



**THE BIKE RIDE** : **Your chance to take part!** – Sign up and raise a minimum £50 towards this worthy cause. Join your pals and regulars on The Castle Tournament Bike Ride in aid of Teenage Cancer Trust.

The ride, a marathon, covers a mere 26 miles of largely flat Bedfordshire countryside.

Teams will leave the Castle Pub as staggered start times set between 09.00 and 10.00am on Saturday 2<sup>nd</sup> Sept. Returning to the Castle Pub for well-earned drinks, food and festivities (see main poster and website for details of other events on the day)

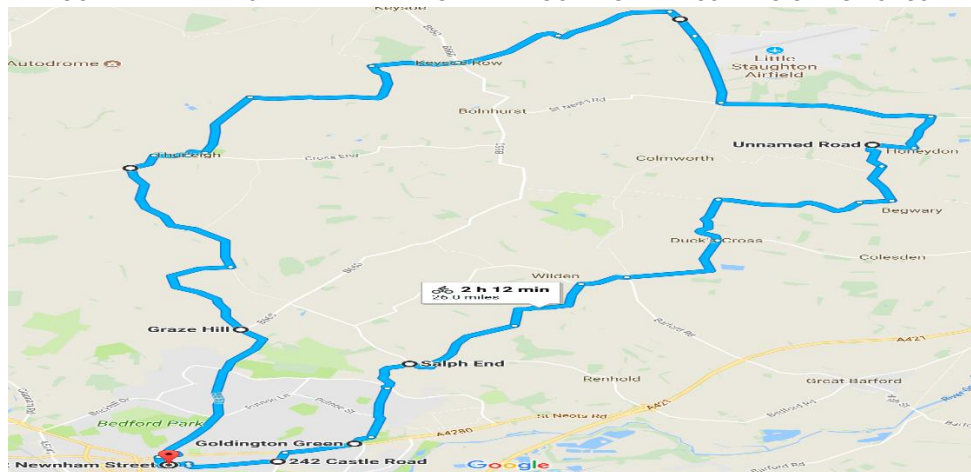
**THIS IS NOT A RACE** – we will split into ‘Teams’ of 10 or so, each with a designated ‘Team Leader’ who will already have pre-rode the course, to ensure no-one gets lost on the day.

‘Teams’ are encouraged to stay together, so do not be concerned about how fast you need to be. It is all about the taking part and raising money for this great charity.

We aim to make sure we all finish safely and we will have a ‘rescue’ vehicle in attendance following the last ‘Team’ out. So anyone needing a lift, we are there to help!

THE ROUTE IS AS BELOW:

YOUR TEAM LEADERS WILL HAVE PRE-RODE THE ROUTE TO MAKE SURE NO ONE GETS LOST



**All participants are required to:**

Raise a minimum £50 for the Teenage Cancer Trust charity. This will be **payable on the day** before participation (or in advance see below)

Donations can be made either by:

1. making/collecting payment via our just giving page [www.justgiving.com/castlebedford](http://www.justgiving.com/castlebedford)
2. use reverse of this form and collect cash/cheques (made out to Teenage Cancer Trust) and **hand it in on the day.**

If you wish to take part please complete the form behind the bar of  
The Castle Pub (ask a member of staff) or email  
[pete@henrickson-bedford.co.uk](mailto:pete@henrickson-bedford.co.uk) with your contact details



