



#### Terms & Conditions

- 1. By entering the event you acknowledge it is a test of your physical stamina and your capacity to complete the route you have chosen to ride. You must consider yourself fit to participate and complete the event. If you have any doubts about your health or have any known medical conditions you should consult and obtain a doctors approval before entering and participating in the event. Long Leg Tours events are intended to be physically challenging and a level of good basic fitness will be required by entrants in order to complete even the shortest route, a high level of fitness may be required of some events.**
- 2. You will observe the instructions of the event's officials**
- 3. You will observe the Highway Code and ride safely and considerately throughout the event.**
- 4. Event marshals are in place to support riders, riders must make their own decision on whether to a manoeuvre or not.**
- 5. If you are passed by the broom wagon will be judged to be riding too slowly to reach food stations, marshal points or the finish before they are closed. You will be required to withdraw from the event and surrender your event number. Usually a lift to the finish will be available but cannot be guaranteed. If you elect to continue riding you will be unsupported. No refund of the entry fee will be made in such circumstances**
- 6. Any riders under the age of 16 must be accompanied by an adult at all times. No entrants under the age of 14 will be accepted. In addition for any entrant under 18, the online entry must be completed and paid for by a parent or guardian.**
- 7. An approved cycle helmet, conforming to CE standards EN1078 (or better), is worn at all times whilst riding.**
- 8. You will be supplied with a number which should be clearly fixed to the front of your bike during the event.**
- 9. The event will have its own public liability and employer's liability insurance. This does NOT cover personal injury, loss, or riders public liability insurance, it strongly recommended that riders also take out their own insurance.**
- 10. You will be responsible for the roadworthiness of your own bicycle.**



- 11. The use of triathlon handlebars or other bar extensions are not permitted in our events for safety reasons.**
- 12. The use of recumbent type cycles are not permitted in our events for safety reasons.**
- 13. All riders are recommended to carry drinks, snacks, basic tools, at least two replacement inner tube and suitable wet weather clothing. We also advise that riders carry ID and a small amount of money. A mobile phone is also worth carrying in the event of an emergency, although various locations on the routes might have poor signal reception.**
- 14. You will be set off in small groups while on the event please ensure you don't create large groups of fifteen or more riders.**
- 15. If riding in a group never ride more than two abreast. On narrow lanes ride in single file.**
- 16. You must not use earphones or mobile phones while riding. You must stop in a safe place if you need to make or receive a call.**
- 17. You must be aware of your fellow cyclists and most importantly other road users. The event is being held on a public highway where the rights of and responsibilities to other road users apply.**
- 18. Your own mobile support vehicles in the form of cars or motorbikes are forbidden. You may, however, receive support from a stationary vehicle which is legally parked and does not impede riders or other traffic.**
- 19. Detailed route information and maps will be available, but navigation during the event will be your own responsibility.**
- 20. If the route is signposted, there will be signage at most junctions and often marshals at major junctions to assist with directions. However the organisers offer no warranty that these signs will not be obstructed, removed, vandalized or interfered with in anyway. Therefore the organiser strongly recommends participants carry the route instructions.**
- 21. Food and drink will be provided at the designated feeding stations, but we cannot guarantee supplies, so please advise the event organiser if you have any special dietary requirement or allergies.**



- 22. On completion of the event, you must check in at the finish so we are aware you have returned safely.**
- 23. The event will take place regardless of weather conditions and only be cancelled or the routes changes if the event organiser decides entrants/officials safety is at risk.**
- 24. If the event does have to be cancelled it will be rescheduled and your entry will be carried over.**
- 25. If you are unable to ride the event there will be no refund of entry fees.**
- 26. If the event is to be held in poor or little light, then front and rear lights must be used and must have adequate battery life for the duration of the event.**
- 27. Entrants give permission for the organisers, event sponsors, and their agents to use any photographs, video tapes, motion pictures, website images, recordings, or any other record of the event. Such articles may be used or included on websites, media publications, advertising, promotional information, or other publicly accessible sources.**
- 28. Participants agree that no liability whatsoever shall attach to Long Leg Tours, the event organiser, promoting club/organisation, event sponsors, British Cycling or any event official or volunteer or member of British Cycling or of the promoting club /organisation in respect of any injury, loss or damage suffered by the participant in or by reason of the event, unless such injury, loss or damage is caused by the negligence of the aforementioned.**