

Friends of Lucy's Mill Charity Bike Ride/ Walk 2015 Sponsor Form

Please sponsor me; I am getting my bike out of the shed and cycling 7 miles or putting on my walking boots for local Charities On Saturday the 11th April 2015!

| Name: | Telephone Number: | Pledge in £: |
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| Total £ : | | |

Conditions of Entry

Most of these conditions are designed for your safety and the safety of other riders and walkers, please read carefully to avoid problems later.

1 Entry Form

To be eligible to participate in the Ride/walk, all participants must complete and sign an Entry Form and pay the entry fee specified on the Entry Form, whether riding as an individual, in a team or a multi-seater bike. Or walking.

2 Age of Riders

All riders/ walkers must be aged 5 years or over on the day of the event, and if under 16, must be accompanied by an adult. Thus the Bike Ride is not suitable for children under 5.

3 Sponsorship

The Ride / walk is an opportunity to fund raise for your favorite charity. Beyond your entry fee, there is no obligation to raise money for our selected charities but a sponsor form is attached with the registration form to kick-start your fundraising efforts! Most riders / walkers are aiming for a target of £50 plus.

4 Safety

Cycling on the highway and on a cycle path is a potentially dangerous activity and although the organisers, and promoters of the Ride will do everything reasonably possible to make the Ride safe, all riders take part at their own risk. All riders must ensure that their bicycles are in a roadworthy condition, must observe the rules of the Highway Code, wear a helmet and follow the instructions from officials and marshals.

5 Organisers' duties and liabilities

The organisers, and promoters of the Ride will do everything reasonably possible to make the Ride/ walk safe but, to the extent permitted by the Unfair Contract Terms Act 1977, the organizers do not accept responsibility for injury, loss and damage caused or sustained as a result of taking part, howsoever arising, nor can they accept any liability for any changes to the Ride/walk for safety reasons, or as otherwise planned through circumstances beyond their control. The organisers, and promoters of the Ride reserve the right in their sole discretion to restrict and/or prohibit any rider from participating in the Ride.

6 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, particularly a heart condition, must obtain their doctor's approval before participating and show evidence of it to the organizers.

All riders must be reasonably fit. If you are not a regular cyclist, we recommend you go for a bike ride two or three times a week for several weeks in advance of the Ride, gradually increasing the distance you cycle.

7 Publicity

Photographs and footage of the ride may be used in future publicity for this event by The Friends of Lucy's Mill Bridge

8 Data Protection

Your personal information will be used for administrative purposes associated with The Charity Bike Ride/Walk. May, send you details about next year's event and other associated activities.

Tick here if you do not wish to receive further information about the friends of Lucy's Mill Bridge future events.