

## CTC Eden Valley, Cumbria



### Triennial Veterans' (Tri-Vets) Event, 22nd June 2022 Registration 1 of 2

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 2022 Event, starting and finishing at (GR NY 368499) **Dalston Village Hall** (CA5 7QS) will consist of two courses of either **100mi or 100km**. The morning route will be 50% of the distance and will follow quiet country lanes in a southerly direction to Mungrisdale for 11s before returning to Dalston. After lunch we cycle out west in a loop around the Solway plain with great views across the Solway Firth to Scotland. Each course will return to Dalston for lunch and breaks for 11s and 'tea' will be provided in each loop. 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 women group – if you would like to be included in this please indicate when you enter.

The entry fee for the event is £18 this fee includes refreshment during the morning and afternoon rides and lunch at Dalston Village Hall in the middle of the day. **We would prefer that you [ENTER](#) online** and pay by BACS transfer: Account name EDEN VALLEY CYCLING UK, Account no. 53608033, Sort code 16-52-21

Or if you wish you can complete the enclosed entry form with details of group and lunch requirements and enclose your entry fee of £18 (a cheque made payable to: EDEN VALLEY CYCLING UK).



ENTRY FORM

First Name		Surname	
Address			
Post Code			
CUK Member No.		Age on 22 <sup>nd</sup> June	
Phone Number		Mobile Number	
Email address (capitals please)			
Emergency Contact Details			
Name			
Phone Number		Relationship to rider	
Do you have any special dietary requirements / allergies?			

I would like to ride (please tick ✓) the 100mi  the 100km  course at an average speed of approximately 10-11mph  approx. 11-12mph  approx. 12-13mph

If possible, I would like to ride with a predominantly women's group   
Please group me together with (I understand I must ride at the speed of this group)

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

ENTRIES CLOSE 14<sup>th</sup> 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 CUK 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 CUK cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Name

Signature

Date

Please return your form together with a cheque for £18 (EDEN VALLEY CYCLING UK) by 5<sup>th</sup> June to:  
Bill Openshaw, Raughton Head House, Raughton Head, Carlisle, CA5 7DD.  
chair@edenvalleycyc.org.uk