

The Rock to Rocque Annual Bike Ride

Sunday 29th May 2022

Rider Registration Form

In aid of Les Bourgs Hospice kindly sponsored by Skipton



SKIPTON
INTERNATIONAL



Name(s):	
Email:	
<small>Only one required per family registration</small>	
Address:	
<small>Only one required per family registration</small>	
Contact Number:	
Registration Type: (Family/Adult/Child)	
<i>Family registration £30.00 (up to 2 adults & 2 children)</i> <i>Adult registration £15.00</i> <i>Child registration £5.00</i>	

There is a separate form for sponsorship, or you can consent to your name being listed for online sponsorship at www.lesbourgshospice.org.gg. If a family group or individual raise over £150 and submits all donations by Friday 10th June 2022 they will be automatically entered into a prize draw to win a bike which has kindly been donated by:



Sponsorship can also be made online at www.lesbourgshospice.org.gg

Please complete the following GDPR, compliance and disclaimer sections:

Disclaimer:

Please tick

I am entering the Rock to Rocque cycling event at my own risk.	
Les Bourgs Hospice and the Friends of Les Bourgs Hospice accept no responsibility and will not be liable whatsoever for any loss, damage, injury, death or other liability which may arise.	
I am medically and physically fit enough to participate and if I am in doubt or have any a medical condition, I will consult my doctor prior to taking part	

GDPR (data protection):

Please tick

Les Bourgs Hospice (the Hospice) will not share your data with any third parties not directly involved with the Rock to Rocque event. We only ask for data that is adequate, relevant and not excessive for those purposes. We will use your data to:	
1) Enable us to understand more about how our website is used, and in turn to make sure that it reflects your needs. 2) Send you any information you may have requested, or which may be relevant to the services that you have contracted the Hospice or Friends 3) Contact you to let you know details of events or initiatives organised by the Hospice or Friends which we think may be of interest to you.	
I consent to my name being listed on the Les Bourgs Hospice Website for online sponsorship purposes:	
If you would prefer not to receive any such information, please tick here:	

Name:	
Signature:	

For any participant under the age of 18 please ensure that a parent or guardian signs on your behalf. Please note that you will only be considered to be participating in the event if a signed registration form has been received and the registration fee has been paid.

We strongly recommend that helmets are worn for this event by all riders.



Thank you so much for your support

Sponsor Name	Sponsorship Amount	Paid Y/N

Sponsorship can be handed in on the event day at any of the starting points, made online at www.lesbourgshospice.org.gg or dropped off at the reception of the Les Bourgs Hospice (marked for the attention of the Fundraising Administrator)

Please make cheques payable to Friends of Les Bourgs Hospice

We strongly recommend that helmets are worn for this event by all riders.

Thank you so much for your support

Friends of Les Bourgs Hospice – a company limited by guarantee 56125. Registered charity: CH47



The Rock to Rocque Annual Bike Ride

Sunday 29th May 2022

In aid of Les Bourgs Hospice kindly sponsored by Skipton



SKIPTON
INTERNATIONAL



Guidelines and Essential Information

Start Times:

- Val De Terres 08:45
- Rocquaine: 09:45
- Grandes Rocques: 10:45

Please note that we would like all participants to be finished by 14:00hrs at North Beach.

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 route 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 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 signs, filters, and yellow lines. Please do not cycle on the pavements as this creates a hazard for pedestrians. The route will be checked at the end of the day for any bikes/bikers not able to make it back to the finish.

For Your Bike

Please ensure that your bike is roadworthy and safe to use. We will be holding a bike clinic for minor adjustments on the morning of the ride at Val Des Terres starting point.

Weather

Please wear suitable attire on the ride for completing the ride whether it be rain or shine, bright clothing is recommended. Do bear in mind that even if it is a cloudy day, you may still get burnt so please wear sunscreen. Guernsey Water are supporting the event by putting standpipes at Portelet, Grandes Rocques and Bordeaux on the day so bring a refillable water bottle to remain hydrated throughout the ride. If you feel unwell at any point, we suggest you take a break (or stop).

Did You Know?

- The annual running costs of Les Bourgs Hospice are approximately £1.6 million
- The Hospice provides free, specialist care to any resident of the Bailiwick who has a life-limiting condition, as well as providing support to relatives and loved ones. It also provides respite care and support for complex needs before patients return to other healthcare providers
- As an independent charity funds raised through events, charity shops and public support are key to helping us continue providing that care

Thank you so much for your support