

Pedal the Park family cycle—Entry Form

Please complete this form and return it to Pedal the Park, Hospice of the Valleys, Park Gate Business Centre, Morgan Street, Tredegar NP22 3ND. Postal closing date August 27.

Name:.....

Address:

.....

Telephone number.....Email Address.....

Date of Birth.....Tshirt size S/M/L/XL

Other family members details if applicable...

Rider 2 name.....DOB.....

Address.....

T-shirt size S/M/L/XL

Rider 3 name.....DOB.....

Address.....

T-shirt size S/M/L/XL

Rider 4 name.....DOB.....

Address.....

T-shirt size S/M/L/XL

Disclaimer: I understand that neither Hospice of the Valleys nor Parc Bryn Bach or Blaenau Gwent council will be responsible for any injury or loss as a result of taking part in this race.

I wish/do not wish to receiver other promotions material from Hospice of the Valleys.

Signature.....Date.....

Dusky Valleys 12 endurance—entry form

Please complete and return to ‘Dusky Valleys 12, at Hospice of the Valleys, Morgan Street, Tredegar, NP22 3ND. Please make cheques payable to Hospice of the Valleys. Closing date August 27. Over 16s only in 12 hour ride.

I wish to enter the Dusky Valleys 12 race in the following category.

Male solo (£40pp)..... Female solo (£40pp).....

Male pair (£35pp).....Female pair (£35pp)....Mixed Pair (£35pp).....

Male team of four (£30pp).....Female team of four (£30pp).....

Mixed team of four (£30pp).....

PERSONAL DETAILS

1st rider name (captain).....DOB.....

Address:.....

Contact number/email.....

T-shirt size S/M/L/XL

2nd rider name.....DOB.....

Address.....

T-shirt size S/M/L/XL

3rd rider name.....DOB.....

Address.....

T-shirt size S/M/L/XL

4th rider name.....DOB.....

Address:.....

T-shirt size S/M/L/XL

We enclose a non-refundable cheque for.....

Disclaimer: I declare we are fit enough to undertake a 12 hour cycle ride and understand that Hospice of the Valleys, Parc Bryn Bach and Blaenau Gwent council cannot be responsible for any injury, accident or loss suffered as a result of taking part in this race. We confirm we have read the rules and will abide by these and that we will compete in a sportsmanlike manner..

Signature/s.....

.....
Parental Signature (for those under 18).....



Hospice of the Valleys

All the money raised will help support the Hospice of the Valleys' essential hospice-at-home service that is provided by seven nurses, part-time doctor and three social workers, who are on call 24 hours a day, and 365 days of the year.

We are committed to providing FREE high quality care for patients suffering from life-threatening illnesses, in their own homes. For more information about our service contact us on 01495 717277 or email enquiries@hospiceofthevalleys.com
Hospice of the Valleys is a registered charity No: 517724

Parc Bryn Bach

Parc Bryn Bach, owned by Blaenau Gwent council, is situated just off the A465 Heads of the Valleys Road in Tredegar, and incorporates 340 acres of grass and woodland, with a 36 acre lake at its heart.

The park offers something for everyone—facilities include a visitor centre, bike hire, a BMX track, a new nine-hole golf course, as well as a variety of adventure activities.

The park also plays host to a range of community and high-profile sporting events, including the British Elite Triathlon. For more information telephone 01495 711816.



Dusky Valleys 12 Endurance Mountain Bike Race—Entry Form



12 hour mountain bike race
8km loops of cross country, single track
and road

at **PARC BRYN BACH, TREDEGAR**

From 8pm Sep 4 - 8am Sep 5, 2010

Solo, Pairs and Teams

PLUS sponsored family cycle ride on September 4



With Bryn Bach
Mountain Bike Club

