

MS Respite Centre

Charity Number: 10323

2012 CYCLE REGISTRATION FORM

PLEASE COMPLETE FORM USING BLOCK LETTERS.

Name: _____ Surname: _____

Address: _____

Email: _____ Contact no: _____

Are you over 18? Yes No If 'No', state your age ____ *parent/guardian signature required

T-Shirt Size: Small Medium Large Extra Large (available to those who return registration form by the 19th May)

Are you part of a relay team? Yes No

If 'Yes' please list your team members: _____

Do you/your team intend to complete the full cycle? Yes No

If 'No', please state stage(s) you intend to complete: _____
_____(see overleaf)

Where did you hear about the event? _____

Emergency contact name: _____ Phone No.: _____

By signing this form I agree to raise a minimum of €100 (or €50 per relay team member) for the MS Respite Centre. I have read and accepted the TERMS AND CONDITIONS OF ENTRY overleaf.

Signature: _____ Date: _____

*Signature of Parent /Guardian (If Entrant is under 18): _____

Contact Number: _____ Date: _____

Please note: Sponsorship Cards can only issue on receipt of this Form. Please state the number of cards required (each card will have 20 lines): _____ **Any funds above the minimum will be much appreciated. Funds can be raised by holding any type of charity event (e.g. table quiz, bag packing, clothes collections, coffee morning or cake sale)**

For Office use only

Card Number(s)	
Total Amount	
Initials	

Please return this form to:

Charity Cycle, C/O MS Therapy Centre, Ballytivnan, Sligo

MS Respite Centre

Charity Number: 10323

TERMS AND CONDITIONS OF ENTRY

This is a charity cycle not a race.

- All entrants participate at their own risk.
- Bicycles must be in good working order and appropriate for the event.
- All participants must wear a cycling helmet.
- All participants should hold an appropriate level of fitness for the event.
- Children under 16 must be accompanied by an adult.
- Under 18's must have their entry form signed by a parent or guardian.
- This event will be run on open roads so participants must adhere to the rules of the road at all times and be mindful of other road users.
- Basic tools (spare tubes, tyre levers, pumps etc) should be carried.
- All participants must obey instructions from Gardaí and Event Marshalls.
- Sponsorship cards and all monies raised must be returned before June 16th.
- Participants must register in person on day of cycle.
- Water and refreshments will be available at designated stops but cyclists are advised to carry a water bottle on their bikes.

Stages

Departure Times (approx)	Leaving From	Going To	Distance	Cummulative Distance
9.00 am sharp	MS Therapy Centre, Ballytivnan, Sligo	Skreen/Dromard Church	24km	24km
10.15	Skreen/Dromard Church	Castleconnor Church, Corballa	27km	51km
12.00	Castleconnor Church, Corballa	St Brigids Hall, Tubbercurry	30km	81km
13.45	St Brigids Hall, Tubbercurry	Coolaney Football Pitch/Playground	22km	103km
15.00	Coolaney Football Pitch/Playground	Molly Fulton's Carraroe	14km	117km
16.15	Molly Fulton's Carraroe	MS Therapy Centre, Sligo	7km	124km
17.00	Finish			

As we may arrive at destinations earlier/later than estimated, please arrive at the destination some time before the estimated departure times.

Contact Details: Email: msrespitecycle@gmail.com Facebook: Respite Centre Cycle
Phone: Nora @ 087 – 2195470 or Helen @ 087 – 6808707

Please return this form to:
Charity Cycle, C/O MS Therapy Centre, Ballytivnan, Sligo