



DMH BIKE RIDE 2009 ENTRY FORM

ONE FORM PER RIDER

Title First Name

Last Name

Address

Post Code

Tel

E-mail

I am participating in honour of

Under 16 years of age, please tick Date of Birth

Who would we contact in case of an emergency?
Name: Tel:

Chosen Route - (Mileage approximate)

Llangollen (110 miles)

Nantwich (50 miles)

Entry fee before the event is £15.00 for all routes. Entry fee on the day is £20.00.

Cycling Jersey

DMH branded Pro-Vision Cycling Jersey

£25.00 (Please tick chest size)

S 36" M 38" L 40"

XL 42" 2XL 44" 3XL 46"

www.provisionclothing.co.uk



Payment Details

I enclose a cheque for **£** made payable to 'Douglas Macmillan Hospice'

I wish to pay **£** by Credit or Debit Card

Card Type: Mastercard Visa Switch/Maestro Issue No.

Card Number

Start Date Expiry Date Last 3 digits on signature strip

Name on Card Signature

Card holders address if different from above

Post Code

Have you signed your terms and conditions over leaf and given the name of an emergency contact?

Please return this form together with your entry fee to: Bike Ride, Douglas Macmillan Hospice, Fundraising Department, Barlaston Road, Blurton, Staffs ST3 3NZ Tel: 01782 344304 Fax: 01782 344331 fundraising@dmhospice.org.uk

For Office Use Only - BKE009

Date Rec'd Amount MOP T&C's Signed Donor Number Journal Number



DMH BIKE RIDE

Sunday 17th May 2009



Terms & Conditions

These conditions have been put in place to ensure the safety of all riders taking part in this event.

1. You must obey the Highway Code at all times
2. You must wear a cycle helmet (that conforms to British Safety Standards), high-visibility clothing and suitable footwear to take part in this event.
3. An adult must accompany riders under 16.
4. It is your responsibility to ensure that your bike is roadworthy.
5. You must make sure you are fit and able to take part in the ride, if you have any doubts please ask your doctor to perform a health check on you.
6. The Ride is not a race. Out of courtesy to other road users riders should not be in groups of more than 6 in single file, and should allow at least 100 metres between themselves and the next group. You should drop back when being overtaken by other cyclists.
7. You should carry tools and a repair kit with you, together with suitable clothing.
8. Please make sure that you know the route beforehand.
9. There are shops, cafes and pubs along the route, but you should make sure you have adequate refreshment with you.
10. If you are feeling tired or unwell please stop and rest. In an emergency please call the emergency telephone numbers that you will be issued on the day.
11. If you intend to be accompanied by someone travelling in a car, they should not travel alongside. They should travel at speeds appropriate to the road conditions and pull in at suitable stopping points to allow you to catch up with them.
12. Riders will start from Michelin Athletic Club, the starts will be staggered for safety reasons.

You are responsible for your own safety. Douglas Macmillan Hospice cannot be held responsible for personal injury, accident, loss, damage or public liability.

I understand and abide by these terms and conditions:

Signed

Date

Please return your completed entry form to:

Fundraising, Douglas Macmillan Hospice, Barlaston Road, Blurton, Stoke-on-Trent, ST3 3NZ
Telephone: 01782 344304 E-mail: fundraising@dmhospice.org.uk www.dmhospice.org.uk