



CTC Calderdale Standard Ride
TOUR DE YORKSHIRE MINI-TASTER; THE 3 COTES



35 Miles in 6 hours

10am Saturday 1 April 2017

From Pavilion Café, Bradford City Park, BRADFORD BD1 1LA

This challenging 35 mile ride starts at the 'Grand Depart' of Stage 3 of the Tour de Yorkshire and traces the local section of the race, including 3 tough climbs ("Cotes") – Howarth Main Street, Leeming, and Shibden Wall.

Entry Fee = £5.00

Conditions of Entry

- 1. You must be over 13 years of age. Children 13 - 16 must be accompanied by an adult. Children and young adults 13 - 18 must have parental consent (see Parental Consent Form at website below)
2. Your cycle should be in a safe, legal, and roadworthy condition.
3. You should be experienced at cycling in traffic, and must be aware of other users, ride safely and follow the Highway Code. There are no marshals on the route.
4. This is an unsupported ride. Other riders may offer mutual assistance, but you must be self-sufficient and should have the means to make minor repairs (eg change an inner tube).
5. You should be able to navigate the route using the route information provided. The route will not be sign-posted.
6. You should take into account the variety of riding styles and abilities of other cyclists. Take care not to reduce your standard of cycling when consulting route sheets, and stop in appropriate locations.
7. In the event of being unable to continue, you must have your own back-up rescue plan. There is no 'sag wagon'. It is highly recommended that you carry a mobile phone.
8. If you are unable, or choose not, to complete the route and return to the start, you must contact the organiser to let them know of your plans.
9. Any road cyclist is strongly advised to have Third Party Insurance. This is provided when you join a national cycling organisation such as Cycling UK.

For more details contact:

Dave Dodwell, 32 Parkside Avenue, Queensbury, Bradford BD13 2HQ. dmdodwell@gmail.com tel:07931284843

Or visit http://www.westyorkshiresr.org.uk



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Please complete, sign and bring with you to the event

First name: Surname:

Address: Postcode:

Mobile No: E-mail address:

Cycling UK membership number (if applicable): Age (if under 18) (parental consent needed)

EMERGENCY CONTACT DETAILS:

Name: Mobile No: Relationship to rider:

Disclaimer for entrants

I agree that I have read, understand and will abide by the terms and conditions required by Cycling UK for the safe participation in this activity and to act responsibly and adhere to the rules of the road and countryside. It is my responsibility to ensure that all manoeuvres are carried out safely. I hereby maintain that I am fit and healthy enough to participate in the activity described above and my cycle is in a safe, legal and rideable condition. I also accept that the Cycling UK cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Name: Date: Signature:

Cycling UK rides are covered by Organisers Public Liability Insurance and Cycling UK members are covered by third party insurance. Riders who are not members of the organisations are advised either to join Cycling UK or obtain their own insurance. Cycling UK will not disclose the information on this form to any other organisation. If you do not want any photographs used please notify the event organiser.

Planning to return to Bradford? Yes No (if you don't, please phone/text organiser on finish)

21 March 2017