



# BURGESS HILL BIKE RIDE

Sunday 7 June 2009

**In aid of St. Peter & St. James Hospice  
and other local charities**



**Supported by Modelzone, Mid Sussex District Council  
Bennett Dawes Insurance Brokers, Market Place Shopping Centre  
Bright 106.4 fm, and many others**

## APPLICATION FORM

The seventeenth Burgess Hill Bike Ride takes place on Sunday 7 June. Entrants can take either the 10-mile, 20-mile or the 40-mile route through the lovely countryside around our town and along the foot of the downs. All routes start and finish in Burgess Hill town centre.

The Burgess Hill Bike Ride is jointly organised by the local members of the Round Table and the Lions. Sponsorship money from the event will be used to support the charity St. Peter & St. James Hospice and other local charities.

Entry costs £10 for adults and £5 for children, aged 10 - 17 who must be accompanied by an adult. For safety reasons we cannot allow children under 10 to participate. Entry fees are not refundable. Burgess Hill Round Table and Lions rely on entrants to collect sponsorship money for their charity work. **Prizes will be awarded for the individual and the team raising the most sponsorship.**

### Bring this form with you to enter on the day

**Registration on the day costs £10 but excludes an event T-shirt: these may be on sale on the day.**

#### Conditions

Cycling on the highway is a potentially hazardous activity, and although the organisers will do all they can to make the Bike Ride as safe as possible all riders take part at their own risk. All riders are expected to observe the rules of the Highway Code, to obey the Rules of the Road (included in the Entrants' Pack sent to each registered rider) and to follow the instructions of the event organisers. Neither the Burgess Hill, Haywards Heath and District Round Table nor the Burgess Hill District Lions Club (or their members and other event organisers) can be held responsible for loss or damage to personal effects, or for death or illness of or injury to any participant, or loss, damage or injury to the general public or their property. Organisers reserve the right to refuse entry to the ride.

#### Your Health

Cycling can be strenuous and riders must be in good health and reasonably fit. It is the responsibility of all riders to ensure that they are medically fit to take part in the Bike Ride. If you have a medical condition which may be adversely affected by exercise (particularly a heart condition) or if you are in any doubt about your health you must get clearance from your doctor before participating. If you are not a regular cyclist we recommend that you take a bike ride two or three times a week for several weeks prior to the event, gradually increasing the distance you cycle. All cyclists are advised to wear a suitable cycling helmet.

**Web site: [www.burgesshillbikeride.co.uk](http://www.burgesshillbikeride.co.uk) Email: [bike.ride@crayfield.net](mailto:bike.ride@crayfield.net)**

## BURGESS HILL BIKE RIDE 2009 APPLICATION (Day)

Please bring this form with entrance fee (adults £10, children aged 10-17 £5, cash or cheque payable to Burgess Hill Bike Ride) to the "NOT YET ENTERED" desk at Oakmeads Community College. The ride starts at 9.05am but registration will be open from 7.45am to 10am. No entries will be accepted after 10am.

**I have read and agreed to the above Conditions. I have read the section "Your Health" and have obtained my doctor's approval if necessary. I have no objections to the details below being stored on a database for the exclusive purposes of this event and for future Burgess Hill Bike Rides. I am 10 years old or over.**

Name \_\_\_\_\_ Signature \_\_\_\_\_ Age (if 10 - 17) \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Telephone Number \_\_\_\_\_

**Email address:** \_\_\_\_\_

**Please indicate as appropriate: ROUTE: 10 / 20 / 40 miles**

**Team name (if applicable):** \_\_\_\_\_ (one form required per entrant)

If you are aged 10 - 17 please ask your accompanying adult to complete the following as well as their own form:

Name \_\_\_\_\_ Address \_\_\_\_\_ Telephone \_\_\_\_\_

and ask your parent/guardian to sign below in agreement to the Conditions section on your behalf:

Signature \_\_\_\_\_ Name \_\_\_\_\_ Date \_\_\_\_\_

Event organisers: Burgess Hill, Haywards Heath and District Round Table (Registered Charity N<sup>o</sup>. 1058108)  
and Burgess Hill District Lions Club (Registered Charity N<sup>o</sup>. 1010082)