

**Bronte Big K Cyklesportive – ‘Race the Train’  
Part of the ‘Ride for Ryder’ series**

**Terms, Conditions and rules.**

**Liability** -The Bronte Big K Cyklesportive incorporating ‘race the train’ is operated by Sue Ryder Care, and all riders take part at their own risk. Neither Sue Ryder Care nor its sponsors accept responsibility for any loss, injury or damage suffered by any rider personally or to their property as a result of taking part in the Bronte Big K Cyklesportive in the absence of negligence or breach of statutory duty on the part of either Sue Ryder Care or its sponsors. Personal accident and public liability insurance cover is advised to cover any loss, damage or injury you may sustain yourself or to your personal property or cause to a third party or their property.

As part of their entry into this event participants agree to ride safely with consideration for others and also declare that their cycle is well maintained and in good working order. They also agree to follow the instructions given by event officials on the day. Your signature on the entry form or your clicking on the box in the on line entry conforms your acceptance of these conditions of entry. If during the event you are involved in an incident with a third party please ensure that you pass on all your details – it is not the responsibility of the event organisers.

**Registration** - Every participant must fill in their own registration form unless they are completing it for an under 16. We also need to ensure we have contact details for all participants in the case of an emergency.

**Age** - For the Leg 1 ‘Race the train’ event riders aged 11 or under must be accompanied by an adult (aged 18 or over) throughout the event. There must be at least one adult (aged 18 or over) for every 5 riders aged 11 or under. Parents must be confident that their child/children has/have a good level of road safety awareness.

For the Bronte Big K Cyklesportive event (Legs 2 to 6), riders must be 14 years of age or above on the day of the event.

Anyone under 16yrs old must have their entry form signed by a parent/guardian and must abide the rules. Riders under 16yrs old must be accompanied throughout the event by an adult over 18. It is each riders or parents/guardians responsibility to ensure they or their children are suitability fit and healthy to take part in the rides and have a good level of road safety awareness.

**Refunds** - The entry fee for the Bronte Big K Cyklesportive is non-transferable and non-refundable. Due to unexpected health and safety reasons on the day, the Bronte Big K Cyklesportive organisers reserve the right to adjust the route to account for unforeseen conditions (for example, flooding).

**Publicity** - By participating, participants agree to take part in post-event publicity which may include interviews, photography and/or filming for Sue Ryder internal communications, sport Keighley publicity and local and/or national media.

**Contact details** - Participants are personally responsible for updating the organisers with any new address and telephone details. In the case of an emergency, Sue Ryder Care may use the Emergency Contact details provided by you to contact your home or office.

**Health and Fitness** -The event is a challenge ride that is graded to suit many levels of fitness but some of the hills are steep and, given the time of year and prevailing conditions riders should ensure they are medically fit and well hydrated. All riders should satisfy themselves that they are in good health and physically able to participate in the Bronte Big K Cyklesportive and choose a route that suits their ability and fitness. If in doubt, participants should consult a GP or hospital doctor prior to the event. All riders should have appropriate sun protection.

**Data Protection** - Please be aware that by registering you authorise Sue Ryder Care to process your personal data in accordance with the Data Protection Act 1998 for the purposes of this event. Sue Ryder Care will endeavour not to use any photographs, images or likenesses of children aged 16 or under.

By ticking the box on our registration form you agree to Sue Ryder Care using your personal data for the purposes outlined above.

**Risks** - Sue Ryder Care has a comprehensive risk assessment process for each event which aims to minimise or eliminate the risk to everyone taking part. However, by taking part in this event, you acknowledge that there may be conditions or circumstances beyond our control that can lead to unforeseen risks.

**Rules:**

- All cyclists must abide by the Highway Code
- Riders must ensure their cycles are suitable for the terrain and are roadworthy
- By taking part in this event cyclists are representing Sue Ryder Care and are asked to show consideration to other cyclists, road users and pedestrians.
- Safety is paramount. All riders must wear helmets (Compulsory)
- Your presence at every checkpoint must be recorded
- Remember that the event is NOT a race but a personal challenge
- Marshals will be situated at points throughout the course and their signals should be observed at all times
- Cyclists should be properly equipped to ride in inclement weather
- Any cyclist who drops out must report to an official to prevent any unnecessary search being started
- The Organisers reserve the right to decide if the event is to start in a group or staggered start
- Participants and supporters are welcome to take pictures on the day but please ensure that where the pictures captures images of children that only one’s family members are included.
- Alcohol - For health and safety reasons, participants may not consume alcohol prior to or during the event.
- Smoking - Sue Ryder Care asks that participants and supporters do not smoke during the event

# Bronte Big K Cyklesportive incorporating ‘Race the Train’.

Sunday  
18th July 2010

Sue Ryder Care  
Manorlands Hospice



sportKeighley

KEIGHLEY CAMPUS

part of



**6 routes ranging from the well established family friendly 4.8 mile ‘Race the train’ to the hardcore elite 88 mile leg six which climbs 21 hills and approximately 8143 ft cumulative climb.**

**The Big K Bronte CyKlesportive** has a choice of 6 legs to cater for all abilities. The maximum is 88 miles with 21 classic climbs around some real tourist landmarks. Detailed information about each route can be found at [www.brontecyklesportive.org.uk](http://www.brontecyklesportive.org.uk). For more information please phone 01535 640430 or email: [andrew.wood@suerydercare.org](mailto:andrew.wood@suerydercare.org).

**Start** The start for Legs 2 to 6 is at Leeds City College, Keighley Campus, next to Keighley Railway Station. Leg 1 which is the traditional 4.8 mile 'Race the train' starts from Low Mill Lane at the other side of the railway station. Dependant upon ability and ambition participants can chose which of the 6 Legs they want to complete though they can decide to change between routes on the day as long as they inform Marshals.

Legs	Miles	No. of hills	Climb in ft.	Finish point
1	4.8	1	427	Oxenhope
2	30	9	2244	Keighley
3	35	11	3196	Keighley
4	42	12	3360	Keighley
5	65	15	5364	Keighley
6	88	21	8143	Keighley

**Toilets/Changing/Showers** Available at the new Keighley Campus of Leeds City College. Start/ finish point.

**Refreshments** Oxenhope station for legs 1 and 2 (Leg 1 participants receive a complementary bacon butty). Closes 12:30.

Saltaire (Leg 4) (All-Terrain Cycles) Opens: 9.00am, Closes: 2.00pm

East Morton (Leg 5) (Busfeild Arms) Opens: 10.45am, Closes: 3.30pm

There will also be refreshments located at the finish at the Keighley Campus of Leeds City College where a complementary BBQ cooked meal awaits all Leg 2 to 6 participants . BBQ opens at 11am. College will close at 7.15pm.

**Goodies** Bronte BIG K Cyklesportive Water Bottle and "Ride for Ryder" commemorative Medal.

**Timing** Via chips attached to bikes/riders (Chips to be collected at Registration) (CyKlesportive riders only). Race the Train will be hand-timed in the traditional way.

### Standards

For Leg 1 the Gold standard is simply beating the train

For Legs 2 to 6 the standards are based on matching the average speed of the train (15 mph) for the Silver Standard. The Bronze Standard is achieved if the riders can do their distance at 10 mph (5mph slower than the average speed of the train) and the to achieve the Gold standard participants must average 20mph (5 mph faster than the train).

	Bronze	Silver	Gold
<b>Leg 1</b> (4.8M) 'Race the train'			Beat the Train! 20mins
<b>Leg 2</b> (30M)	3:00	2:00	1:30
<b>Leg 3</b> (35M)	3:30	2:20	1:45
<b>Leg 4</b> (42M)	4:12	2:48	2:06
<b>Leg 5</b> (65M)	6:60	4:20	3:15
<b>Leg 6</b> (88M)	8:48	5:52	4:24

### REGISTRATION FORM

# Bronte Big K CyKlesportive incorporating 'Race the Train.'

Sunday 18th July 2010

Please register online if possible at [www.brontecyklesportive.org.uk](http://www.brontecyklesportive.org.uk)

If not possible please complete one separate entry form below for each person who wants to take part and return it with payment to Sue Ryder Care - Manorlands Hospice to the address below.

- Please tick:**
- Leg 1 Traditional 'Race the train' 4.8 miles and 1 hill @ £5 per person.
  - Leg 2 30 miles and 9 hills @ £25 (£10 for 14 to 16 years old)
  - Leg 3 35 miles and 10 hills @ £25 (£10 for 14 to 16 years old)
  - Leg 4 42 miles and 12 hills @ £25 (£10 for 14 to 16 years old)
  - Leg 5 65 miles and 15 hills @ £25 (£10 for 14 to 16 years old)
  - Leg 6 88 miles and 21 hills @ £25 (£10 for 14 to 16 years old)

Contact Name: .....

Address: .....

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

Mobile: .....

(by which you can be contacted on during the event)

Email: .....

Emergency contact name: .....

Emergency contact number: .....

By ticking this box you agree to the event terms conditions and rules stated overleaf.

If you are under 16 please ask a parent/guardian to sign below to agree to the terms and conditions on their behalf.

Parent Guardian ..... Date .....

### Payment details

I enclose a cheque payable to Sue Ryder Care - Manorlands Hospice

or I would like to pay by: Mastercard  Visa  Solo  UK Maestro

Name on Card ..... Type .....

Please debit my credit card number: Debit  Credit Card

.....

Start Date  /  /  Expiry Date  /  /  Issue No

**Please return this form with your payment to:**

**Andrew Wood Sue Ryder Care - Manorlands Hospice, Hebden Road, Oxenhope, Keighley BD22 9HJ**

Sue Ryder Care is a charity registered in Scotland (SC039578) and in England and Wales (1052076)