



# BURGESS HILL BIKE RIDE

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## Sunday 9<sup>th</sup> June 2019

In aid of Headway East Sussex and other local charities

Supported by The Print House, South Downs Nurseries, Burgess Hill Town Council, Bennett Christmas Insurance Brokers and many others

## GOLDEN RULES OF THE ROAD

*Your "Ten Commandments" for a Good Day for All*

### 1 BE CONSIDERATE

Our event should be a positive advertisement for the pleasures of cycling: be alert and considerate to other road users. Remember: we want to attract people to cycling, not put them off. Show consideration to other riders too, especially younger or less experienced cyclists, and also to pedestrians.

### 2 KEEP LEFT

Please keep to the left and, for your own safety, be prepared to ride in single file, especially on busy roads and cycle paths. NEVER cross over the road centre. Do not overtake in dangerous places or on the inside. Stop at red traffic lights and wait.

### 3 BE SAFE

None of the roads on the route are closed to other traffic. Never attempt any dangerous overtaking or cross the centre of the road and don't speed down hills – many are steeper than you think with hidden bends and potholes. **BEWARE OF POT HOLES AND LOOSE ROAD SURFACES.** Wear bright clothes at all times when riding your bike and an undamaged helmet. Most serious accidents are caused by falling on your head. Give horses a wide berth – they are easily spooked by bicycles!

### 4 GIVE SIGNALS

Always give good, clear signals before turning and do not stop suddenly: there may be other cyclists behind you. Similarly, keep your distance from the bike in front.

### 5 HELP OTHERS

Should you see an accident, get off the highway and ensure that someone reports it to a marshal or check point. Make sure someone stays with any injured person. If necessary, phone the "Hotline" on 07773 138802.

If you are an experienced mechanic please offer to help anyone who has broken down.

### 6 CHECK YOUR BIKE

Entrants must not arrive at the event with a bike that is not roadworthy, so ensure your bike is in good order prior to the event, especially the brakes. If your bike breaks down or if you need to stop please get off the road. The sweeper van can pick you up on its way round at the end of the event.

### 7 STOP IF YOU FEEL UNWELL

Otherwise you may endanger your health or cause an accident.

**If you decide to drop out or change routes, please tell a marshal or other bike ride official.**

### 8 DON'T LITTER

The route passes through beautiful countryside: please pass quietly and leave it as you found it. Don't drop litter or damage grass verges. Obey any local authority public notices.

### 9 DON'T RACE

The Burgess Hill Bike Ride is **NOT** a race. Although you will be taking part in an organised event the usual traffic laws still apply, so follow the Highway Code. The routes mainly follow quiet country roads but join or cross some busy and major roads. Please be careful and follow all warning and traffic signs – they are there for your safety.

### 10 DRINK WATER - AVOID ALCOHOL

Take PLENTY of WATER, especially if it's a hot day. If necessary, stop at the Water Points to top up.

AVOID ALCOHOL - it will make you feel even more thirsty and may contribute to an accident.

**THE EVENT "HOT LINE" IS 07773 138802**

**BEFORE YOU SET OFF, ADD IT TO YOUR MOBILE**