

Please return completed form to:

Barnardo's Community Fundraising Team
TANNERS LANE,
BARKINGSIDE,
ESSEX
IG6 1QG

community.fundraising@barnardos.org.uk

COBALT GOES DUTCH

Charity Family Bike Ride



COBALT TO AMSTERDAM

Friday 16th September - Sunday 18th September 2016

Sign up now for this ride of a lifetime. Limited to 60 places only.

SEE INSIDE FOR DETAILS & REGISTRATION FORM



For more information please contact: The Cobalt MORE Team, Cobalt Information Centre, Cobalt Central, Cobalt Park open weekday 8:00am - 5:00pm t: 0191 257 6457 e: info@morecobalt.co.uk



COBALT GOES DUTCH

Charity Family Bike Ride in aid of Barnardo's 150 years
Friday 16th September - Sunday 18th September 2016

COBALT PARK TO AMSTERDAM (46 miles includes return)

To register please complete this form and return it to:

Barnardo's Community Fundraising Team
Tanners Lane,
Barkingside,
Essex
IG6 1QG
community.fundraising@barnardos.org.uk

To find out more Contact the Cobalt MORE Team:

t: 0191 257 6457
e: info@morecobalt.co.uk
w: www.morecobalt.co.uk/events

Taking part in the Cobalt Goes Dutch Ride means:

Enjoying a scenic cycle with a group of fundraisers and families, fully guided and supported throughout.

The ride departs at 3:00pm Friday 16th from Cobalt Central retail parade, pedalling the 3 miles to North Shields ferry terminal to take the Amsterdam ferry departing at 5:00pm. After a night on the ferry the ride takes in the delights of the Dutch cycleways and country side before touring Amsterdam's scenic centre. After a stop for lunch in the cities picturesque Vondel Park, the ride returns to the ferry for a Saturday evening return journey, arriving back to North Shields and cycling up to Cobalt for 10:00am Sunday 18th September.

Places are limited so please book early to avoid disappointment. All participants must raise a minimum sponsorship level of £240pp (that's only £20 from 12 people).

*Children under 3 go free

The trip includes:-

- ♦ 2 Nights ferry accommodation Fri/Sat
- ♦ 2 evening meals on ferry (unlimited buffet) Fri/Sat
- ♦ 2 breakfasts on ferry (Sat/Sun)
- ♦ Fully supported guided ride, support vehicle available if required
- ♦ Amsterdam bike tour, park picnic (picnic required and not included)

Participants should be able to ride 8-10 mph for 2 hours. Assessment and support available prior to ride if required.

Health & Safety advice

All cyclists are advised to bring suitable waterproofs, comfortable clothing for cycling and food & drinks for personal refreshments whilst on the ride sections.

All groups will be allocated a group leader with no more than 8 riders per group. Registered participants will be issued with detailed information of what to expect, what to bring and how to prepare for the ride.

Organisers and local newspapers will be taking photographs at the event these images may be published in the local press and used to publicise future events.

REGISTRATION FORM

Charity Family Bike Ride in aid of Barnardo's 150 years

Please complete in BLOCK CAPITAL and return to the address marked overleaf.

* One form required per person in group

Surname

Forenames Age

Address

Postcode

Mobile no. Telephone no.

Email

Emergency contact:

Emergency contact tel:

Ability: New Cyclist Leisure cyclist Proficient cyclist

Any pre existing medical conditions please list:

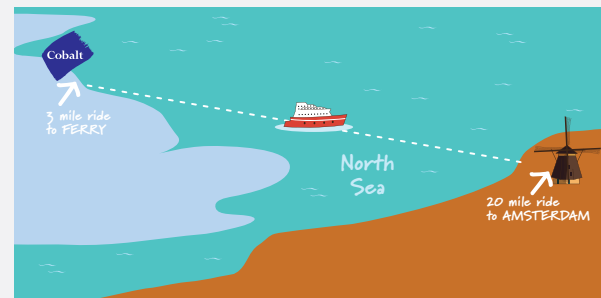
Group name: No of people in your group:

I can confirm that to the best of my knowledge my general health and fitness is good that I can take full responsibility for myself whilst on the Cobalt Go Dutch ride.

Signed:

Counter signature of parent/guardian if participant is under 18 years.
(anyone under the age of 18 should be accompanied by an adult)

Parent/guardian: Date



give with confidence

Barnardo's adheres to the Fundraising Promise and Fundraising Standards Board guidelines.
Barnardo's Registered Charity No.s 2161250 and SC037605

In aid of
Believe in children
Barnardo's

