

CHALLENGE FOLKESTONE 2009

CANOE REGISTRATION FORM



“A great opportunity to take advantage of our beautiful natural surroundings. You will be canoeing 10 miles stage in 12 person canoe, as part of a relay from picturesque Rye along the Royal Military Canal to Seabrook. Participants will canoe and cycle to the same destination which will make for a grand finale!!”

I wish to take part in the Challenge Folkestone sponsored canoe on 23rd May 2009 and I agree to the following additional terms and conditions:

1. I am required to raise a minimum of £40 sponsorship in order take part and will pay within six weeks of completion of the route, cheques made payable to Seapoint Canoe Centre. Compliance in this will result in a refund of your initial £5 registration fee on request.
2. I am sufficiently fit to take part in this event and suffer from no physical, mental or medical conditions which might endanger me or other participants.
3. I undertake to carry with me:
 - a supply of water or other suitable fluid to prevent dehydration
 - a mobile phone in case of emergency (per person or per party)
 - suitable wet weather gear, depending on forecast.
4. I accept full responsibility for my own safety during the course of the event and will not hold the organisers responsible for any loss, damage or accident.

Name: _____

Signature: _____

Address: _____

Daytime telephone: _____

Evening telephone: _____

Mobile: _____

Email address: _____

Emergency Contact and Number: _____

I would like to participate in the CANOE event

Please post this form and cheque for £5, no later than a week before the event to Dave Barker, Cheriton Baptist Church, Qusted Road, Cheriton, CT19 4BY (Please make cheques payable to Seapoint Canoe Centre).

If you have any questions, please ring Dave Barker on 07889524954



PROGRAMME INFORMATION

Saturday 23rd May 2009: You will have been given a start time to be at the Seapoint Canoe Centre (CT21 5RS) to check in with the marshals. 20 minutes later you will be taken by minibus to the canoe rendezvous. Each team will row approx 10 miles, but there may be opportunity to do more. You need to ensure that:

- A signed application form has been submitted by each rider
- Sponsorship of at least £40 per participant has been obtained
- Our Health and Safety conditions have been met.

Each canoe will be steered by fully qualified canoe instructors.

As part of the event you will be required to wear safety equipment (provided) and share in the lifting of boats in and out of the water under supervision.

There will be a lunch break where cyclists and canoeists can share experiences. We will provide light refreshments, but it would be advisable to bring your own packed lunch as you will be using a lot of energy to propel the canoe!

At the finish line there will be food and drinks available at low cost, and some entertainment.