

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

Please indicate which route you will follow (please tick)

17 miles 23 miles

Sponsorship pledge

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

Meet our supporters

Two-year-old Gretel Lambert from Leicestershire was born with congenital heart disease. Not only did she have a hole in her heart, Gretel had double outlet right ventricle - a very rare congenital heart defect.



At just three months old, a tiny Gretel had her pulmonary arteries banded, a temporary measure until she was strong enough to face an operation. In June this year, she underwent corrective open heart surgery.

Her mother Marissa said: "It was all very difficult. As well as the heart problems, Gretel had lots of secondary conditions, especially with her feeding and breathing and it has been a completely different way of life for the whole family.

"Now she is catching up with other children and she is a very happy little girl and is even more smiley and more resilient. We really enjoyed the Bike ride last year and it inspired us to do lots more fundraising as a family for the BHF."

For more information call **0800 169 3672**
or email northwestwales@bhf.org.uk
or visit bhf.org.uk/rutland



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Rutland Water family bike ride



Category: **Bike ride - 17 & 23 mile routes**
Location: **Rutland Water near Oakham**
Date: **Sunday 25 September 2011**



HAVE FUN, GET FIT, SAVE LIVES

Your challenge

The Rutland Water Bike Ride returns for the 5th year in 2011. Join over 400 participants and enjoy a great family day out!

The Rutland Water Cycle Way offers some of the best casual leisure cycling in the country, for the most part following waterside tracks offering splendid views of the reservoir and the Hambleton Peninsula.

There are 2 routes to choose from this year, so why not join us and bring the whole family along. Family members that are not taking part can enjoy the interactive Cycle Magic demonstration at the start and finish point.

The 17 mile route is family friendly and takes in one full circuit of the reservoir. The 23 mile route follows the circular route and includes stunning views of the reservoir from the peninsula. You can start anytime between 9-10am but we do ask you to be back at the finish line by 4pm to collect your medal.

Our promise

We'll take care of all the arrangements – toilets, refreshments, first aid and marshals will be along the route. **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/rutland

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

Entry fees are £10 for adults and £5 for under 16 year olds. Under 16's must be accompanied by an adult. Any places still remaining on the day will be charged at a higher entry fee.

Closing date for web entries:

Tuesday 20 September 2011

Closing date for postal entries:

Friday 16 September 2011

All participants will receive a free event T-shirt. T-shirts can be collected on 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



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/rutland

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