

**The Myton Hospices**  
**Cycle Challenge - Sunday 9<sup>th</sup> May, 2010**  
**Guidelines to ensure a good day!**

To help you get the best from this event, please take time to read the following guidelines:

- Limited parking will be available at Rugby Myton Day Hospice with additional parking available at Rugby Hospital next to the hospice. If commencing from Warwick Hospice, parking is available on-site (Postcode for Warwick Myton is **CV34 6PX** and Rugby is **CV22 5PY**)
- Obey the highway code at all times
- The routes utilises public roads that mat at times be very busy and you need to exercise caution at all times and be a confident and competent cyclist.
- Make your intentions clear to other road users by signalling appropriately.
- When turning right on busy roads, consider dismounting and crossing the road on foot if necessary.
- Be aware of the close proximity of water at certain parts of the route (particularly around Draycote Water and along the Grand Union Canal) and cycle appropriately.
- You must wear a helmet to protect you against head injuries in the event of an accident. Wearing bright, reflective clothing will make you visible to other road users.
- Ensure your bike is in a roadworthy condition.
- Carry at least a basic tool kit for minor breakdowns and punctures and a first aid kit. There will however be first aid available – contact a marshal at one of the locations on the route (contact number and map route complete with marshal points and facilities stops will be given to you on the day).
- On off road sections, keep on the track. Some routes may cross farmland where animals are grazing.
- Always carry liquid to keep hydrated and ensure you take frequent drinks. Carry some food also to maintain your energy levels.
- Use sunscreen of factor 15 or above. Read suppliers instructions on how to apply it.
- Ensure you allow sufficient time to complete the route and carry a little money.
- When you register on the day, we will ask for a mobile telephone number – please ensure if you have one, to bring it with you. In case of emergency or if you decide not to complete the ride, please contact our event mobile on 07599752835.
- If you do come across an accident, please inform a marshal or call the event mobile.
- Make yourself known well in advance to pedestrians, horse riders and other cyclists who may not be aware you are approaching. On bridleways you are required to give way to pedestrians and horse riders.
- Don't forget there will be refreshments available at both hospices on completion of the ride (charges will apply).
- Registration is from 10am and the latest time to set off is 11am ( IF YOU ARE TAKING PART IN THE LONG ROUTE PLEASE REGISTER BY 10.30AM)

**Please note this ride is undertaken at your own risk**  
**If you require further information please call the fundraising department on 01926 838837.**  
**Thank You**

