

The Folly Adventure Race:

I understand and agree to the following:

- I participate in this event entirely at my own risk. I must rely on my own ability in dealing with all hazards and I must participate in a manner which is safe for myself and all others. I am aware that when cycling on a public road the function of the marshals is only to indicate direction and I must decide whether the movement is safe.
- I agree that no liability whatsoever shall attach to event beneficiaries, The Folly @ Cullahill or any member of The Folly @Cullahill's committee, the race sponsors, or any race official in respect of injury, loss or damage suffered by me in or by reason of the event, however caused.
- I will obey the rules of the road. No roads will be closed during the event.
- The wearing of a hard shell helmet during the event is compulsory and my bicycle must be of roadworthy condition. I must ensure that I have my own insurance cover in place in the event of an accident as per my own individual requirements. Tri-bars on bikes are not permitted.
- No headphones are allowed while cycling or running.
- A good level of fitness is required. It is my responsibility to ensure I am healthy enough to enter.
- Participants are advised to carry a pump and spare tubes.
- Although water will be provided participants are advised to carry food and drink with them.
- Participants must be a minimum age of 16 years.
- Participants must follow the instructions of the marshals.
- The organisers have the right to alter the routes for health and safety reasons.
- Participants will dispose of litter in a responsible manner- Littering is strictly forbidden and will disqualify you from prizes
- Photographs will be taken and may be used for future promotion of the event
- I understand that there are no refunds under any circumstances