

# The Rotary Club of Exmouth & District

CHARITY No.288254

# "THE WALK OR RIDE!"

www.exmouthrotaryclub.co.uk



Join with us on **Sunday 29th April 2012** at  
**BICTON COLLEGE, East Budleigh** and **WALK or CYCLE for CHARITY**

Please pre-register your participation in "THE WALK or RIDE!" using this form, although registrations will be welcomed on the day if you are unable to do so.

Adult entrants are invited to give £5 minimum donation towards our charity funds and expenses and ALL entrants are encouraged to raise sponsorship for their chosen charity or cause.

You are required to check-in at the College both **BEFORE AND AFTER** your walk or ride.  
Start times are between 8.30am and 1.00pm [or by 12 Noon at the latest if you doing the 12 mile walk]

## ENTRY FORM

(PLEASE USE BLOCK CAPITALS or TYPESCRIPT)

NAME:		I AM *OVER / UNDER 16 [*pls delete]
ADDRESS:		POST CODE:
EMAIL	TEL:	MOBILE:
WHICH WALK / RIDE ARE YOU DOING:		EXPECTED START TIME:
NAME & ADDRESS OF CHARITY OR CAUSE THAT YOU WILL BE RAISING SPONSORSHIP FOR: [STATE "NONE" IF APPROPRIATE]		
HOW DID YOU HEAR ABOUT "THE WALK OR RIDE!":		

### PEOPLE WALKING OR RIDING WITH YOU [ADULTS AND CHILDREN]

Please Note: Children under 16 must be accompanied by an adult at all times

NAME 1:		*OVER / UNDER 16 [*pls delete]
NAME 2:		*OVER / UNDER 16 [*pls delete]
NAME 3:		*OVER / UNDER 16 [*pls delete]
NAME 4:		*OVER / UNDER 16 [*pls delete]
NAME 5:		*OVER / UNDER 16 [*pls delete]

Attach additional sheets as necessary

- ◆ I have read, understood and accept the Terms & Conditions printed below / overleaf and agree that my / our entry in this event is entirely at my / our own risk.
- ◆ I enclose a donation of £ \_\_\_\_\_ to The Rotary Club of Exmouth.  
I wish this payment to be treated as a Gift Aid donation and confirm that I pay Income Tax at least equal to the amount to be reclaimed. [DELETE IF NOT APPROPRIATE]

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

PLEASE SEND YOUR COMPLETED FORM AND DONATION TO:

The Rotary Club of Exmouth & District, c/o 2/247 Exeter Road, Exmouth EX8 3NG  
or Email to: cliff@lenn.me.uk [we will be happy to receive your donation on the day]

## **"THE WALK OR RIDE!"**

### **TERMS & CONDITIONS**

- ◆ **"THE WALK OR RIDE!"** is mainly on established rights of way, but some paths are steep and rough and can be muddy in wet weather. Cyclist should be aware that the route includes both on and off road sections and is not suited to lightweight road bikes.  
Whilst every care has been taken to ensure safety on the routes, Rotary do not accept liability for death or bodily injury or property loss or damage arising out of the event, except where such death, injury, loss or damage is a direct result of a negligent act of Rotary or any Rotarian.
- ◆ **"THE WALK OR RIDE!"** is devised for persons of average fitness and entrants must satisfy themselves that they are fit enough to complete the course; only in cases of emergency are we able to collect walkers or cyclists from the course.
- ◆ All children under 16 years must be accompanied by a responsible adult and the responsibility for the safety of such child will remain with the adult at all times..
- ◆ Dogs must be kept under proper control at all times, especially in the vicinity of horses or livestock such as sheep or cattle.
- ◆ Participants should be sure they are properly equipped for country walking with warm waterproof clothing, sturdy footwear and adequate food and drink. We strongly recommend that mobile phones are carried to summon aid in the event of an emergency.
- ◆ By taking part in the event you consent to photographs being taken of you and members of your party and used for promotional purposes and for your details to be held by The Rotary Club of Exmouth & District and your chosen charity in order to notify you of future fundraising opportunities.

Whichever you undertake, the full 12+ mile walk, the shorter 8+ miles, or the shortest 5+ miles, or the 14 mile cycle ride, we hope you enjoy East Devon. The route is varied with coastal path, woodland, field and open countryside and will be full of early summer colour and wildlife. Please remember the Country Code, leaving gates as you find them, keeping your dogs under proper control, leaving nothing but your footprints [or tyre tracks] and your thanks, taking nothing but photographs and happy memories.

Thank you for supporting **"THE WALK OR RIDE!"** and for helping us through your sponsorship and participation with this Rotary fundraising event . On your return to Bicton College, do please 'check in', collect your Certificate [if you require one], and enjoy some light refreshments with our compliments.

**IMPORTANT:** If you retire from the course and go home early,  
**do please let us know** by notifying your nearest checkpoint or at Bicton College  
"The Walk or Ride!" registration desk.