



# Enfield's **Big** Bike Ride

## 14th June 2009

### Ride with confidence

June 14th

#### Rules of the ride



All children under the age of 18 years must be accompanied by a responsible adult.

It is advised that all children wear safety helmets, however this is the personal choice of the parent /adult.

The organisers of this event accept no responsibility for any loss or damage to equipment during this ride, whether that be car, bike or personal items.

Marshals will be at the front, sides and rear of the riders at all times for your personal safety. Please adhere to their instructions, and keep within the boundaries they set whilst you are on the roads.

If you need any help or assistance, please contact one of the marshals at the rest stops. They will deal with any concerns immediately.

In the event of an injury, minor cuts / grazes, this will be dealt with from the first aid kit on the support vehicle. Anything more serious than this, you will be transported to Accident and Emergency via the support vehicle. In the event of a major injury the organisers will call 999 immediately.

It is the sole responsibility of the rider to make sure his / her bike is roadworthy. A free health check for your bike is available to all participants on Saturday, 6th June outside Halfords, Crown Road, Enfield between 11am and 4pm.

Only one bag per rider can be left with the check-in desk at the Civic Centre. A cloakroom ticket will be issued to the owner. This must be shown to the check-in desk at the Town Park in order to redeem your belongings. In the event of you losing your ticket, only when all other belongings have been collected, will the organisers allow you to claim your belongings.

Where items are left with the check-in desk at the Civic Centre this will be at the owners risk. These items will be transported by the organisers to the check-in desk in the Town Park for collection by their owners. Any items not claimed by the end of the day will be destroyed.

Any rider leaving the ride for any reason will no longer be covered by the insurance policy covering this event.

Riders will not be allowed to stop at unofficial rest areas, only those pre-planned on the route.



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### Questions?

#### What kind of bike will I need?

Most types of bike will be OK as all of the route will be along roads, so it is not essential to have a mountain bike.

#### Do I need to be an experienced cyclist to take part?

The ride will take place in one group escorted by marshals, so you won't need to map read, you just need to be able to ride a bike.

#### Are Children allowed to take part?

Children are welcome to take part as long as they are accompanied by a responsible adult.

#### What should I bring with me?

Please bring plenty to drink: water or squash is better than fizzy drinks. Please also bring money for refreshments. There will be refreshment / toilet stops en route and at the Town Park.

#### Is there parking at the start?

Free parking will be available in the Civic Centre Car Park on the day.

#### What time should I expect to finish the ride?

The ride finishes at the Town Park between 1.30-2.30pm where you will then be able to enjoy your picnic lunch.

#### Do I need to be ultra fit to take part?

If you are not a regular cyclist it would be a good idea to go for a few practice rides before the event. As with all physical activities, you should consult your GP if you have any doubts.

#### Will there be somewhere to leave items while I'm on the bike ride?

Yes, we are happy to store one bag whilst you are on the ride. It will be ready for collection in the Town Park at the end of the ride.

#### Can I register on the day?

We would prefer you to register before the event, as we will need to know numbers for health and safety. However there will be an opportunity to register on the day.



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### REGISTRATION FORM

Main Contact Name \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Tel: No. \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

2nd Name \_\_\_\_\_ Title \_\_\_\_\_

Address \_\_\_\_\_

Post Code \_\_\_\_\_ Tel: No. \_\_\_\_\_ Mobile \_\_\_\_\_

Email \_\_\_\_\_

I would like to register for: \_\_\_\_\_ Adults @ £10 \_\_\_\_\_ Children over \_\_\_\_\_ Family of four @ £26.00  
4 yrs @ £5

Please send me FOC T/Shirts size \_\_\_\_\_ Small \_\_\_\_\_ Med \_\_\_\_\_ Large \_\_\_\_\_ X/Large  
under 4's free (should a t/shirt be required a small charge of £3 per T/Shirt will be made)

Please find enclosed my registration form and cheque total £ \_\_\_\_\_

Please make cheques payable to **Nightingale Community Hospice Trust or (NCHT)**

**Please return this form with your remittance to:**  
**The Nightingale Community Hospice Trust**  
**The Lancaster Centre, 53 Lancaster Road, Enfield EN2 0BU**  
Registered Charity No. 1094435

Advanced registration is required  
Please complete and return this form by 31st May 2009

Your T/Shirt will be forwarded to your home address within 7 working days

I am unable to take part in **Enfield's BIG bike ride** this year, please accept my gift of £ \_\_\_\_\_

#### Gift Aid Declaration:

Make your gift worth almost a third more – at no cost to you. If you are a UK tax payer, simply tick and enter today's date below. We will then be able to claim back 28p for each £ you donate.

- I am a UK tax payer and would like The Nightingale Community Hospice Trust to claim on all the donations I have made for the last six years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise.
- I am not a UK tax payer.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please remember to tell us if you no longer pay enough UK income / capital gains tax to cover the money we claim back from HMRC and also keep us informed of any change of details. THANK YOU.

**The Nightingale Community Hospice Trust Registered Charity No. 1094435**



# Enfield's Big Bike Ride

## 14th June 2009

Information Pack



**Bike week**



This event is supported by Enfield Borough Council Road Safety, the Cycle Clubs of Edmonton and Southgate and Cycle for England





# Enfield's Big Bike Ride

## 14th June 2009

### Where are you going?

June 14th

### The Route

#### Start

Civic Centre, Enfield, 10.30am prompt

Round the one way system

On to London Road

Down Park Ave (RS)

Into Church Street

Across the A10

Into Edmonton Green (RS)

Along the Hertford Road (RS)

Into Ponders End

Through Enfield Highway (RS)

Left into Carterhatch Lane

Across the A10

Into Baker Street

Right into Lancaster Road (RS)

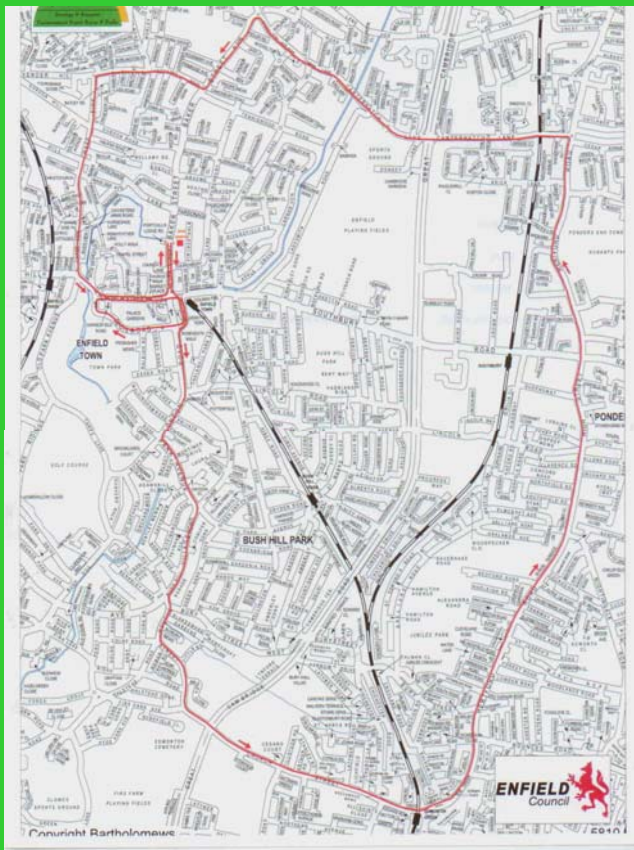
Along Chase Side

Down Church Street

Around the one way system

Into Town Park entrance off Cecil Road

Finish - Picnic in the Park.



# Enfield's Big Bike Ride

## 14th June 2009

### Who are we?

The Nightingale Community Hospice Trust is a charity which cares for people and their families who are affected by cancer. We support those living in or receiving treatment in the borough of Enfield. We currently support the needs of over 320 clients. We are not a bedded unit, but we do work with existing service providers to ensure valuable resources are used to best effect.

### What do we do in the Community?

We provide a range of services aimed to help the client and their families while they are going through a time of upset and upheaval.

These include:

- Prostate cancer support group.
- Breast cancer education group.
- Advice and information service.
- Bereavement group.
- Lymphoedema clinic.
- Complementary therapies.
- Home sitting and befriending service.
- Drop-ins Wednesdays & Fridays.
- Counselling.

### What we aim to do in the future?

We want to increase the range of services, and the number of clients and carers we are able to support. In order to do this we need to raise a minimum £500,000 each year

Tel: 020 8366 4333 Services  
Tel: 020 8366 9674 Fundraising  
[www.nightingalehospice.org.uk](http://www.nightingalehospice.org.uk)



### DID YOU KNOW?

One in three people  
will be affected by  
cancer at some time  
in their lives.