**ROUTE 66 – SAFETY ADVICE**

**PREPARATION:**

Helmet, Gloves, Bike repair kit, First Aid-Pack, Drinks, Energy Foods, Phone, Wet gear, ID, Money,

**INSURANCE:**

All riders (including those signed up on website) will be required to register on the day at the Registration Desk at Portadown Health Centre before they participate on the cycle. Those holding a valid Cycling Ireland Licence (incl. insurance) will sign for entry to this particular event. Those NOT holding CI Insurance will sign for insurance that will be valid for this event only.

**ROUTE:**

The route will be from Portadown Health Centre through the outskirts of Portadown to the A26 and south through Tandragee, Scarva, Poyntypass, Newry, and continuing on the R173 to Omeath and Carlingford.

There will be a water and toilet stop at Poyntzpass for the outward and return legs.

The route through Newry will follow alongside the canal, past Buttercrane Shopping Centre, towards Carlingford.

The refreshment point at Carlingford will be the ‘Foy Centre’ (2 Dundalk Street Carlingford)

The return journey will be the same as the outward route except through Newry when the other side of canal will be used.

Medals and snoods will be awarded upon completion at Portadown Health Centre.

**ROAD SAFETY:**

Motorcycle Escorts will not have the power to stop traffic so each rider will be responsible for their own road safety and must therefore adhere to the Rules of the Highway Code (particularly when giving way at junctions).

The route will be highlighted by the positioning of Motorcycle Escorts at key junctions however if the riders become spread out the Escorts will tend to be towards the front of the event in order to lead the way. There will be lamp post mounted ‘arrow’ directional signs through Newry City Centre. Notwithstanding this provision each rider must make themselves aware of the route beforehand in case they lose their way. If a rider becomes totally confused about where they are, they may in emergency phone the Motorbike Escort on 07894352559)

Cyclists are asked to observe guidelines on road cycling safety and etiquette such as riding carefully in pelotons and riding no wider than two abreast.

**HEALTH & SAFETY**: (including injury requiring First Aid Response)

All riders will be issued with a wristband during registration. It will display your Name, ICE phone number, HQ Emergency phone number. All riders MUST wear their armband for the duration of the event in order that they can be identified. In an emergency 999 should be contacted first.