

ONE FORM PER PERSON

(You may photocopy this form for multiple entries)

Circle Option: 1 or 2 or 3
If 2, name of charity:
Name
Address
Postcode
Telephone (day)
Mobile
Email
TEAM ENTRIES:
PLEASE SEND ALL TEAM FORMS IN ONE BATCH
Team Leader
Team Name
Number of Team Riders

Please tick your preferred start time. The organisers reserve the right to allocate start times to ensure the overall safety of all riders, but preference will be given to "Furness 50" riders who will be expected to start by 9.00am. The Family Fun Ride will start at 10.00 am.

8.00	8.30	9.00	9.30	10.00
to	to	to	to	to
8.30	9.00	9.30	10.00	10.30

ROUTE:

Please circle your chosen route

50 miles* *13 miles* *5 miles

PLEASE COMPLETE THE FORM OPPOSITE

I ENCLOSE

Entry fee @ £5 each £ _____

TOTAL FEE £ _____

Please ensure that team or family applications are submitted together.

PAYMENT

Make cheques payable to ROTARY CLUB OF FURNESS And send together with your completed entry form to the address at the bottom of this form.

CONDITIONS

Cycling on the highway is a potentially dangerous activity. The Rotary Club of Furness expects all riders to carefully observe all the rules in the Highway Code and obey the "Rules of the Ride". It must be pointed out that cycling can be a strenuous activity and therefore all participants should be in a reasonable state of health. The organisers cannot be held responsible for loss or damage to personal effects, personal accident, injury or any public liability.

I have read and agree to the above conditions.

Signature: _____

(If you are under 16 years of age this form must be signed by a parent or guardian on your behalf.)

Parent or Guardian's name (Pl. print): _____

Date: _____

Please return this form to
Tour de Furness
Topmark
108 Greengate Street
Barrow in Furness
Cumbria LA14 1BG
BY SATURDAY 1st September 2007

"Tour de Furness" SPONSORED CYCLE RIDE ENTRY FORM



Family Fun Ride
5 miles for the youngsters
Tour de Furness
13 miles for the leisure cyclist
plus the
Furness 50
For the fit cyclist
Sunday 9th September 2007

From 8.00am
at Roose Conservative Club
Holbeck, Barrow



Organised by
The Rotary Club of Furness

In aid of St Mary's Hospice and local charities



Sponsored by
topmark

Supported by
BAE SYSTEMS
Charity Challenge

ENTRY FEES 2007

The entry fee is £5 for the 5, 13 and 50 mile rides. Children under 16 are free for the 5 mile ride.

THIS IS NOT A RACE!

The idea is to enjoy the day, and the delights of the Furness Peninsula. At the same time through Furness Rotary you will be helping to raise money to support the St. Mary's Hospice and other local charities.

The date: Sunday 9th September, 2007 from 8.00am. You will be notified of your start time prior to the day.

THE ROUTES

All routes start at the forecourt of Roose Conservatives Club, Holbeck Road, Barrow. The 5 mile route is a **Family Fun Ride** for families with children and follows the coastal cycle path to Rampside where there will be drinks etc. for the kids. The 13 mile **Tour de Furness** route should appeal to family groups and the leisure cyclist. It passes along interesting areas of coastline and through attractive countryside, visiting the Vale of Nightshade where the ancient ruins of Furness Abbey are found.

The "Furness 50" follows the Morecambe Bay coast road to Ulverston, and travels through lovely countryside along the eastern shore of Coniston Water, through Coniston (don't forget to check in) and south down the Western side of the lake, taking in some of

the most beautiful views and villages in Cumbria. Both routes return you to Roose Conservative Club.

WHO CAN ENTER ?

As long as you are over 10 years of age, of average fitness and with a bike in roadworthy condition, you can enter the "Tour de Furness". Anyone under 16 years of age must be accompanied by an adult. Children should be 5 years and over for the Family Fun Ride.

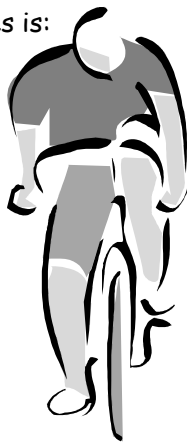
Why not form a team with friends or work colleagues and make a day of it? To enter simply complete the form on the back page and send it, together with your registration fee. We will then send you an official pack containing route details, a sponsorship form and rider information. Your entry number together with your start time, will be sent to you in good time before the event.

ALL ENTRIES MUST BE RECEIVED BY

SATURDAY 1st September 2007

The address for entries is:

Tour de Furness
TOPMARK
108 Greengate Street
Barrow in Furness
Cumbria
LA14 1BG



CHOOSE YOUR CHARITY!

Option 1.

80% to St. Mary's Hospice
20% to Local Charities/Good Cause

Option 2. (At the discretion of R.C.of F.)

80% to the charity of your choice
20% to Local Charities/Good Cause

Option 3.

100% to Local Charities/Good Cause

PRIZES

All entrants who complete the route will be awarded a certificate.

The **team** which raises the most money will be awarded the "Bill Bartlett Memorial Trophy".

To be eligible for the Bill Bartlett trophy your cheque, to the value of the money raised, made payable to "Rotary Club of Furness", must be received by Tour de Furness, TOPMARK, 108 Greengate Street, Barrow in Furness, LA14 1BG, no later than Saturday 6th October 2007.

Please bring your sponsorship form to the event for certification.

REFRESHMENTS

Refreshments will be available free of charge to all riders, upon their return.

RULES OF THE RIDE

Whilst we hope that everyone will have fun on the day, you will be using the public highway. Your safety and that of other road users is paramount; therefore we ask you to observe a few rules.

1. Don't ride more than two abreast. Keep your distance from the bike in front and don't attempt any dangerous stunts or overtaking.
2. Make sure you look behind you before moving out and be sure to signal your intentions to stop or turn to other cyclists or drivers.
3. If you spot an accident, ensure that a Marshall is informed as quickly as possible. Marshals will be stationed along the route and there will be additional cars on patrol. Make sure that someone stays with any injured person. If the accident is serious, make for the nearest telephone and call an ambulance.
4. Please make sure that your bike is in good working order before you set out. Good brakes are especially important. Should your bike break down, get off the highway and get a message to a Marshal or patrol car.
5. The Tour de Furness will take you through some of the most attractive areas of South Lakeland. Please help to keep them that way.

"Tour de Furness"

SPONSORED BY

topmark

108 Greengate St, Barrow
Telephone: 01229 824740