

**LINC 3 COUNTIES CYCLE RIDE**  
**Tewkesbury Rugby Club – Sunday 18 July 2021**  
**8.30am Registration – 10.00am Start Time - staggered**  
**CYCLE REGISTRATION FORM**

PLEASE PRINT IN BLOCK LETTERS

LAST NAME

FIRST NAME

ADDRESS

POST CODE

PHONE  MOBILE

EMAIL

DATE OF BIRTH

How I heard about the LINC Cycle Ride:

ENTRY FEE	ROUTE (please tick)
Before the Day Adult £15 Under 16 £10	32km <input type="checkbox"/> 64km <input type="checkbox"/>
On the Day Adult £20 Under 16 £15	

PAYMENT  TOTAL ENCLOSED £

Return completed registration form and cheque payable to LINC to:  
 The LINC Office  
 LINC OPD  
 Cheltenham General Hospital  
 Sandford Road  
 Cheltenham  
 GL53 7AN

*Declaration: I understand that if I am in doubt about my health or have a medical condition that could be affected by exercise, particularly heart condition I should obtain my doctor's approval before participating in a LINC event which involves exercise. I acknowledge that I participate in this event at my own risk and that LINC cannot be held liable for any injury, loss or damage caused or sustained as a result of my participation. I confirm that I will abide by all rules and regulations set out by LINC for participating safely in this event. I understand that it is a fundraising event and that entry fees are non refundable as they cover the costs of administering the event. I understand that LINC may take photographs of me taking part in this event and permit them to use the image for promotional purposes. If signing for a child I give permission to use their image.*  
 LINC would like to add you to their mailing list, if you would prefer not to join please tick

Signature of cyclist/parent/carer for under 16 years of age  Date

<b>EMERGENCY CONTACT</b>	
NAME & RELATION <input type="text"/>	PHONE <input type="text"/>