 

Thank you for your entry in “Pedal the Pond” Cycle. We hope that you enjoy this experience that will see you completing either 90 or 45 miles, on Sunday 6th August 2017. We hope that everyone will take the opportunity to support you in what will be a memorable occasion for everyone in the Creggan area. This event is mainly flat with some climbs to stretch the legs. A training guide is available to leave everyone fit for the challenge and organised Training sessions will commence in shortly – keep an eye on the Clubs website for further details

 **A few things to remember to keep you safe on your travels:**

**PREPARATION**

* Make sure your bike is well maintained and learn to do basic repairs, especially punctures. Don’t leave it to the last minute to check your bike.
* Be sure to train carrying basic tools and equipment you may need during the event and know how to use them.
* Be sure to have a water bottle fitted.
* Many aches and pains, especially knee and neck/shoulder problems are caused by inappropriate set up of your bike. Get expert advice from either a specialist or experienced cyclist on how to set up your bike for yourself. A great deal of discomfort and injuries can be avoided.

**WHAT TO BRING AND WEAR**

Be prepared for any kind of weather and always expect the unexpected. Here are some suggestions:

* Waterproof and or windproof jacket
* Number of light layers rather that one heavy layer to maintain a regular body temperature
* Padded cycling gloves to cushion handlebar shock plus provide warmth and protection
* Padded shorts to prevent saddle sores
* Cycle shirt with pockets, handlebar or bum bag are all good for carrying money, snacks and other essentials such as tools, puncture repair kit and spare tubes.
* **Cycling helmet is compulsory on All journeys**
* Sunscreen
* Tool kit including pump, spare tube, tyre levers and repair kit
* Water bottle – essential for long trips in rural areas.

**SAFE CYCLING**

We expect all participants will become competent cyclists and familiar with riding on public roads with the training. The following points apply to all cyclist on this event.

* All road rules apply e.g. You must stop at all red lights and stop signs
* You must obey marshal directions and signage en route
* Cycle no more than two abreast especially when over taking
* Keep to the far left of the road
* Call passing and stopping to alert those cyclist around you and Look over your shoulder before moving out
* Give way to other vehicles when required
* **Do not wear headphones, earplugs etc**

Please remember that Team Leaders have given up their free time to help you prepare for “Pedal the Pond” cycle. These people are competent cyclists and have experience in cycling in groups. They are there to help train and advise you and help promote good safe practice for cycling. Please treat them with respect and obey any orders that they give out.