

Please spare 2 minutes to read this and we'll all have a great day, Many Thanks, Jason.

Follow the basic rules of the road at all times.

Cycling through red traffic lights always gets reported to us, and could jeopardise future rides.

Do not ride in groups of more than 10 riders.

Please keep well over to the left hand side of the road, particularly on the Cat and Fiddle, beware of motor bikes.
Only ride 2 abreast when it's safe and you have space to do so.

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

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

Please call emergency numbers if you have a problem.

Tea and cake for all finishers

Thank you from Cystic Fibrosis Care and Brian Rourke Cycles for your support

Proceeds to Cystic Fibrosis Care,
with donations also to David Moss memorial fund for C.R.Y.
and Guy's chosen charity Spinal Research

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