

# Tour de Moor

## Cycling Event

09.10.11

REGISTER ONLINE NOW!  
[www.stlukes-hospice.org.uk](http://www.stlukes-hospice.org.uk)

7, 35 & NEW  
15 Mile  
Cycle



Sponsored by



St Luke's  
Hospice Plymouth

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](http://www.stlukes-hospice.org.uk)  
• Email: [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk)



# Tour de Moor

You are invited to take part in our St Luke's Hospice Tour de Moor! Set off from the beautiful Plym Valley at Coypool and inhale the fresh Westcountry air, 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 2800 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.



Statistics show that 1 in 5 people in this area will develop a terminal illness. Subsequently there is a growing need for specialist palliative and end of life care. With your help St Luke's Hospice can continue to provide that special care for patients and support for families.

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 £4 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, our intermediate course of 15 miles or try the harder route of 35 miles, taking you out to the historic Princetown. The event opens from 8am and you will be allocated a start time to ride.

## Register online at [www.stlukes-hospice.org.uk](http://www.stlukes-hospice.org.uk) or...

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.

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 allocate a team leader. Send your form and registration fees in together. You must include the team leaders name on each registration form. 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 and team leader.
- All participants must be 9 years or over, 16 years plus must complete an individual entry form.
- 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/debit 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 17 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.

**Any Questions?**

**For more information please visit: [www.stlukes-hospice.org.uk](http://www.stlukes-hospice.org.uk)  
or email: [events@stlukes-hospice.org.uk](mailto:events@stlukes-hospice.org.uk) Telephone: 01752 492626**



# Tour de Moor Registration Form

Are you entering as a team?  Team name: \_\_\_\_\_

Team Leader: \_\_\_\_\_ Are you entering as a family?   
(All 16 years & over must complete an individual entry form)

I, the undersigned wish to take part in the St Luke's Hospice Tour de Moor on Sunday 9th October 2011.

Title: \_\_\_\_\_ First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Mobile: \_\_\_\_\_ Daytime tel: \_\_\_\_\_

Evening tel: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Email address: (The most cost effective way for us to communicate with you) \_\_\_\_\_

Which distance would you like to participate in? 7 Miles  15 Miles  35 Miles  (not recommended for 12 years & under)

T-shirt size: Small  Medium  Large  Extra Large

Have you any special dietary needs? No  Vegetarian  Coeliac  Other: \_\_\_\_\_

Where did you first hear about Tour de Moor? \_\_\_\_\_

If cycling in memory of someone, please enter his/her name: \_\_\_\_\_

Emergency contact name & number\*: \_\_\_\_\_

Relationship to you: \_\_\_\_\_ \*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 \_\_\_\_\_ D.O.B \_\_\_\_\_ Children under 16 will receive a small adult t-shirt.

Or call to pay by credit/debit 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. I agree to be contacted by email for updates on St Luke's Hospice and its events

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

## Parental Consent

9-17 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: \_\_\_\_\_

Relationship to named child: \_\_\_\_\_ Contact number: \_\_\_\_\_

Please note: Entry forms NOT signed will be returned • Photography & 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: \_\_\_\_\_