

Your entry fee covers the cost of running the event, it's your sponsorship money that will help us save lives.

Sponsorship pledge

I pledge to raise £ in sponsorship for the BHF

Payment details

- I am aged 14 or over, taking part in the Cam to Coast ride and enclose £20 entry fee
- I am aged 16 or over, taking part in the 10 mile route 1 and enclose £5 entry fee
- I am aged 16 or over, taking part in the 10 mile route 2 and enclose £5 entry fee
- I am a child taking part in the 10 mile route 1 and it's free
- I am a child taking part in the 10 mile route 2 and it's free
- I enclose a donation of £

TOTAL £

Please note your entry fee is non-refundable.
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/camtocoast to register.

If on the day registration is available we can accept
credit card payments on the day.

BHF t-shirts

Everyone taking part will receive a FREE t-shirt to be collected
on the day.

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 or phone 0845 130 8663 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 sign 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/camtocoast

Meet our Supporters

Daniel Le Boudec and his father and friends took part in a BHF bike ride for their niece/granddaughter who was diagnosed with a rare heart defect when she was 6 months old. Daniel was only 15 when his niece was born and says: "The experience was very traumatic for the whole family." Thanks to the great care his niece received she is now 11 years old and fighting fit. Despite having been told at a young age that she would never be able to take part in any sports, she has not missed out on anything and leads an active childhood.

Daniel was also riding in memory of his Grandfather who unfortunately died very suddenly of a heart attack at 55 years old. He was a fit and healthy man and it came as a great shock to the family when he passed away. Daniel likes to look after his own heart and exercises regularly and has enjoyed a few of our events in the past. Daniel says: "I hope to continue to take part in BHF events as I want to raise sponsorship and say thank you to all those who helped save my niece's life and also support those who may go through the same thing my family did."



For more information call **0808 100 2109**
or email eastevents@bhf.org.uk
or visit bhf.org.uk/camtocoast



British Heart Foundation

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Cam to Coast bike ride



Category: **Brand new 74 mile cycle challenge
including two family friendly 10 mile rides**

Location: **Between Cambridge and Southend**

Date: **Saturday 26 March 2011**



Supported by



74 miles – 2 wheels – 1 amazing ride!

Start this spring the right way by getting into gear at the British Heart Foundation's brand new bike ride, linking the two cycle towns of Cambridge and Southend. Experience 74 miles of undulating, unspoiled beauty. Cam to Coast is the perfect way to start your 2011 cycling season.

What's the route?

Leaving the historic heart of Cambridge, you'll ride alongside the river Cam, through the stunning Cambridgeshire countryside and many breathtaking idyllic Essex villages, finishing with a 5 mile stretch along the vibrant Southend seafront.

Where and when does it start?

Start your ride any time between 7.30 – 9.00am at Jesus Green, Cambridge.

How much does it cost to enter?

Entry is **£20** and includes an event t-shirt, commemorative medal and water. Please note participants must be aged 14 and over to take part in the 74 mile route. Younger riders can join in the fun for FREE on one of the 10 mile routes.

Want to get the family involved too?

If you're new into cycling, haven't been on your bike in a while or fancy getting the family together for a fantastic ride, choose from one of our two shorter, **10 mile routes**, which still follow the main route. Incredible value at just £5 for adults and **FREE for children** (aged 15 or under) to enter. Riders will also receive a FREE event t-shirt, medal and water!

Route 1 - Choose to start with all of the challenge riders at Jesus Green in Cambridge between 7.30 – 9.00am at a time to suit you. You'll follow the main route and finish your 10 mile ride at Whittlesford.

Route 2 – The Essex ride joins the route at Leigh-on-Sea any time between 11.00am – 2.30pm and takes you the final 10 miles through to the celebrations at the grand finish in East Beach, Shoeburyness.



HAVE FUN, GET FIT, SAVE LIVES!

How much sponsorship do I have to raise?

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 had been doing its pioneering research and saving lives.

How can I enter?

There are two ways to enter:

Online: bhf.org.uk/camtocoast

Post: Send attached entry form with a cheque to the address on the back of entry form.

Any other questions?

Call the events team on **0808 100 2109** or e-mail eastevents@bhf.org.uk

Anything else I need to know?

We strongly recommend that all riders wear a helmet. Please note all route distances are approximate.

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.



PLEASE TEAR OFF HERE

Cam to Coast bike ride – Saturday 26 March 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/camtocoast

Title: **First name:**

Last name:

Address:

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.....

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"/> | | <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 .