** **

**Ride For Food 15 September 2019 – Entry Form**

Please complete the following details in block capitals:

Title: ........................ Name: ....................................................................... DoB: ..........................

Address: ..........................................................................................................................................

..................................................................................................................Post Code: .....................

Email: ....................................................... Tel (home): ..................................................................

Tel (mobile): ..........................................................

If you are entering with other family members, please enter their details below.

Name: ..............................................email: ..................................................Age: .......

Name: ..............................................email: ..................................................Age: .......

Name: ..............................................email: ..................................................Age: .......

Name: ..............................................email: ..................................................Age: .......

🞎 I enclose a cheque for £20 (individual) / £40 (family)\* payable to “Slough Foodbank” *(entry fee includes a goodie bag and a donation to Slough Foodbank) \* delete where applicable*

🞎 Alternatively I commit to raising sponsorship of at least £20 (individual) or £40 (family)

Declaration – I have carefully read the information and disclaimer on the following page and fully understand its contents. I am aware of my own responsibilities.

Signature: .......................................................................... Date: ...............................................

(if under 18, signature of parent or guardian)

Please post completed entry forms, enclosing your cheque (or pay via online banking to Slough Foodbank, sort code 08-92-99, account no. 65695489) to Slough Foodbank, 411 Montrose Avenue, Slough SL1 4TJ. Or email a scanned copy to office@slough.foodbank.org.uk

**CLOSING DATE – FORMS AND PAYMENT MUST BE RECEIVED BY 10 SEPTEMBER OR HANDED IN AT START OF THE RIDE (No cash payment on the day please)**

**Information and Disclaimer for those taking part in the**

**Slough Foodbank Ride for Food 2019**

**Sunday 15 September 2019**

**12.00 Registration** at Herschel Park Nature Reserve car park, off Datchet Road near Red Cow roundabout, SL3 7NR (free car park, height restrictions)

**12.30** Press photos & Depart

**A Group** – 11 miles total, flat, traffic free paths with road crossing. A 1.30pm lunch stop at Crocus at Dorney Court, Court Lane, SL4 6QP (50 mins stop) and ride to finish at Herschel Park car park at 3.00pm

**B Group** – 18.5 or 22 miles total, some climbs, mix of quiet roads & traffic free paths with a 1.30 lunch stop at The Village, Windsor Great Park (50 mins stop) and a tea stop at Dorney Court (40 mins stop) at 3.20pm. Please bring a packed lunch and be willing to sit on the ground for lunch. Ride to finish at Herschel Park car park at around 4.45pm.

(Optional 3.5 mile loop passing the Copper Horse (+25 mins riding so 25 mins lunch stop)

**Event Cost:** The cost of entry is £20 for individuals or £40 for families, though we are happy to waive this if you can commit to raising at least that amount in sponsorship support. This includes a lightweight backpack and goodies for each rider and a donation to Slough Foodbank.

Sponsor Forms available on [www.slough.foodbank.org.uk](http://www.slough.foodbank.org.uk) or upon request to [office@slough.foodbank.org.uk](file:///C%3A%5CUsers%5CssibanyKing%5CDownloads%5Coffice%40slough.foodbank.org.uk)

**To Join in Advance:** Please send, by 10th September, the completed entry form with cheque payable to Slough Foodbank to:

Slough Foodbank, (Ride for Food), 411 Montrose Avenue, Slough, SL1 4TJ

Sponsorship forms & payment can be handed in by 29 September to this address .

**To Join on the Day:** please leave time to complete entry form. Pay by cheque made payable to Slough Foodbank. Please consider giving an additional donation.

**Fundraising:** Riders are encouraged to set up a sponsorship page online to fundraise at: [https://wonderful.org/charity/sloughfoodbank](https://eur01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwonderful.org%2Fcharity%2Fsloughfoodbank&data=02%7C01%7Candrew.nankivell%40nhhg.org.uk%7C4e80d5d847b54b3cdf7d08d6f9b3106e%7C5e66e4c4c0f14c5ca3e7775eb7b48787%7C0%7C0%7C636970946064966479&sdata=myk9%2Fchrg4SmX%2FHQzJ8gmCGo4WdeKjTzBSqs8G4EDZ0%3D&reserved=0)

**Safety:** Each rider must wear a cycling helmet at all times and abide by the Highway Code, showing respect to other road users. Traffic lights and signs must be observed as no roads will be closed for the ride.

**Liability:** All participants enter RIDE FOR FOOD 2019 of their own will, understanding the physical challenge of the event and enter entirely at their own risk. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness and that of under 18 year olds in their group. Slough Foodbank cannot accept any responsibility for personal accident, loss, or damage to cycles, equipment and personal effects or any public liability.

**Weather:** The ride will take place regardless of bad weather.

**Further Information:** If you have any questions, please contact Josie on josieheff@hotmail.com