

Tour de Moor

Cycling Event

10.10.10



REGISTER NOW!

7 or 35 Mile Cycle



St Luke's
Hospice Plymouth

Sponsored by



Tour de Moor, St Luke's Hospice, Stamford Road, Turnchapel,
Plymouth, Devon PL9 9XA • Tel: 01752 492626

• Reg. Charity No: 280681 • www.stlukes-hospice.org.uk
• Email: events@stlukes-hospice.org.uk



Tour de Moor

You are invited to take part in our first ever cycling event for St Luke's Hospice, Tour de Moor! Set off from the beautiful Plym Valley at Coypool and then inhale the fresh Westcountry air and admire the local wild ponies, whilst cycling through the stunning surroundings of Dartmoor National Park.

About St Luke's Hospice

Fundraising events such as Tour de Moor, help us to provide highly specialised palliative care and end of life care for more than 2000 patients each year from across Plymouth, South West Devon and East Cornwall. We also support our patients, their families and loved ones, emotionally and spiritually if they wish, through our Social Work and Chaplaincy Teams. Our



vision is to continue giving our patients dignity, choice and the very best of care, along with practical, financial, emotional and spiritual support in the preferred place of care, wherever that might be: Hospice, Hospital or Home.

St Luke's is a registered charity and Government funding covers less than 30% of our annual £5.5 million running costs, so we have to rely on at least £3.5 million in charitable donations coming from the communities we serve. That is why the fundraising never stops!

We have a fantastic line up of fundraising events throughout the year - so why not get involved? **There is something for everyone!**

The Event

Starting from Coypool Park and Ride, choose from a leisurely fun 7 mile cycle in Plym Valley or an assorted terrain route of 35 miles taking you out to historic Princetown. The event opens from 8am and you will be allocated a start time to ride.

How to Register

Simply complete the form attached and return it to the address shown, together with your registration fee. A registration fee and form must be received for each individual participant, even if you are cycling as a team, this will secure your place. All registration fees are non refundable.

You will then be sent your registration pack, which will include your joining instructions with your allocated challenge time, sponsor form, fundraising guide and Tour de Moor t-shirt.

Any Questions?

**For more information
or email: events@stluke.org**

You will also receive a well deserved medal and complimentary hot dog or burger to enjoy after your challenge!

If you would like to enter as a team, simply complete the team entry box on each form and send your form and registration fees in together. We will then allocate your times as a team (a form is required for each individual).

Conditions of Entry, Rules & Regulations

- You must complete an application form to enter this event and be accepted by St Luke's Hospice terms and conditions. Closing date for entries will be one week prior to the event subject to availability.
- PLEASE NOTE YOU CANNOT REGISTER ON THE DAY.
- If you want to cycle in a team, with family or friends please secure your places by sending in your entries together and each record the team name.
- All participants must be 9 years or over.
- The 35 mile route is not recommended for age 12 and under.
- It is advisable that you wear gloves and sensible footwear such as trainers. Due to changeable weather on the Moors, you should provide waterproof and warm clothing.
- Payment must be received with each entry. Please put your name and address on the reverse of the cheque. Please do not send cash in the post. Credit card payment facility is available by calling 01752 492626.
- If you are unable to cycle, please inform the fundraising team asap. You are not permitted to 'give' your place to anyone else.
- You are not permitted to use any of the sponsorship money you raise to pay for your expenses. All sponsorship money given to you must be sent directly to St Luke's Hospice.
- By taking part in this event, you implicitly authorise the future potential use of your picture for publicity purposes.
- All Tour de Moor participants must obey the Highway Code.
- You must be able to provide your own bicycle in good working order.
- A cycling helmet must be worn at all times.
- Consumption of alcohol is prohibited.
- The St Luke's Tour De Moor is not a race.

Parental Consent

Please note that 18 year olds and under must have signed parental consent, which is to be completed on the attached registration form. All children 16 years and under must be accompanied by an adult.



For more information please visit: www.stlukes-hospice.org.uk
St Lukes-hospice.org.uk Telephone: 01752 492626

Tour de MooRegistration Form

I, the undersigned wish to take part in the St Luke's Hospice Tour de Moor on Sunday 10th October 2010.

Are you entering as a team? Team name: _____

Are you entering as a family? (Each adult must complete an entry form)

Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____

Mobile: _____ Daytime tel: _____

Evening tel: _____ Age: _____

Email address: (This is the most cost effective way for us to communicate with you)

Which distance would you like to participate in? 7 Miles 35 Miles (not recommended for 12 years and under)

T-shirt size: Small Medium Large Extra Large

Where did you first hear about Tour de Moor? _____

Emergency contact name & number*: _____

*This is very important

Entry Fee £12 per adult & £6 per child please tick

I enclose my entry fee of £12 £6 Child Family ticket £30 (2 adults & 2 children)

Registration - Children (under 16, all children must be accompanied by an adult)

Full Name

Age

Or call to pay by credit card 01752 492626 Cheques made payable to St Luke's Hospice

By signing this registration form I confirm that I have read and accepted the conditions of entry and the rules and regulations for the Tour de Moor sponsored cycling event. I also acknowledge that St Luke's Hospice or the sponsors accept no responsibility for any injury, loss, damage or accident to me or my property incurred during participation in Tour de Moor. Any participant who has concern about his/ her physical condition is advised to consult his/ her doctor before taking part in the event. If signing this declaration as a parent for their child, it is recommended that parents check out the route before enrolling their child.

Signed: _____ Date: _____

Parental Consent

9-18 years - I give permission for the above named child to take part in the St Luke's Hospice Tour de Moor sponsored cycling event.

Print name: _____ Signature: _____

Date: _____ Please note that entry forms NOT signed will be returned

Please note that photography and filming for publicity purposes will take place throughout the event

Please return your completed entry form together with your fee to: Tour de Moor, Fundraising Team, St Luke's Hospice, Stamford Road, Turnchapel, Plymouth PL9 9XA

Office Use Only: Received On:

RE No: