



Entry Form (PLEASE PRINT)

Please complete and return to: Headway South Beds, Volunteer Event Organiser, Headway Bike Ride 2006, 41, Cardiff Road, Luton, Beds. LU1 1PP. One Entry Form per person – photocopies OK .

ENTRY FEE Adults £10.00 Children 14–17 years £5.00 or TEAM ENTRY of six riders or more £9.00 each.

Mr Mrs Miss Ms. First Name _____ Surname _____

Address _____

Postcode _____

Preferred telephone contact number _____

Emergency contact – name and number _____

Age Group (please tick): 14 –17 18-60 61+
Route Choice (please tick): Brill 50 miles Quainton 32 miles Cublington 14 miles

Name of Team leader _____ Team name _____

I enclose:

Entry fee £10.00 £ _____

Children 14 – 17 £5.00 £ _____

Team entry 6 or more £9.00 each £ _____

Donation I am a UK taxpayer and therefore would like Headway to claim Gift Aid tax on my donation from HM Revenue and Customs. £ _____

Total £ _____

(Please make cheques payable to: Headway South Bedfordshire)

Conditions: I understand that this event is not a race and that all riders must obey the Highway Code and the Headway "Golden Rules of the Road". Cycling can be a dangerous activity and I accept that Headway South Beds cannot be held responsible for personal injury, death, loss or damage, howsoever caused but not related to the organisation of the event. Riders over 14 and under 17 years of age must be accompanied by an adult. All riders must wear a cycle helmet. I have read and agreed to the Conditions of Entry.

Signed: _____ Date: _____

16th Headway Bike Ride – Sunday 18th June 2006

Conditions of Entry and Practical Information

Most of these conditions are designed for your safety and the safety of others. Please read carefully to avoid problems later.

Choice of 3 Routes

There are three circular routes to choose from, 50, 32 or 14 miles, all starting and finishing in Linslade, Leighton Buzzard. All routes travel in a circular anti-clockwise direction.

Route 1 via Brill - 50 miles

- Outward route: Passes through the pretty village of Granborough a chance to pause for refreshments.
- At Brill: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or picnic by the old windmill.
- Inward route: Travels along the scenic vale of Aylesbury, be warned, there are some steep hills!

Route 2 via Quainton - 32 miles

- Follows the same outward journey as route 1 but divides left to Quainton
- Outward route: Passes through the pretty village of Granborough a chance to pause for refreshments.
- At Quainton: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or a relaxing picnic on the village green. You can visit the nearby windmill or the local Railway Museum, a popular attraction for all ages.
- Inward route: Return via Pitchcott

Route 3 Cublington - 14 miles

- This shorter route follows the same outward journey as routes 1 and 2 but divides left to the Kingsbridge Picnic Area, about 1 mile after leaving Stewkley.
- At Kingsbridge: stop at half distance and check in with the marshals. Ask the family to join you for a pub lunch or a relaxing picnic
- Inward route: via Cublington

Who Can Enter?

Everyone over the age of 14. Riders 14, 15 or 16 must be accompanied by an adult. In the interests of safety the number of entrants may be restricted to 150 riders.

Entry Form

All riders must complete and sign an Entry Form, this includes those who are in a team and those riding on a tandem.

The entry fee goes towards the cost of organising the safety of the ride. Please ask your family, friends and neighbours and work colleagues for their support.

Rider Pack

On receipt of an Entry Form riders will be issued with a Rider Pack containing a Sponsor Form, Rider Number and Map.

Sponsor Form and Gift Aid

Please encourage your sponsors to complete the Sponsor Form in full by printing their full name, address and postcode.

Please ask sponsors to tick the form if they are in agreement for their sponsorship to be eligible

for Gift Aid. This applies where an individual sponsor is a current UK taxpayer and indicates on the Sponsor Form that their contribution can be treated as Gift Aid.

In these circumstances Headway is able to claim tax from HM Revenue & Customs on all donations by individuals providing they pay amount of income or capital gains tax equal to the tax Headway reclaim (currently £0.28 pence for every £1.00 donated).

Proceeds

The proceeds raised from the Headway Bike Ride will contribute greatly towards developing the services to meet the increasing demands for care and support for people with acquired brain injury, their families and carers throughout South Bedfordshire.

In 2005, for example, the magnificent sum of £7,600 was raised from the Headway Bike Ride. The proceeds from this event were allocated to purchase six new computers, costing £3,200 - to re-equip the outdated computer suite at Headway House. These facilities are used by clients seeking new skills or simply wishing to improve their existing ones. This increases self-confidence and self-worth leading to an improved quality of life.

The remainder of the proceeds was allocated towards a new project initiative, with volunteers, to help people recovering from a brain injury get back into the community.

National Bike Week

The Headway Bike Ride is registered with National Bike Week. This Festival takes place from 17th – 25th June 2006 – see web for details: www.bikeweek.org.uk

Practical Details

The start time: 10:00am

- Remember to bring your cycle helmet and Sponsor Form with you.
- Assemble in the car park at Cedars School, Mentmore Road, Linslade, Beds LU7 2AE
- All riders to be ready by 09:55am.
- Small groups of 10 riders will move off at short intervals at 10:00am.

Half-Distance:

- On arrival at Brill, Quainton and Cublington report to the Check-In Marshals and have your Sponsor Form stamped before setting off on the inward journey.

The Finish: Cedars School (car park)

- All riders will be guaranteed a warm welcome at the finish.
- Report to the Check-in Marshals and have your Sponsor Form stamped.
- You have successfully completed the Headway Bike Ride. Well done!

British Red Cross

Headway very much appreciates the support of the British Red Cross, Leighton Buzzard Branch, who once again will be patrolling the routes throughout the day. Their mobile contact numbers will be available at the start.

Roving Marshals

To ensure the welfare and safety of riders, Roving Marshals will be patrolling the routes.

Road Marshals

Road marshals will be positioned at nominated intersections.

Refreshment Locations

ROUTE 1	ROUTE 2	ROUTE 3
Granborough	Granborough	Cublington
Brill	Quainton	Finish
Winchendon	Oving	
Oving	Finish	
Finish		

Health and Fitness

Cycling can be strenuous and riders and riders must be in good health. Any rider who has a medical condition that could be affected by exercise must obtain their doctor's approval. On the inward Brill route, for example, there are a number of hills, some quite steep!

All riders must be reasonably fit. If you are not a regular cyclist it is recommended you go for a bike ride two or three times a week for several weeks in advance of the Headway Bike Ride, gradually increasing the distance you ride.

Safety

All riders must ensure they wear an approved helmet.

Cycling on the highway is a potentially dangerous activity and although the organisers of the Headway Bike Ride will do all in their power to make this event safe, all riders take part at their own risk.

All riders must ensure that their bike is in a roadworthy condition, must observe the Highway Code, obey the 'Golden Rules of the Road' – these will be set out in the Rider Pack.

Note: Headway does not accept responsibility for any injury sustained or property damaged in the course of the Ride in the absence of negligence or breach of statutory duty on their part.

Insurance

The organisation of this event is fully insured. This does not, however, cover individual accidents on the route which must be separately insured and is the responsibility of the rider.

While Headway go to great lengths to ensure that the Ride is organised to enable participants to be as safe as possible at all times, riders take part entirely at their own risk.

Riders are therefore strongly advised to comply with the safety guidelines and to obtain personal accident insurance cover as well as adequate material/loss/damage insurance cover in respect of your bicycle and personal property and any loss or injury you may cause to a third party.