

Don't forget to mean your helmet!



Sunday 26th May 2019

Register online at www.lesbourgshospice.org.gg

# 30/30



Now a regular fixture on Guernsey's fundraising calendar, 'lan Brown's Cycle Shop 30 Rides in 30 Days Challenge' challenges cyclists to ride their bike for one hour each day for 30 consecutive days. The last day coincides with the 'Rock to Rocque'.

The total raised so far by 30 Rides in 30 Days challenges since it began in 2008 now stands at an impressive  $\pounds670,000.$ 











For more than 20 years we have proudly supported Les Bourgs Hospice and the Rock to Rocque and since June 2008 we have also raised £670,000 with our fantastic 30 Rides in 30 Days Challenges.







# For your Personal Safety

It is strongly recommended that you wear a cycle helmet whilst undertaking this event.

## For your Road Safety

As you will be sharing the road with other road users for the event, please cycle in single file and give way where necessary so that they are able to overtake when it is safe. If you are riding with young ones or unsteady riders, please ensure that they cycle in front of a proficient adult or guardian.

If a Rock to Rocque marshal, or indeed any police officer on the ride instructs you to do anything, please listen to them as they are there for your safety.

Please comply with all road traffic regulations such as traffic signals, filters and yellow lines. Please do not cycle on the pavement as this creates a hazard to pedestrians.

The route will be checked at the end of the day for any bikes not able to make it back to the finish.

### For your Bike

Please ensure that your bike is road worthy and safe to use. We will be holding a bike clinic on the morning of the ride, but it is suggested that you check your bike prior to the day to prevent hold ups on the day.



#### Weather

Please wear suitable attire on the ride for completing the ride whether it be rain or shine. If you have them available, bright clothing is also recommended.

Do bear in mind that even if it is a cloudy day, you may still get burnt. Please ensure that you carry some sunscreen as well as plenty of water with you and that you remain hydrated throughout the ride. If you feel unwell at any point, we would suggest that you take a break.

### Did you know?

- Les Bourgs' annual running costs £1.4 million
- Over 100 patients are cared for each year
- Over 200 volunteers at the hospice
- The team won best fund-raising committee at the 2014 Guernsey Community Awards
- Funds raised through events, fundraising and the Les Bourgs Hospice Shop

in aid of







Raise over  $\pounds100$  and bring your sponsorship money on the day to be entered into the prize draw to win one bike (kindly donated by lan Brown's Cycle Shop).

Sponsor's Name	Phone Number	Amount £	Paid?
Entry U5: free   5-18yr: £5   18yr+: £10   Family (2 ad	dults & up to 3 children): £30 please circle	Free / £5 / £10 / £30	
Please pay in your monies on the day Total:		£	

Cheques should be made payable to "Friends of Les Bourgs Hospice"

#### Parent/Guardian's signature if under 11 years old

#### Disclaimer

All riders and officials take part in this event at their own risk. Les Bourgs Hospice and the organisers suggest that riders be suitably insured.

You are advised to wear a bike helmet and to make sure that you have plenty of water with you on the ride. Please ride carefully and give way to other road users. The event is not a race. Children under 11 years should be accompanied by an adult and their sponsorship forms must be signed by a parent or guardian.