

# July 2009

**250 Miles from York to Amsterdam (and back!) over 4 days**

**Please note:** The event is a ride, not a race; riders must exercise caution at all times. The distance involved is 250 miles and is an approximation only.

I wish to enter the Amsterslam09 Cycle Event with all proceeds being donated to Jessie's Fund. I understand that I take part in the event at my own risk, I confirm that my general health and fitness are adequate. Furthermore, I agree that the organisers, CharityAdventure.org.uk, will in no way be held responsible for any injury or illness which happens to me during, or as a result, of the said event. I also understand the organisers are not responsible for damage or loss of property how so ever caused. I agree to abide by the event rules, as set out by the organisers during the briefing that will take place prior to the start of the event. These rules will be for the safety of all of the riders taking part and any deviation from the rules laid out could result in personal injury or team members losing touch with the main group. I agree to ride at my own pace and only to a level at which I feel safe and comfortable. I also agree that the bicycle that I will use is road worthy and suitable for the ride (whether personally owned or hired for the event).

Participants Name:		Age:
Address:		
	Post Code:	
	Tel No (+ mobile):	
	Emergency No:	
Email Address:		
Joining Fee:	A £25 joining fee is required for this event to try to cover accommodation and transportation costs should any of the riders pull out of the event at the last minute. It is fully refundable up to a month before the event start date after which all accommodation and transport will have been paid for. It is also used towards ongoing costs of CharityAdventure.org.uk, administration of events and so-on.	
Accommodation & Food Fees:	There will be an accommodation, food and transport fee which will include return Ferry crossings from Hull to Rotterdam and a night in the hostel in Amsterdam. The fee will be approximately £175.	

Signed \_\_\_\_\_

**For further information contact either Matt Ions on the number or email address below.**

**Please return this form with your joining fee (cheques payable to Charity Adventure) to:**

**Amsterslam09, Charity Adventure, PO Box 135, Castleford, West Yorkshire, WF10 4WL**