



Conditions of entry to the Rcapital bike ride On Friday 20th September 2019

MEDICAL HISTORY / FITNESS CONFIRMATION

Please note that this cycle ride is physically demanding and you should therefore be reasonably fit and enjoy sufficient good health to participate. If you have any medical condition, which could be adversely affected by exercise, particularly a heart condition or if you have any doubt about your health, you must consult your doctor

CONDITIONS OF ENTRY

Registration

To register for the Rcapital Fun Ride please ensure you read the medical declaration above and these conditions of entry and complete the online form found on the website.

Registration forms for the ride must be received by Friday 26th July 2019. Verbal confirmation of your intention to enter will not be accepted.

Insurance

You are responsible for your own bike and other personal possessions. The organising committee and charitable organisations cannot be held responsible for any losses or damages incurred.

Safety

This event is not a race and the Highway Code must be obeyed at all times. It is compulsory to wear a helmet whilst cycling. Failure to do so may result in injury. The organising committee, or its employees or agents cannot be held responsible for any personal injuries you may sustain.

Disclaimer

The organising committee, or its employees or agents cannot be held responsible for loss or damage to personal effects, accident, injury or death however so arising.