions which will be sent to you by post, together with your ride number, in August.

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. It is the responsibility of each participant to take the correct course for the ride entered.

While it is not mandatory we strongly suggest all participants wear a safety-approved cycling helmet.

For those on Ride D we recommend you to carry 2 drink bottles, an energy bar or similar snack, a spare tube and wet weather clothing. We also advise that riders carry ID and a small amount of money.

You may not use your mobile phone while riding. You must stop at the side of the road if need to make or receive a call.

Your rider number must be displayed on the front of the bike for identification

The organisers reserve 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, re-routed or stopped for reasons of safety. Entry fees, however, are not refundable.

Participants take part entirely at their own risk. Durham Big Ride, Durham County Council and Durham Markets Company Limited accept no liability for any injury or damage caused during the event as a result of an individual's actions or those of a third party.

If you are unsure about your fitness, consult your GP first. If you feel unwell during the ride, stop and inform a marshal or the emergency services.

There will be support vehicles on each route and riders experiencing difficulties will be transported to the finish if required.

A limited number of bikes will be available to hire on the day. Please book in advance through Cycleforce 2000 on 0191 3840319

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