



Garryowen FC in Association with Milford Hospice 70k Cycle

Safety Message

All entrants must sign-on

Organisers will advise participants (on signing on, on the event website of the following basic requirements:

- All bicycles should be well maintained and in a road worthy condition.
- You are responsible for your own safety
- The event takes place on open roads
- You must rely on your own ability in dealing with all hazards and you must ride in a manner which is safe for yourself and all others.
- When riding on a public highway the function of the marshals is only to indicate direction and you must decide whether the movement is safe.
- Stay a safe distance behind the lead vehicle and allow for breaking and stopping of this vehicle and your bike.
- The rules of the road apply at all times. Always give way to oncoming traffic at roundabouts and obey all road signs and traffic light signals.
- Cyclists must give way to other road users where applicable
- Fitness level must be appropriate to the event;
- Adequate refreshments should be carried;
- Basic tools (spare tubes, tyre levers, pump etc.) should be carried;
- Adherence to rules of the road and laws covering littering, public decency etc.
- Helmets are COMPULSORY for all cyclist
- Remember this is not a race; the aim is to have a good event and ensure that everyone completes the cycle safely.
- The roads are not closed; the rules of the road apply.
- We will do our best to warn other road users of this cycle tour.
- Please obey the limerick c.c. lead cyclists, motorcycle marshals & lead car drivers.
- Refreshment stop & regroup is at Lough Gur Interpretive centre between 06:15 to 06:40
- Enjoy & be safe.

Please remember the three golden rules Safety, Safety, Safety.

**Those under the age of 18 must have their entry forms signed a parent or guardian;
Wearing of helmets is compulsory.**