

CYCLE THE WIGHT

Please complete one form per participant and fill in both sides of this form. Thank you.

(Each member of a team must complete a registration form).

Title _____

First name _____

Last name _____

Address _____

Postcode _____

Home number _____

Work number _____

Mobile number _____

Email _____

Date of birth _____

Team name _____

Team leader's name _____

I am responsible for the following children (under 16) who will accompany me:

Children's names and date of birth _____

How many more entry forms would you like?

Would you be willing to help with publicity? Yes No

Do you suffer from a heart condition? Yes No

Where did you hear about this event? _____

Data Protection

- We greatly value your support and would like to keep you informed about future events using the contact information you have provided. Please tick the box if you would prefer not to hear about upcoming events. (MP25)
- Please tick here if you do not wish the British Heart Foundation to contact you by email about our work. (MP 08)
- Please tick here if you do not wish the British Heart Foundation to contact you by phone or post about our work. (MP 38)
- We may want to share your information with other organisations that are in partnership with the British Heart Foundation and who support our aims and objectives. Please tick here if you would prefer us NOT to share your details. (MP 02)



© British Heart Foundation, a Company Limited by Guarantee, Registered in England & Wales, Company Registration No 699547, Charity No in England & Wales 225971 and in Scotland SC039426, Greater London House, 180 Hampstead Road, London, NW1 7AW



British Heart Foundation

CYCLE THE WIGHT

Sunday 20th September 2009



BEATING HEART DISEASE TOGETHER

TOGETHER WE CAN SAVE THE LIFE YOU LOVE

ROUTES

CYCLE THE WIGHT & SHORTER ROUTE

The 70 & 50 mile approx routes follow the round the island cycle route which takes in minor roads and lanes wherever possible. The routes will be ridden clockwise and participants should follow the blue highways signs with a white cycle, which are numbered at strategic points. Any diversions on the route or to checkpoints will be marked with Cycling Festival logos and arrows. There will be signs for the 50 mile ride to follow from Chale. The 70 mile route is suitable for road bikes but the 50 mile route uses a gravel cycle track that may not be suitable for some bikes.

Both routes are marked, however you are advised to take a map of the route with you, these can be provided at registration or you can download a copy of the round the island route from the internet:

www.sunseaandcycling.com/routes.asp

An Ordnance Survey map of the Isle of Wight (Explorer OL29) is also advised.

FAMILY ROUTE – SUNSHINE TRAIL

The route is approx 15 miles and is a very pleasant circular ride following the Sunshine Trail from **Shanklin Train Station** with a detour to Arretton Barns for refreshments. Road cycles are not suitable for this event as there are some off road tracks and rough surfaces.

The ride will start at **10am** sharp and take approx 3.5 hours. It is £2 per adult to enter and free for children. It will be led by a guide but you will be given a map at the start or it can be downloaded from the internet:

<http://www.island2000.org.uk/downloads.htm>

REGISTRATION

Competitors for Cycle the Wight 70 and 50 miles will be required to register at one of four start points: Ryde, East Cowes, Blackgang or Yarmouth.

All start points are open from 9am, you may find that they are open a little earlier or later but please remember that the people at the checkpoints are volunteers and can't be expected to be there at dawn!

The Family route will start at Shanklin Train Station. You can register from 9.30am but this will leave sharp at 10am.

At registration you will be required to pay a fee of £5 for Cycle the Wight or £2 for Cycle the Wight Family Route if you have not already pre-registered (**Cheques should be made payable to the British Heart Foundation**). Registration is free for children on the family ride.

Pre-registration entries must be received by **Monday 14th September 2009** to ensure they are processed prior to the event.

Entry packs will be sent out before the event and entries **may** be accepted on the day subject to availability.

Cyclists must agree to keep to the Cycling Code and act as a responsible member of this event. We advise that Cycle helmets are worn at all times.

For more information please call 01892 893918, or visit www.sunseaandcycling.com

To register please complete both sides of this form and send it with your registration fee.



REGISTRATION FORM

Your entry fee will help cover the administration costs of this event but your sponsorship could help save lives!

I am registering for the Cycle The Wight – Please tick your chosen route and start point:

70 miles £5

Yarmouth East Cowes Ryde Blackgang

50 miles £5

East Cowes Ryde Blackgang

15 miles Family £2 (children go free)

Shanklin

I enclose my registration fee of £.....to enter the ride.

Please make cheques payable to: British Heart Foundation

Please complete both sides of this registration form and send to:

BHF South & East Region, PO Box 296, Tunbridge Wells, Kent, TN2 9DA

If you would like a t-shirt to wear on the day in advance they are available for a suggested donation of £5.00, please send in your £5.00 donation and indicate your size below (there will be a limited amount available on the day).

S **M** **L** **XL**

TRAVEL

If you are travelling by Ferry to the Isle of Wight then take advantage of the special rates offered by Wightlink or Red Funnel. You will be required to pre-book your travel so that the number of cycles travelling can be anticipated.

Declaration

I understand that if I am in doubt about my health or have a medical condition that could be affected by exercise, particularly a heart condition, I should obtain my doctor's approval before participation in a BHF event which involves exercise.

I understand that participants under the age of 16 years (where permitted to participate) must be accompanied by an adult and an adult will supply written permission for their participation. I acknowledge that I participate in this event at my own risk and that the BHF cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by the BHF for participating safely in this event.

I understand this is a fundraising event and pledge to raise as much sponsorship as possible. I understand that the BHF may take photographs of me taking part in this event and permit them to use the images for promotional purposes.

Signed: _____ Date: _____

A signature from a parent/guardian is required for under 16's to show consent

Signed: _____ Date: _____

Relationship to child: _____