



NORTH EAST HAMPSHIRE CYCLE CHALLENGE

A 54-mile or 28-mile Scenic Circular Route

Dear Supporter,

Parity for Disability's North East Hampshire Cycling Challenge is an exciting event which also helps support a local charity.

The one-day challenge starts at Parity's Farnborough Day Centre at 94 Whetstone Road, Cove. You can choose between a 54-mile or a 28-mile circular cycle ride around North East Hants.

For the 54-mile ride, we ask participants to pay an entry fee which can be reduced by £30 if the required sponsorship is raised. The entry fee for individuals is £50, but if you commit to raising £100 sponsorship you only pay a £20 fee. The entry fee for teams or families of up to 4 people is £80 for the group. Again, if the group commits to raising £100 sponsorship (e.g. £25 sponsorship each for a team of 4) then the fee is only £50.

For the 28-mile ride, we ask participants to pay an entry fee which can also be reduced if the required sponsorship is raised. The entry fee for individuals is £20, but if you commit to raising £50 sponsorship you only pay a £5 fee. The entry fee for teams or families of up to 4 people is £40. Again, if the team commits to raising £50 sponsorship then the fee is only £20.

Parity for Disability provides vital services and support to children and young adults with multiple disabilities, their families and carers, in Surrey, Hampshire and Berkshire. Parity runs two day centres in Farnborough and Camberley, Easter and Summer teenage activity Schemes, and a music therapy service that operates both on-site and in homes, schools and other locations in the area. The charity must raise over £120,000 from the community each year in order to survive. By participating in this event, you would be making a huge difference to the charity and all funds raised would go directly towards maintaining our services.

We are grateful to Donald Ashton of the Farnborough and Camberley Cycling Club for putting together this challenge.

If you would like more information, please don't hesitate to contact us on 01252 375581 or info@parityfordisability.org.uk.



NORTH EAST HAMPSHIRE CYCLE CHALLENGE INFORMATION FOR PARTICIPANTS

Parity for Disability's Cycle Challenge is a great way to enjoy the Hampshire countryside and support a local charity.

Although every effort will be made to ensure your safety throughout the event, you should consult with your doctor if you have any doubt about your ability to complete the journey.

As training, you should aim to ride a few miles at a time on a regular basis for a couple of weeks before the event.

Anyone aged under 18 years old must also have a completed 'Parental Consent Form' signed by a parent or legally appointed guardian **who must be present on the day.**

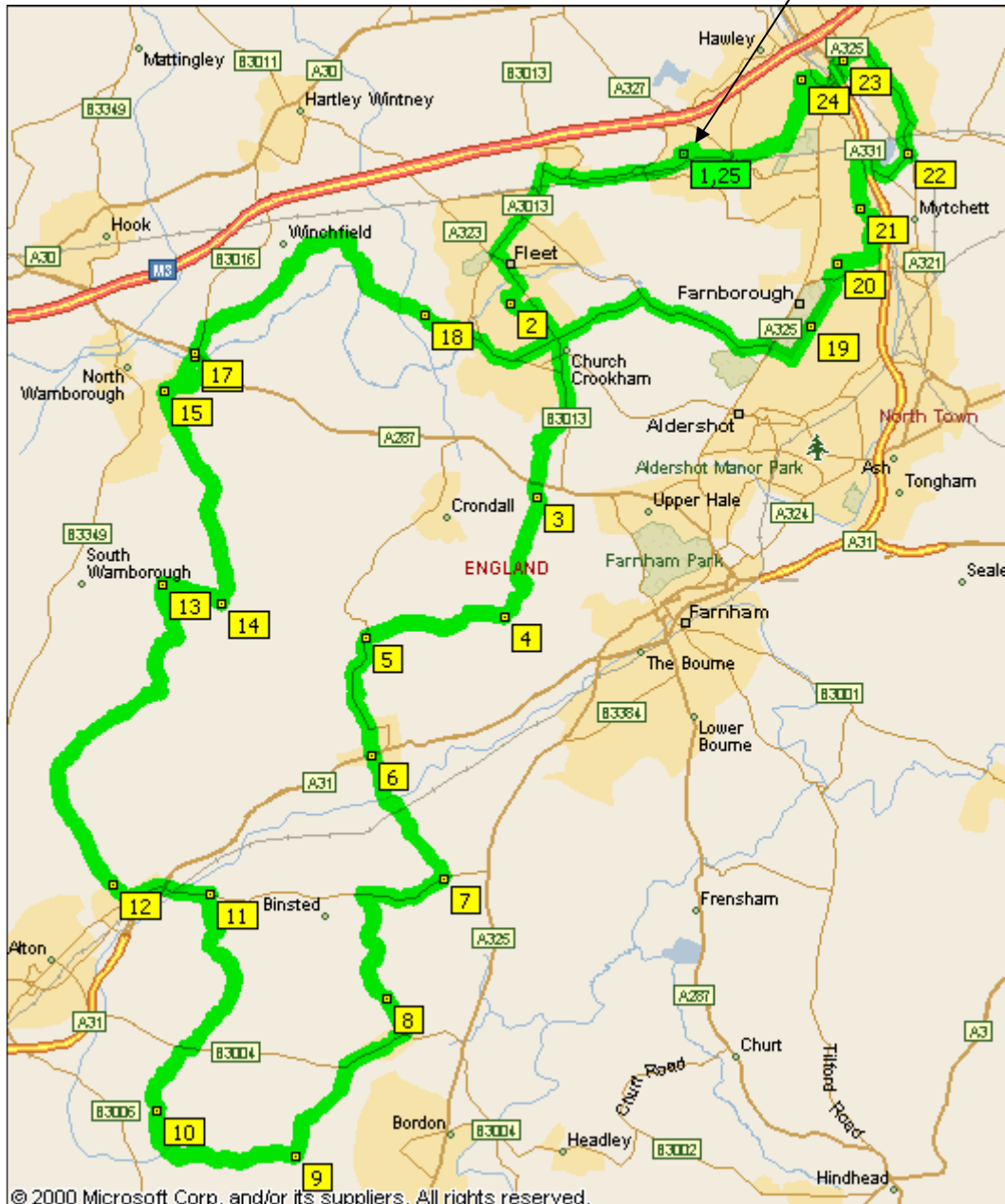
The ride will start at 10.00am at Parity's Farnborough Day Centre at 94 Whetstone Road, Cove. A location map for the day centre is available on the contact us page at www.parityfordisability.org.uk.

Route maps showing the two journeys are enclosed. On the day you will also be provided with detailed directions. All participants will need to complete their route by 4.30pm. There will be refreshment stops along the way.

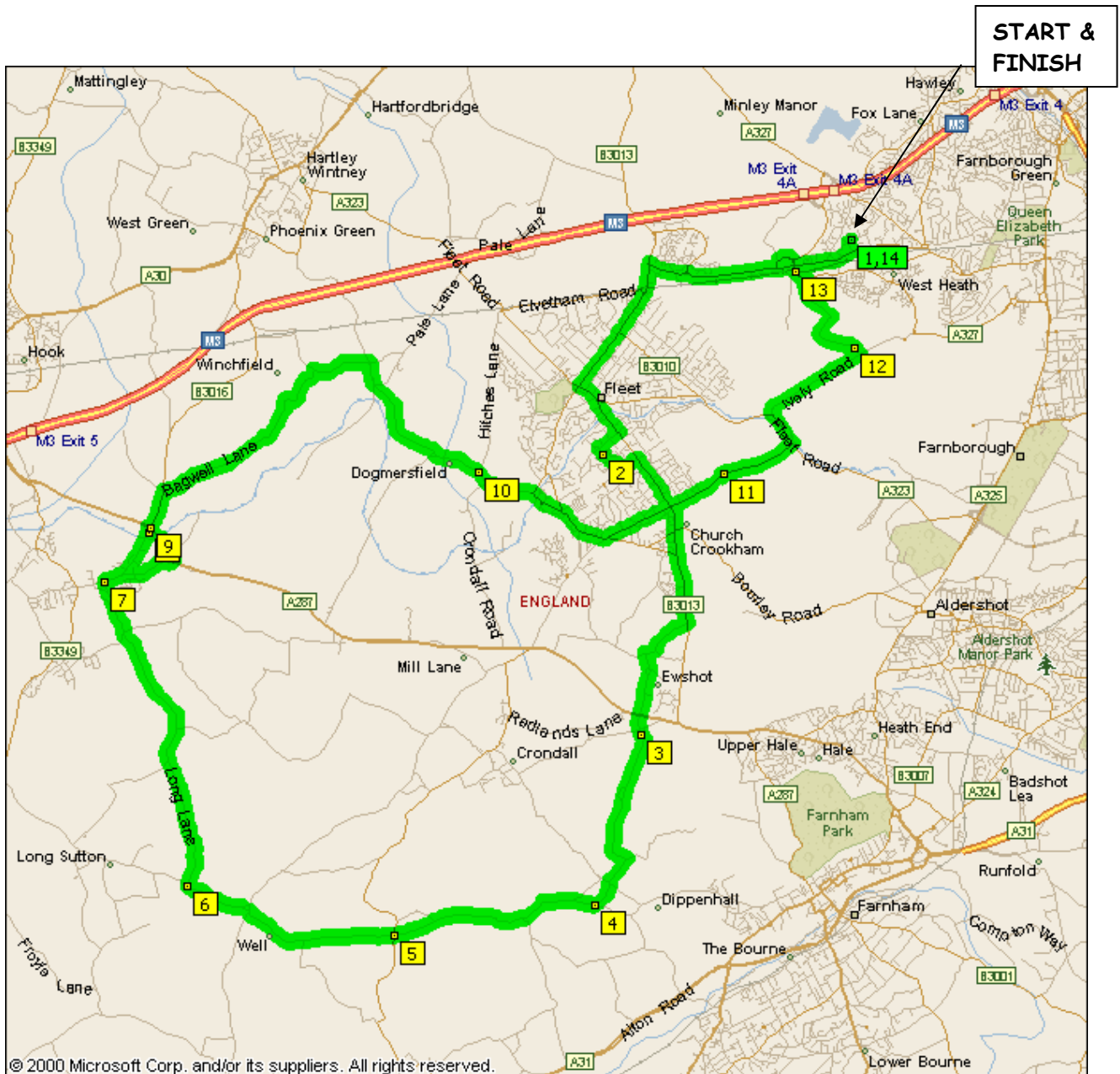
Helmets are obligatory, and will be a condition of entry.

NORTH EAST HAMPSHIRE CYCLE CHALLENGE 54-MILE ROUTE MAP

START &
FINISH



NORTH EAST HAMPSHIRE CYCLE CHALLENGE 28-MILE ROUTE MAP





North East Hampshire Cycle Challenge Entry Form and Declaration

<i>Location: NE Hants</i>	<i>Date:</i>
<i>Name:</i>	
<i>Address:</i>	
<i>Post Code:</i>	
<i>Tel No (Day):</i>	<i>Tel No (Evening):</i>
<i>E-mail address:</i>	
<i>Place of work (if entering as part of a team):</i>	
<i>I heard about this event from:</i>	
<i>Date of birth:</i>	
<i>I/we have chosen to do the 54-mile ride <input type="checkbox"/> the 28-mile ride <input type="checkbox"/></i> <i>Enclosed is my individual entry fee <input type="checkbox"/> Team fee <input type="checkbox"/></i> <i>I/We commit to raising sponsorship and the reduced fee <input type="checkbox"/></i> <i>(Please make cheques payable to Parity for Disability)</i>	

We welcome participants with special needs. We will contact you before the event to discuss your specific requirements. If you have a special need, medical condition or disability which may affect your ability to participate in the event (e.g. cardiovascular or respiratory disorders or epilepsy), please give details (if in doubt please consult your Doctor):

.....
 I, the undersigned, wish to take part in the event specified above. I accept that Parity for Disability reserve the right to cancel or postpone the event and to refuse participation if it is deemed necessary and that entry fees are non-refundable. I understand that any photographs taken on the day of the event may be used by Parity for Disability for publicity purposes. I accept that the organisers cannot be held liable for injuries and damage sustained when not under direct supervision or from failing to follow instructions.

Anyone aged below 18 years old must also have a completed 'Parental Consent Form' signed by a parent or legally appointed guardian **who must be present on the day.**

SIGNED: *DATE:*

Please complete this form and send it to Parity for Disability, 94 Whetstone Road, Farnborough, Hants GU14 9SX. Parity is a Registered Charity No. 1071571.