

ALPINE HOUSE CHARITY CYCLE RIDE

Sunday 18th May

Conditions of Entry

REGISTRATION. By registering for this event you accept the below terms and conditions.

ENTRY FEE. The fee for participating in this event is £20.

FUNDRAISING EVENT. The ride is a SPONSORED event to raise money for Alpine House Charity Cycle Ride and all riders are encouraged to raise money through sponsorship, but it is not compulsory.

CHARITIES. The profits raised via entry fees from the ride will go to **C.A.R.S** locally based (Cancer Active Recovery Support) and **MIND** which is a UK charity that provides information and support for people living with or affected by mental health problems.

HEALTH AND FITNESS. Cycling can be strenuous and riders must be in good health. Riders who have any doubts about their health, or have a medical condition that could be affected by exercise, should consider taking medical advice.

ALL RIDERS SHOULD BE FIT ENOUGH TO TACKLE THE RIDE! If you are not a regular cyclist, we recommend you go cycling two or three times a week in advance of the ride, gradually increasing the distance.

COURSE: The course is approx. 55Km (34 miles) and is based on a figure of 8 loop allowing riders to refresh approx. half way round at Alpine House should they wish. The course is mainly on country roads and is primarily based on left turns. Map & street list is available online and with this entry form.

AGE OF RIDERS. Riders must be at least 16 years of age.

SAFETY. Cycling on the road is a potentially dangerous activity and all riders take part at their own risk. All riders must observe the rules in the highway code, obey the golden rules of the road and follow instructions from officials and marshals and people in authority when appropriate.

ORGANISERS AND OTHERS DUTIES AND LIABILITIES. The organisers of the ride will do all in their power to make the ride safe, but, cannot be held liable for injury, loss and damage caused or sustained as a result of taking part, however arising, nor can they accept any liability for any changes to the ride for safety reasons, or as otherwise planned through circumstance beyond their control.

YOU PARTICIPATE AT YOUR OWN RISK. The organisers strongly recommend that all participants take out personal accident and medical insurance for this event.