

Rourke Cycles Cat & Fiddle Virtual Challenge September 2020



Safety Information

Please take two minutes to read this before you hit the road!

- Check your bike is in good, road-worthy condition before you start, carry some spares and wear a helmet at all times
- Always follow the basic rules of the road and the [Highway Code](#)
- Cycling through red traffic lights poses a significant risk to you and other motorists – *don't do it!*
- Do not ride in groups of more than 10 riders
- Keep well over to the left-hand side of the road, particularly on the Cat and Fiddle 7-mile climb
- Only ride 2 abreast when you have space, safely to do so without causing any obstructions
- Beware of motorbikes
- Beware of dangerous descents after the Cat and Fiddle and The Roaches (3 miles before Leek)

GET YOUR BRAKES ON!

- Respect residential areas when taking a natural break whatever your route, whenever you're out riding!
- After 10 miles be careful at Congleton Retail Park near McDonalds, this is a very busy island
- Respect all other road users and fellow riders
- Call 999 in case of a medical emergency or serious incident and;
- Make sure whenever you're out riding that somebody knows your route and when you expect to be back safely

Check [gov.uk/coronavirus](https://www.gov.uk/coronavirus) for up to date information on travel and social distancing, to keep you and others safe!

Have a great, safe ride from all at Livability and Rourke Cycles