

Application Form (submit one form per entrant)

Durham Big Ride
THE BEAST

Sunday 31st August 2014
Sunday 14th September 2014

Please circle which ride you wish to enter:

The Beast Big Ride Middle Ride Little Ride Little Ride
(Accompanying adult)

Your Name: _____ Age: _____

Address (for correspondence): _____

Postcode: _____

Email: _____ Telephone: _____

If you are between 14 and 16 and are registering to take part on the Big or Middle Rides unaccompanied by a responsible adult then your parent/guardian needs to sign below for consent.

Parent/Guardian signed: _____ Date: _____

Please indicate T-shirt size (tick one box)

Child: ☐ Age 3-4 (22/24") ☐ Age 5-8 (26/28") ☐ Age 9-13 (30/34")

Adult: ☐ XS (34/36") ☐ S (36/38") ☐ M (38/40") ☐ L (42/44") ☐ XL (46/48")
☐ XXL (48/50") ☐ XXXL (50/52")

Please note all T-shirt sizes are approximate.

Riding for a Charity? Please let us have the details.....

I have read the information on this form. I have read and understood the regulations on the event website (www.durhambigride.co.uk) and agree to comply with these conditions.

Signed: _____ Date: _____

Send your completed form and cheque to Management Office, Durham Indoor Market, Market Place, Durham DH1 3NJ. Your information pack will be sent out to you before the event.

- For Group Discounts (10+ adults) please call 03000 267099
- Read the event regulations on the website: www.durhambigride.co.uk
- You must obey all Highway Code Rules

www.durhambigride.co.uk



Durham Big Ride
Sunday 31st
August 2014
Start at 9:30am
from County Hall, Durham

THE BEAST
Sunday 14th
September 2014
Start at 9:00am
from Sniperley Park
& Ride, Durham

In association with



bike 4 life

bike 4 life



Route Map



www.durhambigride.co.uk

Entry fees for all rides are as follows:

Little Ride	3 miles	£7 all entrants
Adult accompanying child		NO CHARGE
		No T-shirt or goody bag
Middle Ride	10 miles	£20 all entrants over 16, £7 under 16*
Big Ride	25 miles	£20 all entrants over 16, £7 under 16*
THE BEAST	50 miles	£25 all entrants**

Family (2 adults + 2 under 16s) £50

Group discounts (10+ adults) Call us on 03000 267099

Event Regulations***

This is a fun ride, not a race.

*All riders participating in the Big Ride or Middle Ride who are under 14 must be accompanied by a responsible adult and have their entry form signed by a parent or guardian. Those aged between 14 and 16 who wish to do the Big or Middle Rides unaccompanied must have their entry form counter signed by a parent or guardian consenting to such.

**All riders participating in 'The Beast' must be either over 18, or over 16 and a member of a recognised cycling organisation AND must be highly capable and experienced in view of the length of ride, the hills and descents, and the number of technical sections.

As the Durham Big Rides and the Beast are British Cycling approved events it is a condition of their insurance that all participants MUST wear a safety-approved cycling helmet. You can NOT participate using someone else's ride number - contact DBR on **03000 267099** if you need to have your ride number transferred. **This year the reverse of your ride number will need to be completed with 'in case of emergency' details before the ride.**

Participants take part entirely at their own risk. Durham Big Ride Limited, Durham County Council and Durham Markets Company Limited accept no liability for any injury or damage caused during the event as a result of an individual's actions or those of a third party.

***Visit www.durhambigride.co.uk for full event regulations, up-to-date information on all of our events or contact us on info@durhambigride.co.uk or phone us on **03000 267099**.

To enter, either submit your application online at www.durhambigride.co.uk and make payment via Paypal or complete this Entry Form and return with your cheque to Durham Big Ride c/o Management Office, Indoor Market, Market Place, Durham DH1 3NJ.

Cheques should be made payable to Durham Big Ride and the riders entered noted on the reverse of the cheque.

Please note, we need a separate application form to be completed for each participant.

Durham Big Ride is a not-for-profit company - any surplus made is invested back into projects promoting the benefits of cycling.

bike 4 life

Get on your bike and Change4Life!

Change4Life is here to help us all, eat well, move more and live longer. Riding a bike is a great way to get up and about, keep active and stay healthy.

Cycling can be a relatively easy activity, and once families have the right equipment, knowledge and encouragement, all it takes is a little bit of practice! Remember, the younger children start to ride, the easier it is to learn.

Cycling is a great way to help stay healthy and by cycling more often, whether it's part of a routine or a way to go out and explore, families will be well on their way to achieving some of the changes necessary for a healthier future. The best thing about cycling is that almost anyone can do it, anywhere, at any time. It's fast, cheap and reliable and it helps to keep you fit.

The Bike4Life information pack is full of tips and advice to make cycling fun for everyone. You'll find advice on buying a bike and riding safely, plus great ways to make trips even more enjoyable. So, for ideas to help your family get on their bikes, visit www.nhs.uk/Change4Life/Pages/change-for-life.aspx or call **0300 123 4567**. To get active and get cycling in County Durham including get back on your bike sessions visit www.impact.cdd.nhs.uk or telephone the County Durham **FREEPHONE 08000 223500** for further information.