

Blackstairs Cycling Challenge 2019 Entry Form Date April 28th 2019

Circle your route	12km	50km	80km	105km	140km
Name:	<u>Childrens' Names and Age:</u>				
Address:	(12km Family cycle only)				
	(1) _____				
	(2) _____				
Date of Birth:	(3) _____				
Email:	(4) _____				
Mobile Number:	(5) _____				
Emergency Contact Name:					
Emergency Contact Number:					
Cycling Club:					

BLACKSTAIRS CYCLING CHALLENGE WAIVER:

I understand and agree to the following:

- I participate in this event entirely at my own risk. I must rely on my own ability in dealing with all hazards and I must ride in a manner which is safe for myself and all others. I am aware that when riding on a public road the function of the marshals is only to indicate direction and I must decide whether the movement is safe. I agree that no liability whatsoever shall attach to event beneficiaries, Ballinkillen GAA Club or any member of Ballinkillen GAA Club, Ballinkillen School, the race sponsors, or any race official in respect of injury, loss or damage suffered by me in or by reason of the event, however caused.
- I will obey the rules of the road. No roads will be closed during the event.
- For the 105km route there will be a cut off time of 12:30pm at Sculloge Gap. For the 140km route there will be a cut off time of 2:00pm at Ballinree. Anyone arriving at these junctions after these cut off times will be advised to turn for Ballinkillen rather than continue towards Mount Leinster. This is for their own safety & consideration of the marshals and sweeper vans.
- Technical back up will be available but any materials supplied (such as tyres, tubes, cables etc) must be reimbursed.
- The wearing of a hard shell helmet during the event is compulsory and my bicycle must be of roadworthy condition.
- I must ensure that I have my own insurance cover in place in the event of an accident as per my own individual requirements.
- Tri-bars on bikes are not permitted.
- No headphones are allowed while cycling.
- A good level of fitness is required especially for the longer routes due to the challenging nature of the event.
- Participants are advised to carry a pump and spare tubes.
- Although refreshments will be provided participants are advised to carry food and drink with them.
- Participants must be a minimum age of 6 years for the 12km route, 14 years for the 50km route and 16 years for the longer routes. An adult must accompany and be responsible for any children under 16 years (applies to all routes).
- Participants must adhere to the event road signage for their chosen route and follow the instructions of the marshals.
- Participants must wear their wristbands to be allowed access to the food stops.
- The organisers have the right to alter the routes for health and safety reasons.
- Participants will dispose of litter in a responsible manner.
- Photographs and video will be taken and may be used for future promotion of the event.

Signed:	
Print Name:	Date: