



**Wrynose or Bust:** A continental-style cycling sportive event of 112 miles. Starting from the Halton Army Training Camp near Lancaster, Wrynose or Bust tracks through the hills of the southern Lake District, taking in severe climbs over Grizebeck, Wrynose with a 30% descent to Little Langdale before returning through Hawkshead, Grizedale Forest, Haverthwaite, up Bigland Hill, descending the hazardous Tow Top before returning to Halton via Priest Hutton and Sunnybank (Capernwray).

**The Bay Dash:** This more moderate cycling event of just over 60 miles still requires a reasonably good level of fitness. Once again starting at Halton Army Training Camp near Lancaster, the course follows the Wrynose route to Cark before detouring through the lovely Cartmel valley to High Newton, descending the hazardous Tow Top before before returning to Halton via Priest Hutton and Sunnybank (Capernwray).

**The Silverdale Slings:** As with the other events, this new 37 mile route starts and finishes at the Halton Army Training Camp and the course follows country and coast roads around Arnside, Silverdale and the surrounding AONB district. This looped circuit also takes in the villages of Yealand Conyers, Yealand Redmayne, Sandside, Milnthorpe, Whasset, Holme, Burton-in-Kendal before retracing the outward journey to Halton via Priest Hutton and Sunnybank (Capernwray).

Entry fee £33

Entry fee £27

Entry fee £25

Please tick all appropriate boxes

In addition to the race fee, we would like you to raise additional funds for our charities (*see website for further details*). Get your friends, family and work colleagues to sponsor you and of course your sponsorship in addition to your event fees will all go towards our charitable projects. Once we have received your application form we will send you further event details and your sponsorship form. For full details of the event and for on-line booking log on to: [www.wrynose.org](http://www.wrynose.org)

ORGANISER: Keith Simpson and The Rotary Club of Lancaster  
 SUPPORTED BY: Cycloport.org, Sport Ident and Rotary Clubs of District 1190 and Lancaster Innerwheel  
 START/FINISH: The Army Training Camp, Halton, Lancaster, LA2 6LW  
 FACILITIES: Changing rooms, toilets, showers, hot food, HQ and free car parking  
 ENTRIES: Can be made on the day, although early entry is advisable  
 FIELD LIMIT: 1250 (total for all three events)

FOR REGISTRATION  
 USE ONLY  
**RIDER NUMBER**

NAME		DATE OF BIRTH	
ADDRESS		POST CODE	<input type="checkbox"/> MALE <input type="checkbox"/> FEMALE
TELEPHONE		CLUB	
EMERGENCY CONTACT		EMERGENCY TELEPHONE	
EMERGENCY ADDRESS		POST CODE	

Your name and address will be stored on our database. If you do not wish your name and address to be used, please tick the box.

EMAIL ADDRESS

**I have read the event regulations and conditions printed overleaf and sign below to acknowledge that I will abide by these regulations and fully accept all instructions, terms and conditions**

SIGNED	DATE	FEE PAID
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Entries by post: completed forms and cheques payable to **The Rotary Club of Lancaster**, should be sent to: Bevis Mulholland, Rotary Club of Lancaster, 91 Main Road, Bolton-le-Sands, Carnforth, Lancashire LA5 8EQ.

Alternatively you can book online at [www.wrynose.org](http://www.wrynose.org)

## 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 ride Wrynose and Bay dash. Younger riders may ride with written parental consent. • A parent or guardian must accompany riders under the age of sixteen.
- Riders will be responsible for the road worthiness of their own cycle.
- All types of bike will be accepted (including tandems).
- 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 two minutes 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 third party liability.
- You must obey all Highway Code rules. You are requested to ride in single file where appropriate and no more than two 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 where applicable and extend all reasonable courtesy to other road users.
- 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 THE RESPONSIBILITY OF ALL RIDERS TO TAKE THE CORRECT ROUTE.
- 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 organisers reserves the right to terminate an individual's ride on health and safety grounds.
- ALL RIDERS WHO ENTER THE WRYNOSSE EVENT MUST PASS THROUGH THE GRISBECK FEED & DIBBER STATION BY 11.30am, OTHERWISE THEY WILL BE TURNED BACK ONTO THE SHORTER BAY DASH CYCLE ROUTE.
- 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 endeavor to provide fluid and some form of food at designated 'feed zones' on the Wrynose route, however we cannot guarantee supplies will be available at all times and urge riders to take only 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.
- You must complete the course within the allocated times of 10 hours for the Wrynose route, six hours for Bay Dash route and four hours for The Silverdale Sling to be classed as a finisher.
- 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 two drinks bottles, energy bars, tools, replacement inner tubes/tubs and suitable wet weather gear, money, mobile phone and a working pump, as well as extra clothing to complete the ride being undertaken, taking into account the route and possible adverse weather conditions.
- You will be required to attach your rider number for identification purposes and health and safety reasons. To be attached to your handlebars (number facing forward), where appropriate.

## ENTRY TERMS & 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.
- Entry fee(s) are non refundable and non transferable.
- I declare myself medically fit and able to participate in the ride. By entering the ride(s), I waive any liability on the part of the organiser due to medical grounds.
- 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 your standard and/or chosen distance.
- If I am under 18, I have the written consent by parent or guardian to ride the BAY DASH EVENT. If I am under 16, my parent or guardian will also accompany me throughout the duration the the event by bicycle.

Entry confirmation will be posted via the website [www.wrynose.org](http://www.wrynose.org) after cheques have cleared or the online booking procedure has been completed. Further information on these events can be obtained from [www.wrynose.org](http://www.wrynose.org), [www.sientries.co.uk](http://www.sientries.co.uk) or from [www.cycloport.org](http://www.cycloport.org), the home of UK Cyclosporives.

Participants must agree to have read the event regulations and signed the entry form to agree to abide by the regulations and accept the entry terms and conditions as stated above by the organiser.

## EVENT INSURANCE TERMS & CONDITIONS

Cycling is a very popular activity in which the contact with nature is fundamental. We firmly ask participants not to throw anything on the roads (paper, wrap, bottles...), the natural environment must be preserved and the longevity of this event depends on this. Trash bags will be available for at controls and stations where you can dispose of our empty bottles, wappers etc. Give the environment the respect it deserves.

Cyclosporives are not races, the organisers do not encourage or promote the events on that basis, they are challenge rides. We reserve the right to cancel the insurance should riders deem the event as such.

Payment for insurance is included as part of the rider's fee and is required ten days before the event takes place for cover to be in place.



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