



NEW

10 MILES
EARLY BIRD £10
OR £15 AFTER
30/04/17

20 MILES
EARLY BIRD £20
OR £25 AFTER
30/04/17

NEW

50 MILES
EARLY BIRD £20
OR £25 AFTER
30/04/17

SUNDAY 14TH MAY

- ★ 8.30-9.30AM START TIMES
- ★ ROTHLEY CENTRE VILLAGE HALL
- ★ REFRESHMENTS
- ★ FAMILY FUN ACTIVITIES

All proceeds goes to Alex's Wish to help conquer a childhood life-shortening muscle wasting condition Duchenne Muscular Dystrophy every mile brings us closer to a cure

Registered charity no: 1148845



REGISTER ONLINE: WWW.CHARNWOODFORESTCYCLERIDE.CO.UK
or email: emma@alexswish.co.uk

MME CHARNWOOD FOREST CYCLE RIDE

Sunday, 14th May 2017

An open road cycle ride in the beautiful Charnwood Forest area of Leicestershire with plenty of marshals and sign posting to guide you around safely. Choose between our 10, 20 or 50 mile bike ride to suit your ability. Register by 30th April and be eligible for an early-bird entry fee. Your family and friends are welcome to stay at the Rothley Centre Village Hall whilst you ride. Family fun activities. Refreshments available on the route and at the end of your ride.

To register visit charnwoodforestcycleride.co.uk or complete and return this form.

All proceeds goes to Alex's Wish, a charity with a clear mission to fund treatments and a cure for Duchenne Muscular Dystrophy. Take part and help save lives of young children. To find out more visit alexswish.co.uk

Name:

Address:

..... Postcode:.....

Telephone (Home):..... Mobile:

Email:

Please select ride: 10 miles 20 miles 50 miles

Event fees and start times:

50 miles - £20.00 (early bird) or £25.00 (late entry). Registration opens at 8.30am all riders off by 9.00am.
20 miles - £20.00 (early bird) or £25.00 (late entry). Registration opens at 9.00am all riders off by 9.30am.
10 miles - £10.00 (early bird) or £15.00 (late entry). Registration opens at 9.00am all riders off by 9.30am.
The same fees apply for children under 18 years. Late entries apply to anyone registering after 30th April.

CONDITIONS OF ENTRY

FUNDRAISING EVENT. The ride is a **SPONSORED** event to raise money for Alex's Wish (Registered Charity No. 1148845) and all riders are encouraged to raise money through sponsorship.

HEALTH AND FITNESS. Cycling can be strenuous and riders must be in good health. Riders who have any doubt about their health, or have a medical condition that could be affected by exercise, must obtain their doctor's approval before participating.

All riders should be fit enough to tackle the ride! If you are not a regular cyclist, we recommend you go cycling two or three times a week in advance of the ride, gradually increasing the distance.

AGE OF RIDERS. Riders must be at least 14 years of age. Riders under sixteen years must be accompanied on the ride by an adult. This adult must sign the relevant part of this form. Please note that we would not recommend the 50 mile route to anyone under the age of 16 years old. The 10 mile route is more suitable to under 14 year olds.

SAFETY. Cycling on the highway is a potentially dangerous activity and all riders take part at their own risk. All riders must observe the rules in the Highway Code, obey the Golden Rules of the Road (included with the Ride Pack sent to each registered rider) and follow instructions from officials and marshals and people in authority when appropriate.

ORGANISERS' AND OTHERS' DUTIES AND LIABILITIES. The organisers managers and promoters of the ride will do all in their power to make the ride safe, but, cannot be held liable for injury, loss and damage caused or sustained as a result of taking part, however arising, nor can they accept any liability for any changes to the ride for safety reasons, or as otherwise planned through circumstances beyond their control.

DATA PROTECTION ACT. We will add your name to our mailing list so that we can keep you informed about next year's ride.

If you would prefer not to be included, please tick this box.

YOU PARTICIPATE AT YOUR OWN RISK. The organisers strongly recommend that all participants take out personal accident and medical insurance for this event.

I have read and agreed to the Conditions of Entry and I enclose my non-refundable registration fee.

Signature: Date:
If you are aged 16-18 we need your parent or guardian to sign below to agree the conditions of Entry on your behalf.

Signature: Date:
Children under 16 years of age must be accompanied by an adult. If you are under 16, please ask your accompanying rider to complete the details above, and add your details below. Please ensure you send in the appropriate registration fees for both riders.

Name..... Age:.....

Home address:

Postcode:

Payment - Please send one completed form per rider together with your cheque payable to 'Alex's Wish' to Emma Hallam, Alex's Wish, 5 Oldfield Lane, Rothley, Leicestershire, LE7 7QD.

On receipt of your entry form you will be sent an event pack, sponsorship form, rider number and map.

Total amount enclosed including any donations before sponsorship:

£

Thank you for your support!