



ORGANISED BY THE ROTARY CLUB OF FURNESS

DIRECTIONS TO THE START OF THE RIDES

The rides commence from the forecourt of **Roose Conservatives Working Men's Club**, which lies close to the roundabout at the junction of Roose Road, Holbeck Road and Rampside Road (A5087).

To reach the Club when entering Barrow on the old A590, along Abbey Road, pass the **Abbey House Hotel** on your left and **Furness General Hospital** on your right and after approximately 500 metres, turn left into Rating Lane. After 1km, turn left at the mini-roundabout into Flass Lane and continue into Friars Lane as far as Roose Road, (approximately 800 metres on), where you should turn left.

Travel along Roose Road for about 600 metres and at the roundabout take the first exit and you will see the entrance to the Club, 50 metres on your right.

Postcode: LA13 0HH

As always, all rides are very well signposted and marshalled at regular intervals around the route.

- Don't ride more than two abreast. Keep your distance from the bike in front and don't attempt any dangerous stunts or overtaking.
- Make sure you look behind before moving out and be sure to signal your intentions to stop or turn to other cyclists & drivers.
- If you spot an accident, ensure that a Marshal is informed as quickly as possible. They will be stationed along the route and there will be additional cars on patrol. Make sure that someone stays with any injured person. If the accident is serious, call an ambulance.
- Please make sure your bicycle is in good working order before you set out. If you break down, get off the highway & get a message to a Marshal or patrol car.
- All riders must wear a helmet at all times during the ride.

Remember - It's not a race, it's for fun!