

CF CYSTIC FIBROSIS TRUST



CHARITY BIKE RIDE SATURDAY 17TH MARCH 2012 9:30AM (FOR STAGGERED START)



20 mile off-road from Ditchling Beacon to Seaford Downs Leisure Centre

Get a team together for this fun charity bike ride. Teams should consist of a minimum of 5 riders; maximum 7. Meet at the top of Ditchling Beacon (car park) at 9:30am. Teams will be started at 5 minute intervals. All team members must ride together for the duration of the route, assisting each other with punctures, map reading and hill climbs! It is the responsibility of the team captain to ensure team members carry the required equipment ie: spare tubes, pumps, drinking water. The team time will be taken when all team members arrive at Seaford Downs Leisure Centre. The first 3 teams will receive a prize.

The route is approximately 20 miles following the South Downs Way, crossing the bridge above the A27 near Lewes, over the Downs at Kingston to Southease. Cross the River Ouse and railway line and up past Firls Beacon to Bo Peep. Going South, leaving the South Downs Way to follow the track behind Blatchington Golf Course & joining the Alfriston-to-Seaford Road at the Seaford boundary. Turn right, approximately 1 mile on-road to the leisure centre at the A259.

Lockers and showers are available for use at the Leisure Centre. Refreshments will be provided and once all teams have arrived at the finish, there will be a short presentation of prizes. In addition the bar will be open!

Cost:- £20.00 per person (paid by **Saturday 25th February**) includes goody bag & refreshments at the end. All proceeds to Cystic Fibrosis Trust. Team Captains to complete the attached entry form and return as soon as possible. **Retain this sheet for information.**



Notes:-

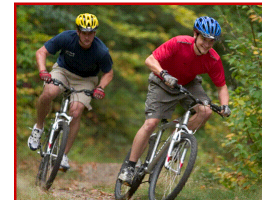
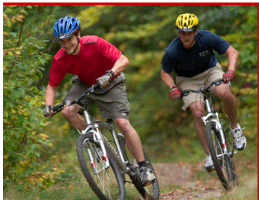
- All riders must wear a cycle helmet
- Ensure your mountain bike is road/off-road worthy
- Wear something warm, take a mobile phone, water, snacks, camera
- Bags with change of clothes, wash stuff can be left in lockers or taken from the start to the leisure centre for you
- Please respect other people using the South Downs Way—hikers, dog walkers & particularly horse riders—pass with caution
- Ensure all gates are closed behind you
- Bring a padlock to secure bikes at the Leisure Centre

If you have problems getting yourselves and/or your bikes to the start, help with transport can be arranged.



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Team Name:-

| | Name | Mobile Number | £20.00 Paid (cash or cheque to Cystic Fibrosis Trust) |
|--------------|------|---------------|--|
| 1 Captain | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |

Disclaimer:- All participants take part at their own risk and are responsible for their own safety and their actions. The organisers cannot be held liable for injury to participants, members of the public or damage to equipment. Team captains must make all team members aware of this disclaimer.

**Return completed entry forms with payment by 25th February to:-
 Clint Allen, 30 Hartfield Road, Seaford BN25 4PW. Tel:01323 891614 or 07941 193809**

www.cftrust.org.uk

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