

CTC Eden Valley, Cumbria

Triennial Veterans' (TriVets) Event, 12th June 2019 - Registration 1/2



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6th March

Thank you for expressing an interest in participating in this event which will give you the opportunity of sharing a social and recreational ride in beautiful settings.

The Event, starting and finishing at (GR NY 492310) Brambles Cafe, Newton Rigg College, Penrith CA11 0AH will consist of two courses of either 100mi or 100km.

The morning route will be 60% of the distance and will follow the SW edge of the Penines with magnificent views of the Eden valley. Then we return via the Lyvennet valley to Newton Rigg. In the afternoon we loop N towards Dalston via NCN 7 and then return to the Eden, great views again, before returning once more to Newton Rigg. Each course will return to Newton Rigg for lunch, and breaks for 11s and 'tea' will be provided in each loop.

As this event has been designed to be a social activity, riders will ride and stay in designated groups which will be led by Eden Valley marshals. These groups will be put together according to the participant's choice of speed and their preference to be with other riders (these factors will be addressed on the entry form). Obviously if entrants wish to ride together, they will be allocated according to the speed of the slowest rider. Participants can choose to ride at one of the following nominal average speeds:

10/11, 11/12, 12/13mph or roughly 16/17, 18/19, 20/21 km/h

There may be the possibility of riding in a predominantly womens' group – if you would like to be included in this please indicate when you enter.

The entry fee for the event is **£20** this fee includes refreshment during the morning and afternoon rides and lunch at Newton Rigg in the middle of the day. ***We would prefer that you enter online [here](#) but if you wish you can complete the **enclosed entry form** with details of group and lunch requirements and enclose your entry fee of £20 (a cheque made payable to: EDEN VALLEY CYCLING UK).***

Thanks again for your interest and we look forward to meeting you in June.a

Please note: The event organiser cannot guarantee to accept an entry for this ride. The organiser reserves the right to return any entry fee paid, despite provisional acceptance, at any time before the event, and the decision of the event organiser in this matter shall be final.

Participants must note the following points:

- 1.The rides are open to CTC members ages 50 or over (except as noted in point 4).
- 2.Entries must arrive with the entry fee of £20 by June 5th 2019. The organiser will acknowledge your entry.
- 3.The entry fee will be returned if the entry cannot be accepted, but is not returnable due to cancellation by the rider.
- 4.Participants may ride on bicycles, tricycles or tandems, but tandem entries cannot be accepted unless both riders qualify or the rear rider has a disability requiring the use of a tandem.



Entry Form

Details of Participant

First Name		Surname	
Address			
Post Code			
CTC Member No		Age on 12 th June 2019	
Daytime Phone No		Mobile No	
Email address (capitals please):			
Emergency Contact Details:		Name	
Phone No:		Relationship to rider:	

I would like to ride (please tick ✓) the 100mi , the 100km course at an average speed of

Approx 10-11mph approx. 11-12mph approx. 12-13mph

If possible I should like to ride with a predominantly womens' group

Please group me together with (I understand I must ride at the speed of this group)

(name) _____

Lunch will consist of either soup and sandwich **or** a Veggie Lasagne, plus tray bake and tea/coffee/orange squash.

Please choose from options below (one column or the other!)

<i>Soup and sandwich Option</i> (tick ✓ a filling and brown or white)		or Veggie Lasagne	
Egg Mayonnaise			
Cheese Savoury			
Roast Beef with rocket		<i>Please note below any special dietary requirements eg Gluten Free.</i>	
Chicken Mayonnaise			
Prawn Mary Rose			
Smoked Salmon and Cream Cheese			
On Brown		On White	

Joining instructions will be sent to the email address above or by post if you include 1xA5 stamped addressed envelope

ENTRIES CLOSE 5th June or EARLIER IF WE REACH MAXIMUM NUMBERS.

Disclaimer for entrants:

I agree that I understand and will abide by the terms and conditions required by the CTC for the safe participation in this activity and to act and adhere to the rules of the road and countryside. Marshals, if they are used, are solely to indicate the direction and it is my responsibility to ensure that a manoeuvre is carried out safely. I hereby maintain that I am fit and

healthy enough to participate in the activity described above and my cycle is in a safe, legal and reliable condition. I also accept that the CTC cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Name _____ Date _____

Signature _____

Please return your form together with a cheque for £20 (EDEN VALLEY CYCLING UK) by 5th June to:

Bill Openshaw, Raughton Head House, Raughton Head, Carlisle, CA5 7DD
chair@edenvalleycyc.org.uk