



# Essex Roads Cycling Club Spring Festival

*An event for cyclists of all ages and experience.*

Sunday 25<sup>th</sup> April 1pm to 5pm (exclusively for use of ERCC only-no public access)  
Redbridge Cycling Centre, Forest Road, Hainault



An opportunity to train on fantastic traffic free road and off-road circuits, and to take part in various cycle race disciplines. For map and further details of the venue see; [www.redbridgecyclingcentre.co.uk](http://www.redbridgecyclingcentre.co.uk). Bike and helmet hire available at the centre (at extra cost). Changing facilities, showers and refreshments also available.

## Event schedule

### 1.10 pm-1.40 pm Group riding training session

Under 16's will train on the flat 1.15km south circuit. Adults will train on the 1km north circuit.  
*General riding permitted during these times.*

### 1.45 pm Circuit races

Junior circuit race on the south circuit (U8's 2 laps/2.3km, U12's 4 laps/4.6km, U16's 8 laps/9.2km).  
Senior race on the north circuit (12 laps/12km)-NB if you are lapped you will finish on same lap as first rider.  
*No general riding allowed from 1.45pm until races are finished.*

### 2.30 pm Time trials

Under 12's to ride 3 laps of lower circuit (3.45km)  
Adults and U16's to ride 4 or 8 laps of complete circuit (8km or 16km-please circle preferred distance below\*)  
*General riding permitted but please be aware of those racing and be prepared to allow sufficient space when passing/being passed.*

### 3.30pm Hill climb competition

*General riding permitted.*

### 4.00 pm to 5pm circuit open for general use

Mountain bike and BMX tracks also open for general use during the whole afternoon. Please note times and events may be subject to change. If events are oversubscribed we will impose a limit on numbers so please apply early.

**At all times you must follow the direction of travel as indicated by the organisers. No u-turns will be permitted. Please be aware of other riders and be particularly careful when cornering.**



Please indicate which activities you wish to participate in by ticking the relevant boxes below;

- Group riding skills
  Circuit racing
  Time trial (\*8km/16km)
  Hill climb
  Off-road
  General riding
  Volunteering\*

\*we will require assistance with timekeeping/lap counting during the races and appreciate any help you can give

Free to Essex Roads Cycling Club members. Non-members £4 (under 16) and £6 for adults. Cheques payable to Essex Roads CC.  
Return this part of your form to ERCC, 42 Porchester Road, Billericay, Essex, CM12 0UQ. **Closing date Friday 23<sup>rd</sup> April**

I have read the information on this form and the following notes, and agree to my own participation/consent to my child taking part in the sessions. I understand and agree that I/my son/daughter participate in these activities sessions under the instruction of Essex Roads CC and/or British Cycling coaches entirely at my own/his/her own risk. I have considered the nature of such sessions/have discussed them with my son/daughter. I am/my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for my/his/her own safety under the supervision of Essex Roads CC and/or British Cycling coaches.

### Notes

- It is part of the British Cycling Code of Conduct to ensure that reasonable steps are taken to establish a safe environment where riders can enjoy developing their cycling skills.
- Riders are expected to remain in the session from beginning to end, unless they have to leave early. If the rider has to leave early, or is being collected by someone other than the parent/guardian, the parent/guardian must advise the coach of the details of the arrangement, including who will be collecting the rider.
- Any riders who persistently misbehave or put others in danger will be asked to leave the sessions and will not be allowed to attend in future.
- It is your/the parent's/guardian's responsibility to ensure that your/his/her child's bike is in a safe condition to ride. **All riders must wear a cycling helmet at all times during the sessions.**

Please ensure you make a note of any medical conditions you/your child has/you feel the coach should know about below.

Details of any relevant medical condition(s);

If you have any concerns about you/your child participating in any form of physical activity, please consult your GP before taking part/giving permission for your child to take part in the coaching sessions.

Name;	Date;
Age;	
Signed;	
<b>To be signed by parent/guardian if under 16</b>	

If you require confirmation that entry has been received please state your email address below, otherwise we look forward to seeing you on the day.