

Clive Faine

Subject: RE: MK Bowl - Cycling Training/Coaching Sessions

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MK Bowl is open for training every Tuesday on the inner circuit from 18.00 to 19.30, it is also sometimes open on other days and times for youth and kids training and coaching. The following rules of use apply.

You must adhere to the following;

The Bowl perimeter road is only partially light with very low light levels, therefore, at all times after dark lights are required. All riders must therefore have working front and rear lights. Rear lights not to be set to flashing. Front lights to have a good throw of light. Any riders with inadequate lights to be asked to leave the Bowl or fix their lights.

All cars to be parked outside the circuit. Ride direction – always clockwise. Helmet and gloves to be worn at all times. Slower riders keep to the left/outside track. Faster riders keep to the right/inside track. Faster riders overtaking other fast riders ahead of them on the inside track to pass riders on the left. A courtesy shout to be made to warn the riders ahead of the manoeuvre. If the track is congested with riders, all riders must slow down and take extra care. All participants must be members of team Milton Keynes or a Club affiliated to MKCA and should consider the advantages of personal membership of British Cycling/LVPS/CTTC. All vehicles and contents are parked at the risk of Participants and it is strongly recommended that no valuables are left therein. Whilst training neither TMK nor MKCA accept any responsibility in this regard.

Neither TMK nor MKCA accepts any responsibility for members use of the Circuit.

First Aid – a first aid kit is stored in the green cabin the Keyholder if present will have keys otherwise they will be left in the outside lock to the green hut for the duration of the session.

The nearest hospital is Milton Keynes General, Standing Way, MK6 5LD – telephone no. 01908 660033, emergency services 999.

MILTON KEYNES CYCLING ASSOCIATION – TEAM MILTON KEYNES.