

Your entry fee covers costs, but your sponsorship will help save lives

**Please indicate which route you will follow**

3 miles  36 miles

**Sponsorship pledge**

I pledge to raise £ ..... in sponsorship for the British Heart Foundation. Please help by raising £50 for our 50th birthday – FIFTY!

**Payment details**

I enclose an adult entry fee of £10.00  
 I enclose a child's entry fee of £5.00  
 I enclose a donation of £

**TOTAL £** .....

Please make cheques payable to the British Heart Foundation  
If you would like to pay by credit card – go on line at [bhf.org.uk/robin](http://bhf.org.uk/robin) to register.

**Declaration: Acceptance of terms and conditions**

I understand that if I am in doubt about my health or have a medical condition that could be affected by exercise, particularly a heart condition, I should obtain my doctor's approval before participation in a BHF event which involves exercise. I understand that participants under the age of 16 years must be accompanied by an adult.

I acknowledge that I participate in this event at my own risk and that the BHF cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all the rules and regulations set out by the BHF for participating safely in this event.

I understand this is a British Heart Foundation event and pledge to raise as much sponsorship as possible for the BHF only and that entry fees are non-refundable as they cover the cost of administering the event.

I understand that the BHF may take photographs or videos of me taking part in this event and permit them to use the images and/or videos for promotional purposes; if signing for a child I give permission to use their image.

If I have registered other participants on their behalf I have done so with their permission and I will show them a copy of the Terms and Conditions for the event. Please email [events@bhf.org.uk](mailto:events@bhf.org.uk) to request additional copies of the terms and conditions. If they do not agree with the terms and conditions they will withdraw their registration and not participate in the event.

Please note that details of participants may be passed on to relevant third parties (such as St John Ambulance, hospitals etc) so that in the event of illness or injury occurring during the event they can administer first aid more effectively and contact relatives/friends if necessary. The BHF does not arrange personal accident or any other insurance cover for participants in our events. You should consider whether you need financial protection should an accident occur and if so, then BHF recommend that you contact an insurance broker or another suitably qualified professional who is authorised by the Financial Services Authority.

**Signed:** .....

For a participant under the age of 16 to take part in this event, an adult must give permission by signing this declaration.

**Date:** .....

Please return to:  
**British Heart Foundation**  
Events Team, PO Box 13039  
Birmingham B25 9BG


You can also register online at [bhf.org.uk/robin](http://bhf.org.uk/robin)

**Sponsorship saves lives**

- **£50 – Help children cope with bereavement**  
£50 could cover the cost of bereavement boxes for five children who have lost a close family member to heart disease. The sensitive story and interaction with the pack's contents will help a child come to terms with their grief in their own time and their own way..
- **£124 – Fund a resuscitation training manikin**  
£124 could fund the cost of a Little Anne manikin, a realistic adult manikin used when training people in performing cardiopulmonary resuscitation (CPR). Performing CPR buys time and more than doubles the chances of survival for someone following a cardiac arrest.
- **£200 – Help find a cure**  
£200 could fund one of our young scientists for a whole day. We currently provide the salaries for around 500 post-doctoral scientists who work in research teams right across the UK on projects to better understand how to diagnose, prevent, treat and cure heart disease.
- **£250 – Provide a hand held ECG machine**  
£250 could cover the cost of a hand held ECG machine. These machines are designed for patients to use at home to monitor their hearts. When they experience a cardiac event this machine will record the hearts rhythm which a doctor can later study and use it to help diagnose the patient's condition.

For more information call **0800 169 3672**  
or email [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)  
or visit [bhf.org.uk/robin](http://bhf.org.uk/robin)



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# Robin Hood bike ride



Category: **Challenging 36 mile off road & fun 3 mile family route**  
Location: **Sherwood Pines, Nottinghamshire**  
Date: **Sunday 16 October 2011**



**HAVE FUN, GET FIT, SAVE LIVES**

## Your challenge

### Our biggest BHF bike ride in the East Midlands returns for 2011. Join over 700 cyclists at the Robin Hood Bike Ride and enjoy a great day out.

This fun event is suitable for cyclists of all ages and abilities. The more experienced cyclist can choose the 36 mile off road Challenge Route through Sherwood Forest and Clumber Park. The route will take you through the heart of the Nottinghamshire forest.

The 3 mile Scramble Route is ideal for families. This traffic free family route will take you through the stunning scenery of Sherwood Pines. Bikes are available to hire so be sure to bring your whole family. Why not have fun get fit save lives with the BHF.

## Our promise

We'll take care of all the arrangements: refreshments along the route for participants, toilets and marshals to cheer you on! **All you need to do is raise sponsorship, show up, and have fun!**

## Beating heart disease together

Taking part in a BHF event is a fantastic way for you to improve your heart health while raising vital funds to help the British Heart Foundation continue its pioneering, life-saving work. Have fun, get fit and save lives!

As this is a fundraising event, we are relying on all participants to fundraise as part of their BHF event experience. Help us celebrate the BHF's 50th birthday by aiming to raise £50 in sponsorship for your event. Fifty for fifty! That's a pound for every year the BHF has been doing its pioneering research and saving lives.

If you would like any fundraising tools or inspiration to help you round up your colleagues please get in touch.

If you're entering as part of a team, remember to enter your team name when registering.

## How to enter

There are two ways to enter this event:

**Web:** [bhf.org.uk/robin](http://bhf.org.uk/robin)

**Post:** send the attached entry form with a cheque to the address on the form

Entry fees are £10.00 for adults and £5.00 for under 16's. All under 16's need to be accompanied by an adult. Any places remaining on the day will be charged at a higher entry fee.

Closing date for web entries is Sunday 9 October 2011. Closing date for postal entries is Friday 7 October 2011.

All participants will receive a free event T-Shirt. T-shirts can be collected on the day on a first come first served basis.

## Contact us

If you have any queries please contact the Events Team on **0800 169 3672** or [northwestwales@bhf.org.uk](mailto:northwestwales@bhf.org.uk)



Robin Hood bike ride – Sunday 16 October 2011

## Entry form

Please complete one form per participant or team member and fill in both sides of this form. You can also enter online at [bhf.org.uk/robin](http://bhf.org.uk/robin)

**Title:** ..... **First name:** .....

**Last name:** .....

**Address:** .....

.....

**Postcode:** .....

**Home number:** .....

**Work number:** .....

**Mobile number:** .....

**Email:** .....

If you are happy for the BHF to contact you by email and/or text/picture message please enter your preferred email address and/or mobile number in the boxes provided above. You can unsubscribe at any time.

**Date of birth:** .....

**Company name:** .....

**Team name:** .....

**Team leader's name:** .....

**If you have been touched by heart disease or you're trying to lead a healthy lifestyle, would you be willing to tell us your story?**

Yes  No

**How many more entry forms would you like?** .....

**By telling us how you heard about this event you will save us money!**

### Please tick all that apply:

- |   |                          |                      |                          |
|---|--------------------------|----------------------|--------------------------|
| 1. Taken part in a BHF event before             | <input type="checkbox"/> | 8. Magazine          | <input type="checkbox"/> |
| 2. BHF website                                  | <input type="checkbox"/> | 9. E-mail promotion  | <input type="checkbox"/> |
| 3. Postal mailing from the BHF                  | <input type="checkbox"/> | 10. Lloyd's Pharmacy | <input type="checkbox"/> |
| 4. Other website                                | <input type="checkbox"/> | 11. ISS              | <input type="checkbox"/> |
| 5. Poster/leaflet                               | <input type="checkbox"/> | 12. HSBC             | <input type="checkbox"/> |
| 6. Newspaper                                    | <input type="checkbox"/> | 13. Johnson Matthey  | <input type="checkbox"/> |
| 7. Through a friend, family member or colleague | <input type="checkbox"/> | 14. Radio            | <input type="checkbox"/> |

### Data protection

The BHF would also like to keep you up to date on our other work and what you're helping us to achieve. If you do NOT wish to be contacted by post about our other events please tick here  or our other work, please tick here  If you do NOT wish to hear from us by phone about our other events please tick here  or our other work, please tick here  From time-to-time we allow other similar organisations to contact our supporters. If you do NOT wish to be contacted by them, please tick here

PLEASE TEAR OFF HERE