

# THE HELL OF THE ASHDOWN

## R I D E R S   A G R E E M E N T

### **The Catford Cycling Club declares and states that:**

- 1) The Hell of the Ashdown Challenge is not race and are non-competitive, it is a bike ride organised for the personal satisfaction of the individual cyclist who, after successfully completing the route, receives a Certificate of Achievement.
- 2) After starting the ride the cyclist is on a private excursion on the public highway and we accept no responsibility for his or her conduct.
- 3) Whilst providing assistance and guidance, it is the cyclist's personal responsibility to follow the route indicated.
- 4) Whilst they may dispense drinks during the ride they have no obligation to do so.
- 5) They accept no responsibility for cycles, clothing or equipment left unattended in the event H.Q. or its environs.
- 6) The cyclist should have his/her own personal accident and third party insurance.
- 7) They strongly recommend that the cyclist wears a hard shelled helmet.
- 8) The cyclist should wear adequate clothing and be suitably equipped to counter adverse weather conditions.
- 9) The cyclist must be self sufficient and in particular be competent and equipped to deal with mechanical failure and punctures
- 10) The surplus from this event will be devoted to good causes.

### **The Cyclist Entrant named on the Entry Form declares he/she:**

- 1) Is Over 16 and, if under 19, has the written consent of his/her Parent or Guardian to participate.
- 2) Is suffering from no illness, disease, or injury that could prevent them from completing the route.
- 3) Acknowledges that this is a hilly and arduous route which they are confident they have the ability to complete.
- 4) Is an experienced and competent cyclist accustomed to riding safely in the company of others.
- 5) Will adhere to the Laws of the Land and observe the Highway Code.
- 6) Where possible: keep to the left; not ride more than two abreast; stop at junctions; be careful when crossing main roads; exercise caution when descending steep hills.
- 7) Will obey the instructions of any and all the event's officials.

### **Agreement**

In clicking the button beside 'I have read & understood the conditions of participation & accept them' on the entry form, the Entrant has agreed to abide by the terms and conditions detailed above and is therefore permitted to participate.