

# Friends of Lucys Mill Bridge. Charity Bike Ride/walk.

## Stratford-upon-Avon, Greenway 11<sup>th</sup> April commencing 9.30 a.m.

Join us on Saturday the 11<sup>th</sup> April 2015 between 9.30.a.m. and 2.p.m. for the Lucys Mill Bridge Charity Bike/walk. This event is to raise awareness of Friends of Lucys Mill Bridge and you can raise funds for a charity of your choice

The attendance fee is to cover the cost of using the "Greenway ,public liability insurance and first aid cover".

**The ride will start and finish at in the Tramway Inn Shipston Road,  
Stratford-upon Avon CV37 7LW.**

**The** route is approximately 7 miles and predominantly the Greenway path. The route also incorporates some steps, a footbridge and a busy road to cross. The course is primarily a gravel surface and may not be suitable for racing style bikes with thin, slick tyres.

Marshals will be on hand to facilitate your progress and lend a hand with the minor mechanical problem or help you to the safety of a vehicle in the eventuality you and your bike are unable to finish the course.

You don't have to be an experienced rider. As long as you enjoy riding a bike and walking come and join us.

**This is not a race**, but you do need to be in good health take part. Of course you can set yourself targets, but most importantly enjoy the ride, take in the scenery and savour the atmosphere!

If you are over 5 years old but under the age of 18 and wish to take part, you will require parental consent and accompanied by an adult during the ride/walk. Registration fees are **£5.00** per adult £3.00 for the over 55s and **£2.00** for individuals under the age of 18yrs.

**To register your entry, please complete an Entry Form available enclosed.**

**Additional entry forms may be obtained from the contact below.**

**The friends of Lucys Mill Bridge  
33 Saffron Meadow  
Stratford upon Avon  
Warwickshire  
CV37 76GD**

# Friends of Lucys Mill Bridge

## Charity Bike Ride/ Walk Entry Form 2015

*How to complete this form:* Please print this form, complete all relevant sections and return to Mr Richard Eden 33 Saffron Meadow Stratford upon Avon Warwickshire CV37 6GD  
 Don't forget to include a cheque for your registration fee payable to "friends of Lucys Mill Bridge"  
 All children five years and over can participate when accompanied by an adult. If you require further entry form Registration fees are **£5.00** per adult, £3.00 for the over 55s and **£2.00**. For children under the age of 18yrs. For further information please contact Richard at the above address.

### SECTION A - Personal Details to be completed by all entrants

<b>Mr. / Mrs. / Miss /MS/ Dr / Other:</b>	
<b>First name:</b>	
<b>Surname:</b>	
<b>Address 1:</b>	
<b>Home Postcode:</b>	
<b>Address 2:</b>	
<b>Address 3:</b>	
<b>Day Telephone:</b>	
<b>Evening Telephone:</b>	
<b>Mobile:</b>	
<b>Email:</b>	
<b>Date of Birth if under 18:</b>	
<b>I agree to the conditions of entry and state that I am fit enough to participate.</b>	
<b>Signature</b>	

Return completed form with cheque  
 To Mr Richard Eden 33 Saffron Meadow  
 Stratford upon Avon Warwickshire CV37 6GD

# Friends of Lucy's Mill Bridge

## Charity Bike Ride/ walk Conditions of Entry

Most of these conditions are designed for your safety and the safety of other riders, please read carefully to avoid problems later.

### 1 Entry Form

To be eligible to participate in the Ride, all riders/walkers must complete and sign an Entry Form and pay the entry fee specified on the Entry Form, whether riding as an individual, in a team or a multi-seater bike.

### 2 Age of Riders

All riders must be aged 5 or over on the day of the ride, and if under 16, must be accompanied by an adult. Thus the Ride is not open to children under 5; Young children must not be carried or put in a child seat.

### 3 Sponsorship

The Ride/walk is a Friends of Lucys Mill Bridge event. Beyond your entry fee, there is no obligation to raise money for this selected charity but a sponsor form is attached with the registration form to kick-start your fundraising efforts! Most riders/walkers are aiming for a target of £50 plus.

### 4 Safety

Cycling on the highway and on a cycle path is a potentially dangerous activity and although the organisers, managers and promoters of the Ride/walk will do everything reasonably possible to make the Ride/walk safe, all riders and walkers take part at their own risk. All riders must ensure that their bicycles are in a roadworthy condition, must observe the rules of the Highway Code, wear a helmet and follow the instructions from officials and marshals.

### 5 Organisers' duties and liabilities

The organisers, managers and promoters of the Ride/walk will do everything reasonably possible to make the Ride/walk safe but, to the extent permitted by the Unfair Contract Terms Act 1977, the organisers do not accept responsibility for injury, loss and damage caused or sustained as a result of taking part, howsoever arising, nor can they accept any liability for any changes to the Ride/walk for safety reasons, or as otherwise planned through circumstances beyond their control. The organisers, managers and promoters of the Ride/walk reserve the right in their sole discretion to restrict and/or prohibit any rider/walker from participating in the Ride/walk.

### 6 Health and Fitness

Cycling can be strenuous and riders must be in good health. Riders who have any doubt about their health, or have a medical condition that could be affected by exercise, particularly a heart condition, must obtain their doctor's approval before participating and show evidence of it to the organisers. All riders must be reasonably fit. If you are not a regular cyclist, we recommend you go for a bike ride two or three times a week for several weeks in advance of the Ride, gradually increasing the distance you cycle.

### 7 Publicity & Data Protection

Photographs and footage of the ride may be used in future publicity for Friends of Lucys Mill Bridge and The supported Charity and/or the organisers, managers for future publicity. However, your personal information will only be used for administrative purposes associated with The Charity Bike Ride/walk and correspondence from friends of Lucys Mill Bridge advising you about next year's event and other similar activities.

Tick here if you **do not** wish to receive further information about Friends of Lucys Mill Bridge Future events.