



MANDATORY FOR ALL CYCLISTS

As the start of training is fast approaching it is important to remember that the following 4 items are mandatory to take part for our 2019 training spins and the Galway cycle event itself.

1. HELMET

Find the right size helmet. When choosing a helmet, a good fit is vital. Most helmets come in small, medium, large or extended sizes. A good-fitting helmet should be snug but not annoyingly tight. It should sit level on your head (not tilted back) with the front edge 1 in. or less above your eyebrows so that your forehead is protected.



2. MUDGUARDS

Rear mudguards are a new mandatory requirement for 2019 for all spins. When it inevitably rains and the roads are wet and covered in mud, mudguards will not only keep you and your fellow cyclists behind you cleaner, but more importantly will allow you to see and react faster to changes in speed and road surfaces. Mudguards can also help you to make friends in the winter. You can purchase suitable mudguards from any good bike shop, they will most likely fit them for you.



3. REAR RED LIGHT

Red taillights are also mandatory this year. Make sure it can be seen several hundred feet to the rear. A rear light has the proverbial one job: to get you seen, unlike a front light that has to be visible enough to allow you to see where you are going.



4. CYCLING INSURANCE

You are required to have up to date Cycling Ireland Insurance. We will ask for your insurance number on your first training spin so make sure to have it with you when you come along in January.

To get or update your insurance logon to www.cyclingireland.ie.

