



CHARITY 80K CYCLE & 10K RUN

SATURDAY 24th AUGUST 2019

Start Line: The Running Track, St Columb's Park, Derry/Londonderry

Register now at
www.tourdefoyle.co.uk



THANK YOU FOR YOUR ENQUIRY ABOUT THE TOUR DE FOYLE 10:80

By taking part in the Tour de Foyle 10:80 you will be helping people in your own community who are experiencing difficult times in their lives and are working with the help of our charities to get back on track.

The North West Methodist Mission

NWMM has been providing services to Homeless Men in the City for 80 years and prides itself on helping service users help themselves. We provide temporary accommodation, training and re-skilling, advocacy, resettlement and tenancy support. We also provide a Drop-In facility to continue to support clients who have found that roof over their heads they can once again call home.

So please help us continue to help put people's lives back on track by getting on your bike or your running shoes on Saturday 24th August 2019, and taking part in one of our two events.

We look forward to welcoming you!

SOME TIPS ON SAFETY FOR THE TOUR DE FOYLE 10:80

RIDER

Each cyclist should wear a suitable helmet, bright/ florescent top (cycling tops have useful pockets), padded shorts (for comfort), Padded gloves and light rain coat/wind breaker.

ON THE DAY

Cycle: Bring a bottle with water or energy drink if you prefer. Repair kit, tyre levers, spare tube and pump. Follow the rules of the road. On wide roads two cycles abreast, on narrow roads single file.

Run: Be mindful of the weather and bring appropriate clothing. Wear comfortable footwear and bring a bottle of water.

Water and light refreshments will be provided at the midway point for **both** events. Hot food and refreshments will also be served @ the finish line and are included in the registration fee.

BIKE

Get your bike serviced. Tyres/brakes should be in good order. Front and rear lights legally required for the Tour de Foyle 10:80 event. Your bike should have reflectors, a water carrier and a bell.

INSURANCE

The Tour de Foyle 10:80 events team provides insurance for the event. However, additional personal insurance is mandatory to participate. We have partnered with The Foyle Cycling Club and Cycle Ireland who will provide personal insurance for each participant. This is included in the registration fee. Cycle club members who have existing insurance do not need this cover and pay a reduced registration.

A team of event stewards, support vehicles and First Aiders will be positioned throughout both the 10k and 80k circuits.

REGISTRATION FORM

CLOSING DATE FOR REGISTRATION: Wednesday 21st August 2019

PLEASE COMPLETE IN FULL, CLEARLY AND IN BLOCK CAPITALS

| | |
|--|--|
| Title (Mr/Mrs/Miss/Ms): | County: |
| Forename: | Country: |
| Surname: | Postcode: |
| Date of Birth: | Telephone (home): |
| Age: | Telephone (work): |
| Address: | Mobile: |
| | Email: |
| Town/City: | Important- Email address required for receipt and final instructions. |
| | |
| <input type="checkbox"/> 10K Run (£12 Reg. Fee) (Includes water station, medal and post event refreshments) | 80k Tour de Foyle 10:80 circuit (Includes Ferry crossing, coffee stop, medal and post event refreshments) <input type="checkbox"/> Non-Cycle club members Reg. Fee £27 <input type="checkbox"/> Cycle club member Reg. Fee £22 Club Name: _____ Club Reg. No: _____ |

Please state any medical conditions that we should be aware of:

In the event of an emergency please give the name and telephone number of a person we can contact:

Name: _____

Tel No: _____

PAYMENT DETAILS

Registration payment should be made directly to North West Methodist Mission at the bank account below, **IMPORTANT: put name of participant in the Reference field provided by your payment facilitator** e.g. Bank of Ireland, First Trust etc.

☐ I have paid direct to NWMM Account No. 11249515 Sort Code: 980985 and have submitted my Registration Form by email to michael.mccrory@nwmm.co.uk or I have paid directly and will arrange to have my completed form received at Clooney Hall, 36 Clooney Terrace, Derry~Londonderry, BT47 6AR.

☐ I have enclosed a cheque with this Registration Form

☐ I am paying cash on presentation of this Registration Form

Cancellations before the Closing Date of Wednesday 21st August 2019 will be subject to £10 Administration Fee. No refunds will be made after Closing Date.

GIFT AID INFORMATION

Gift Aid Tick Box ☐

We may be able to claim back the tax element of 25% on donations made to our charity by PAYE or self-assessed tax payers at no extra cost to them. You must pay an amount of income tax and/or capital gains tax equal to the tax we reclaim on your donations. Simply tick the gift aid box.

DECLARATION

Important – Cycle helmets must be worn during the Tour de Foyle 10:80. I, the undersigned participant, hereby irrevocably confirm that my participation in this event is entirely at my own risk. I agree that North West Methodist Mission or any other official agreed by them, as organizers of the event, will not be responsible for any personal injuries howsoever sustained by me (or my child(ren) participating) or any other medical condition arising out of, or exacerbated as a result of, my participation in this event or any property lost, stolen or damaged during the course of the event.

SIGNATURE: _____

DATE: _____

Preparation & Training

Whether you are joining us for the 10k run or the 80k cycle, preparation is key for a safe and enjoyable event. For advice and tips on training, visit the following websites; www.foylecycling.net www.cyclingireland.ie www.cycleright.ie www.nhs.uk www.gov.uk/government/publications/national-standard-for-cycle-training

Parking Facilities

Parking will be available at St Columb's Park Road Carparks and at Oakgrove Primary School. Both locations will have toilet facilities.

Registration on the Day

If you are registering on the day of the event it is advisable that you come early to avoid disappointment. Registration will take place at the Running Track in St Columb's Park.

Registration for the cycling event will open at 07.00, which will set off at 08.00 sharp. Registration for the run will open at 09.45. Runners will set off at 11.00.

Even if you have registered online or in advance, it is essential that we check the registration of every participant on the day to establish numbers for event management purposes.

Check the following for updates;

www.tourdefoyle.co.uk



Tour de Foyle



@TourdeFoyle



TourDeFoyle

WE WOULD LIKE TO SAY A BIG THANK YOU TO ALL THE PARTICIPANTS AND OFFER A SPECIAL THANK YOU TO THE FOLLOWING:

Flowgas NI www.flowgasni.com for being this year's corporate sponsor.

Foyle Cycling Club www.foylecycling.net and Cycling Ireland www.cyclingireland.ie for their continued support of the Tour de Foyle.

The Rapid Relief Team www.rapidreliefteam.org for the provision of stewards, water/refreshment stops and for the hospitality at the end of the event.

Lough Foyle Ferry www.loughfoyleferry.com who provide the ferry across the Foyle.



**NORTH WEST
METHODIST MISSION**

PUTTING LIVES BACK ON TRACK