



British Heart
Foundation



GET IN GEAR

Do the bike ride in style!

Order your T-shirt now to make sure you look cool throughout the Ride – and wear it afterwards as a reminder of your achievement.

The T-shirts are available in either men's classic style or women's skinny-fit, in small to XL sizes. Or go for a navy sweatshirt. Whichever style you choose, the centre back will feature the BHF logo, so everyone riding behind you will see what a big heart you have.

To order your T-shirt or sweatshirt, tick the appropriate box on the Entry Form

Conditions of Entry

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

1. Entry Form

All riders must complete and sign an Entry Form, whether riding as an individual, in a team or on a multi-seater bike.

2. Age of Riders

All riders must be aged 14 or over on the day of the Ride and, if 14, 15 or 16, must be accompanied by an adult. Thus the Ride is not open to children under 14. Young children must not be carried or put in a child seat.

3. Exclusive British Heart Foundation event

The Ride is a British Heart Foundation fundraising event and all riders must raise money for the British Heart Foundation. Sponsor forms are sent out in the Rider Pack. The Ride is designed entirely for bicycles (ie two wheeled non-powered cycles).

4. Safety

Cycling on the highway is a potentially dangerous activity and, although the organisers, managers and promoters of the Ride will do all in their power 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, obey the Golden Rules of the Road (included with the Rider Pack sent to each registered rider, or send a stamped addressed envelope to London to Brighton Bike Ride, PO Box 509, Cheadle, Stoke-on-Trent ST10 4EZ for an advance copy) and follow the instructions from officials and marshals.

NB: Neither The British Heart Foundation, nor the Ride Managers, Cycle Rides Ltd, accept responsibility for any injury sustained or property damaged in the course of the Ride in the absence of negligence or breach of statutory duty on their parts.

5. Liability/Insurance

The organisers, managers and promoters of the Ride cannot be held liable 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 made to the Ride for safety reasons, or as otherwise planned through circumstances beyond their control.

While we go to great lengths to ensure that the Ride is organised to enable participants to be as safe as possible at all times, we must make it clear that all participants in the Ride take part entirely at their own risk. You are therefore strongly advised to comply with our safety guidelines and to obtain personal accident insurance cover as well as adequate material loss/damage insurance cover in respect of your bicycle and personal property and any loss or injury you may cause to a third party.

6. Health and Fitness

Cycling can be strenuous and riders must be in good health. We know that heart patients are keen to support the British Heart Foundation's activities, and many are perfectly fit enough to take part in the Ride. 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.

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.

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The British Heart Foundation is the nation's heart charity, registered charity number 225971.

Data Protection

Thank you for taking part in this event, we hope you enjoy it and that you will support the BHF again in the future. We will use your personal information for administration purposes related to this event.

MP25 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 on page 2 if you would prefer **not** to hear about upcoming events.

MP08 Please tick the box on page 2 if you do **not** wish the British Heart Foundation to contact you by email about our work.

MP38 Please tick the box on page 2 if you do **not** wish the British Heart Foundation to contact you by phone or post about our work.

MP02 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 the box on page 2 if you would prefer us **not** to share your details.

IMPORTANT NOTICE:

Details of all participants will be passed to St John Ambulance (St John) so that, in the event of illness or injury occurring during the Ride, they can administer first aid more effectively and contact relatives/friends if necessary. St John reserves the right to provide to the BHF full details of any injured cyclists or cyclists taken ill during the Ride who are treated by them, or cyclists who notify them that they are withdrawing, to ensure continuity of care.

YOUR ENTRY FORM

BRITISH HEART FOUNDATION LONDON TO BRIGHTON BIKE RIDE
SUNDAY 15 JUNE 2008

How to complete this form: First, read the notes on page 1 so you're fully in the picture. Complete all the relevant sections and sign your own Entry Form. Remember to include your home address, even if you are part of a team or riding a multi-seater bike. We then send your Rider Pack to your home address... once again, even if you are part of a team. For extra forms, please photocopy, visit our website at bhf.org.uk/london-brighton or call the London to Brighton Hotline number: 0870 774 3802.

Personal Details

Mr/Mrs/Miss/Dr/Other: _____

First Name: _____

Surname: _____

Home postcode: (must be included) _____

Home address: _____

Daytime telephone: _____

Evening telephone: _____

E-mail: _____

(if provided you will receive confirmation of safe receipt of your form)

Please tick the appropriate box male female

Age Group

14-16 17-21 22-24 25-34

35-44 45-54 55-64 65+

Publicity If you're a heart patient and willing to help us with publicity, please tick.

Action Photo I do NOT wish to receive an Action Photo (Official photo taken during the Ride)

Data Protection

 (see page 1)

Please tick box(es) if appropriate

MP25 MP08 MP38 MP02

Team Entry

Name of team leader: _____

Team name: _____

Please tick type of team

Family team Club challenge team (up to 50 riders)

Company team – Small (2-10 riders)

Medium (11-50 riders)

Large (51-100 riders)

Please tick if your company is contributing to or matching your sponsor money

Name of company _____

Team Leader only:

Please tick if you want the entire team's packs sent to you

If you prefer the team's packs sent to an address other than your home address, please give details:

Postcode (must be included) _____

Address _____

Ride Start Times

Please tick your first choice.

06.00hrs 06.30hrs 07.00hrs 07.30hrs

08.00hrs 08.30hrs 09.00hrs 09.30hrs

If your first choice is already booked, we will give you the nearest available time.

T-shirts and sweatshirts: Please indicate how many you need. T-shirts will be sent to you separately.

T-shirts Size Men's Women's

Small @£11.50 £ _____ p _____

Medium @£11.50 £ _____ p _____

Large @£11.50 £ _____ p _____

X Large @£11.50 £ _____ p _____

Sweatshirts (same design on a navy blue sweatshirt). Orders for sweatshirts must reach us by 30 April and will arrive by 11 June.

Small @£15.00 £ _____ p _____

Medium @£15.00 £ _____ p _____

Large @£15.00 £ _____ p _____

X Large @£15.00 £ _____ p _____

Special Ride Travel

To use before or after the Ride, please indicate below. Detailed information will be provided in your Rider Pack.

Morning service

from Madeira Drive, Brighton to Clapham Common @£21.00 £ _____ p _____

from Haywards Heath to Clapham Common @£21.00 £ _____ p _____

from Crawley to Clapham Common @£21.00 £ _____ p _____

Afternoon service

Brighton to Haywards Heath @£21.00 £ _____ p _____

Brighton to Crawley @£21.00 £ _____ p _____

Brighton to Coulsdon @£21.00 £ _____ p _____

Brighton to Clapham Common @£21.00 £ _____ p _____

Payment

Please make cheques/postal orders payable to London to Brighton Bike Ride Limited and send them with your completed Entry Form to the following address: London to Brighton Bike Ride, PO Box 509, Cheadle, Stoke-on-Trent ST10 4EZ.

My entry fee £ 30.00

T-shirt(s) £ _____

Sweatshirt(s) £ _____

Bike Ride Travel Service £ _____

Donation £ _____

Total payment **£** _____

Agreement

I have read and agree to the Conditions of Entry on page 6

Signed _____ Date _____

If you are under 18 we need your parent or guardian to sign below to agree to the Conditions of Entry on your behalf.

Signed _____ Date _____

If you are 14, 15 or 16 please ask your accompanying adult to complete the following: (please use block capitals)

Name: _____

Home postcode: (must be included) _____

Home address: _____

Fundraising target I will be 14 years or over on the day of the Ride and my fundraising target for the British Heart Foundation (Registered Charity Number 225971) is: £ _____