

Charity Sportive 18th May 2008



Rotary Coast to Coast Sportive, Ilfracombe to Plymouth, Devon.

This is for serious amateur riders who regularly ride at least 50 miles.

This is **not** a race, but your start and finish times will be logged and times will be available on the website after the event.

You will be riding through some of the most stunning and varied scenery in England, from a beautiful estuary to the outstanding views across Dartmoor.

The route is all on roads, mainly on side roads with low levels of traffic. It is 150 km (94 miles). There are some steep hills on the way, nearly 3000 m (9000 ft) of climbs. This is a tough course on country lanes with sharp blind corners. All roads will be open to normal traffic and all rules of the road apply at all times. Remember the most important thing is to **FINISH!**

You can start anytime between 8:00 am and 10:00 am at Ilfracombe Sea Front but you must finish at Plymouth before 8:00 pm. The fastest time is expected to be 5 hours 45 minutes with the majority of riders taking between 7 and 8 hours.

There will be water and snacks available on the route at the check points. Some check points will also have mechanics. See www.rotarycoast-coast.com for route for details.

You may enter as a team of 1 to 6 persons. Entry cost is £10 per person. Return transport for you and your bike from Plymouth to Ilfracombe will be available but must be pre booked. Cost £10 per person.

There will be toilets and changing facilities at the finish and a B-B-Q.

Sportive ride prize will be for the team who get the highest score
Sportive Score = money raised divided by total team time

Start : Ilfracombe, Swimming Pool

Finish: Plymouth, Coypool, Park & Ride Car Park (2).

Sponsored by:



Ilfracombe to Plymouth, Devon

Entry Information Sportive

Sportive cost per Person £10. (enter on line at www.rotarycoast-coast.com)

Forename :.....
Surname :..... Age if Under 18.....
Address :.....
Address :.....
Town :.....
County :.....
Postcode :.....
Country :.....
Telephone :.....
Email :.....

Team Name:
(Each team member needs to fill in a separate entry form)

Return Coach Plymouth to Ilfracombe Cost £10? Yes / No

Number of Celebration Tee shirt(s) cost £10 each? S..... M..... L..... XL.....

Nominated Charity for 50% of your sponsorship money?

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Choose which registered charity you wish to get 50% of the money you raise. 1 charity per team entry. See charity page for details. The other 50% will go to Rotary club charities of which 40 % will go to your local Rotary Club to distribute to charities as they see fit. If you do not specify a charity then all the money you raise will be distributed to Rotary charities. See out website for details.

We strongly recommend all cyclists wear a helmet.

I agree to the terms and conditions for Rotary Coast to Coast Cycle Ride: I, or my parent/guardian (for riders under 18 years old on the day of the event), accept and agree that neither the organisers, nor their agents, officials, helpers, sponsors and fellow competitors shall be liable in any way, or in any circumstances, for any damage, loss or injury that I may suffer during, in connection with, or as a result of partaking in this event, however caused.

This event is held on the public highway and I agree that I participate entirely at my own risk, that I must rely on my own ability in dealing with any hazards, and that I must ride in a manner which is safe for myself and all others. I also declare that the cycle I will ride in the event is in good working order and properly maintained, and I understand that I must rely on my own arrangements in the event of my failing to complete the course. I understand that entry fees are non-refundable and non-transferable

Signed :.....

Website : www.rotarycoast-coast.com
Email: rotarycoast-coast@hotmail.com

Please enter and pay through the website if possible to keep our costs to a minimum. Thank you.
You can hand this form into reception at Parkwood Leisure managed swimming pools in North Devon together with the correct money or enter direct on our website or post with cheque to:

Total money sent: £.....p
Rotary Club of Bideford Bridge, C/o Langdon, Abbotsham, Bideford, Devon, EX39 5BG