

CHALLENGE FOLKESTONE 2009

CYCLE REGISTRATION FORM



“A great opportunity to take advantage of our beautiful natural surroundings. You will be cycling 30 miles from picturesque Rye to Seabrook, across the Romney Marsh. 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 bike ride 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 to 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. I have a bike which is in good working order and complies with Highway Code.
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. It is advisable to wear a cycle helmet and reflective belt / jacket.

Name: _____

Signature: _____

Address: _____

Daytime telephone: _____

Evening telephone: _____

Mobile: _____

Email address: _____

Emergency Contact and Number: _____

I would like to participate in the CYCLE event

Please post this form and cheque for £5, no later than a week before the event to Tim Fudge, 126 Lucy Avenue, Folkestone, Kent, CT19 5TN (Please make cheques payable to Seapoint Canoe Centre).

If you have any questions, please ring Tim Fudge on 07877415065.



PROGRAMME INFORMATION

On Saturday 23rd May 2009 participants will check in with the marshals at the car park of the Seapoint Centre at 9.30am for a 10 o'clock departure. 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 rider has noted the mobile numbers of the back-up vehicle

We will meet in Seabrook where you will be transported to Rye to begin the route back to Seabrook Seapoint Canoe Centre (CT21 5RS – opposite Seabrook garage). If you choose to start in Rye and don't need transport the registration will be £2

A detailed route map will be placed on the Challenge Folkestone website well beforehand, and will also be handed out on the day.

Prior to completion of the route there will only be one check point during the day which will be at about two thirds of the way through the route where refreshments will be provided. This could also be a suitable point for a lunch break. A back-up vehicles with basic first aid and tool kits will be present throughout the day and will be contactable by mobile phone in case of emergency.

At the end of the day the drivers of the back-up vehicles will wait at Seapoint Canoe Centre until all participants have checked in.

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