

Eden Valley Cycling UK Group – Challenge Ride Event

Sunday 15th September 2024

in Aid of Eden Valley Hospice



Thank you for registering to enter this event.

First please indicate what course you are entering

	tick ✓	Approx climbing
160 km starting between 0800 and 0900		1938m
100 km starting between 0900 and 1000		1181m
50 km starting between 0900 and 1000		538m

We envisage that most entrants will expect to ride in their own group with friends and we will provide you with a map and GPS route on line before the event. (These will be sent out within a week of the event in order that any last minute diversions because of road works can be taken into account) but the essentials of the routes are shown on the website [here](#)

There will be signage on the 50 km route and a *small number of Eden Valley club members* will be happy to guide you round the courses. Please [contact us](mailto:evchallenge24@gmail.com) at evchallenge24@gmail.com if you would like to ride in one of these led groups they will be allocated very much on a first come..... basis.

Refreshments:

There will be drinks available at the start and something to pocket (banana/flapjack). On return to Langwathby there will be soup and unfilled roll plus a tray bake. At the end after the second loop there will be crumble and custard!

Please let us know below if you require Gluten Free or Vegetarian food. Although every attempt will be made to eliminate other allergens (there will be contents lists for most items) we cannot guarantee this.

Food Requests:	tick ✓	tick ✓
Vegetarian		Gluten free

Age restrictions:

You must be 18 yoa to participate in this event but under 18's can participate if accompanied by an adult and provide a parental consent form - [available here](#), but this is only on the 50km ride

Surname:	Forename:
Address	
Postcode	Email:
Mobile	
Contact in case of emergency(ICE): Name	
Telephone/Mobile	Relation to above:

Disclaimer:

I agree that I understand and will abide by the terms and conditions required by CyclingUK for the safe participation in this activity and to act responsibly 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 any 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 roadworthy condition. I agree to wear a cycle helmet which is to BS standards or equivalent. I also accept that Cycling UK cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Signature

Date

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Cycling UK rides are covered by Organisers' Public Liability Insurance and all Cycling UK members are covered by third party insurance, Riders who are not members of the organisation are advised to either join Cycling UK or obtain their own insurance.

Cycling UK will not disclose the information on this form to any other organisation. If you do not want any photographs used, please notify the event organiser.

Please turn over for payment details

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Please pay £15 per entrant via BACS (online) account details:

Eden Valley Cycling UK 16-52-21 AcNo 53608033 Putting your name in the info box

When we have received payment we will acknowledge your registration and send you basic details of the event. Whilst £10 of every entry will go direct to Eden Valley Hospice and Jigsaw Childrens Hospice, we would encourage you to get you family and friends to sponsor you for this event and you can either direct them to [this just Giving page](#) or use [this form](#) to keep a record of your sponsorship and send it to Eden Valley Hospice direct. Further details will follow closer to the event including GPX files of the routes and detailed timings, parking etc.

Please return forms to evchallenge24@gmail.com