

Terms and Conditions of Entry:

1. All participants must wear a hard shell crash helmet. Anyone without a helmet will not participate.
2. All participants are responsible for their own safety.
3. All entrants participate at their own risk.
4. All participants must obey the rules of the road at all times. Be aware of other road users. This event will be run on open roads.
5. Participants must obey the instructions of the Gardai, the Civil Defence and the event marshalls at all times.
6. If you have not participated in a physical activity for a long time please consult your GP before embarking on a training programme for this event.
7. All bicycles should be in a well-maintained, road-worthy condition. Participants are advised to carry their own spare tubes and tools etc.
8. Refreshments will be provided en-route but participants are advised to carry their own food and drink.
9. Participants must follow the road signage for their chosen event. Participants must wear their event number at all times. These will be issued at sign-on along with route information.

The following age-limits apply:

1. 25km Family Spin for All: participants must be aged 10 years or over on 27/6/2010 (must be accompanied by parent/guardian).
2. 75km & 125km Circuits: participants must be aged 16 years or over on the 27/6/2010.
3. Registration & Start for all routes will be at the County Cavan Rugby Football Club.

Registration & Start Times will be as follows:

EVENT	SIGN-IN - 10th Sept	SIGN-IN - 11th Sept	START TIME
125km Circuit	7:00pm to 9:00pm	7:00am to 9:00am	9:30am
75km Circuit	7:00pm to 9:00pm	7:00am to 9:00am	10:00am
25km Family Spin	7:00pm to 9:00pm	9:30am to 10:30am	11:00am

Participants should allow plenty of time to sign on prior to the event start. Participants are asked not to litter and please keep County Cavan clean.

I hereby agree to follow the instructions of the organising committee, Gardai, Civil Defence and marshals.
I understand that I am bound by the rules of the road.
I understand that as part of the Cavan Cycling Tour photographs will be taken for publicity purposes.
I will take all reasonable steps to mitigate risks to my own safety, including the wearing of a cycling helmet, and the safety of others participating in and assisting with the event.

IMPORTANT: By signing this entry form I agree to the Terms and Conditions of Entry.

Signature:

Signature of Parent/Guardian:
(If participants are under 18 years of age on 27/6/2010)

Please make all cheques payable to **Holy Family School, Cootehill**

Please send your completed entry form & cheque/postal order to:

Event Secretary
2010 Cycling Tour of Cavan
Farnham Street
Cavan Town
County Cavan

THE CLOSING DATE FOR RECEIPT OF ENTRIES IS: **1st September 2010**



2010 CYCLING TOUR OF CAVAN

in aid of The Holy Family School, Cootehill

“The Hoor of a Tour”

A bracing cycle through some of Cavan’s iconic towns.

Distance: 125km. Departure Time: 9:30am



“A Heck of a Trek”

A shorter version of the above, but just as much fun.

Distance: 75km. Departure Time: 10:00am



“A Ball for All”

A cycle suitable for novices.

Distance: 25km. Departure Time: 11:00am



Registration takes place at:

Co. Cavan Rugby Football Club, Swellan, Cavan

from 7pm - 9pm Fri. 10th Sept 2010

and on the morning of the event

from 7am - 9am Sat. 11th Sept 2010

Registration Fee €20 per person
Teams Welcome

Sponsorship Cards Available

go to www.breffniwheelers.com

**CYCLISTS ARE RESPONSIBLE
FOR THEIR OWN SAFETY.
HELMETS MUST BE WORN AND
BICYCLES MUST BE ROADWORTHY.**

This Fundraising Charity Cycle is supported by Breffni Wheelers
(www.breffniwheelers.com)



Cavan Cycling Tour - General Information

Safety First

A hard shell helmet is compulsory for every cyclist. Participants need not require a very expensive bike, but it must be well maintained and in roadworthy condition. The roads will remain open at all times and in the interest of safety, participants must obey the instructions of the Gardaí, the Civil Defence and other event personnel on the day. Please be aware of other road users at all times. It is your responsibility to cycle safely.

Sign-on

All intending participants will have already registered on or before Wednesday 1st September. You will receive your entry pack by post which will include your acknowledgement letter, route map, charity sponsorship card. If you have not pre-registered, you will be able to register at Co. Cavan Rugby Football Club on Friday, 10th September from 7:00pm to 9:00pm and also on the morning of the event, the 11th September, from 7:00am to 9:00am. Registration for the 25km event will take place between 9:30am-10:30am.

All participants must sign-in on the morning of the event at which point each cyclist will receive their event number. Sign-on will take place at County Cavan Rugby Football Club. Please see terms and conditions for registration times. Participants under 18 years of age must produce a completed "Parental Consent Form" at the sign-on.

Start

The event will start (and finish) at Co. Cavan Rugby Football Club, Swellan, Cavan. Start times will be as follows:

125km Circuit **9:30am**
75km Circuit **10:00am**
25km Family Spin **11:00am**

Event Number

Numbers will not be posted out and will only be available at sign-on. Every cyclist must wear their number on their back for the duration of the event.

Facilities

Event HQ for the day is Co. Cavan Rugby Football Club, Swellan, Cavan. Free car parking will be provided on the day. In addition to sign-on facilities toilets, changing and shower facilities will also be provided.

Camping Facilities

Co. Cavan Rugby Football Club are making a certain area of ground available for those who would like to camp. Tents, caravans and campervans are welcome.

Feeding Stations

Feeding stations and water stops will be available en-route.

Keep Cavan Clean

We would ask all cyclists to leave nothing behind but their tyre tracks! You will be cycling through some of the countries most spectacular scenery so please keep it that way and don't litter.

Weather Conditions

This is early autumn in the lakelands so pleasant weather is possible but not guaranteed. However, as we are well accustomed to rain in this part of the country, participants would be well advised to bring some wet weather gear. In the event of inclement weather the organisers have the right to alter the route.

First Aid

First-Aid will be provided on the day by the Civil Defence. There will be service vehicles (for medical difficulties) and a broom wagon. Due to the vast nature of the course, it is difficult for the organisers to guarantee transport back to Cavan for every cyclist who gets into trouble. However if you do get into difficulty, please inform the personnel immediately (each cyclist will be issued with a list of contact numbers for the relevant route) and we will endeavour to remedy each individual situation.

Finish Areas

All 3 routes will finish at Co. Cavan Rugby Football Club. Here you will receive your specially designed finishers certificate. Refreshments, shower/changing facilities and toilet facilities are all available here.

Charity

The nominated charity for this event is the Holy Family School, Cootehill. A sponsorship card will be issued to all participants in their entry pack. It is optional for each cyclist whether or not he/she wishes to raise money for the charity but we hope that most will raise a little for this nominated charity, who do such great work. If you are donating to this charity we ask you to bring any monies collected to the sign-on where the representatives of the charity will be present to accept sponsorship cards.

Sponsorship cards and relevant monies must be presented to registration personnel on the morning of cycle.

Enjoy the Weekend in Cavan

Family and friends who wish to experience something different to cycling can enjoy a wealth of cultural, scenic and adventure activities around Cavan.

Remember

By adhering to the rules and regulations of the event, all cyclists will have a fun, safe and memorable day.

Entry Form 75km/125km Circuit

A PLEASE COMPLETE FORM IN BLOCK CAPITALS

Note: One cyclist per entry form only. Provide DOB for U18s only please.

Name: Address: DOB: M/F:

Email:..... Mobile:

Please select route: 75km Circuit 125km Circuit

Fee enclosed: Cheque Postal Order Other

Please Note: Entrants who are under 18 years of age on the **27th June 2010** must have permission from a parent/guardian to participate in the event.

Signature of Parent / Guardian:.....

Please provide full postal address

Entry Form 25km Family Spin

B PLEASE COMPLETE FORM IN BLOCK CAPITALS

Note: One family per entry form only. Provide DOB for U18s only please.

Name: Address: Mobile: DOB: M/F:

1.....

2.....

3.....

4.....

Please identify Parent / Guardian from the above group and sign below:

Please provide full postal address

Name:

Signature of Parent / Guardian:.....

Email:.....

Fee enclosed: Cheque Postal Order Other

Please Note:

- Entries by email will NOT be accepted
- Entry fees are non refundable
- Cash should NOT be sent in the post