

Anna's Hope

For children and young people
with brain tumours

RUTLAND WATER

SUNDAY 23RD AUGUST 2009

ANNA'S HOPE CYCLE CHALLENGE



HELP GIVE HOPE TO CHILDREN &
YOUNG PEOPLE WITH BRAIN TUMOURS



anglianwater





"Anna's Hope is a local charity inspired by Anna Olivia Hughes who sadly died from a brain tumour, aged only 3 years and 8 months. It may surprise you to learn that Brain tumours are the **BIGGEST CANCER KILLER** of children and young people and Anna's Hope wants to help make a real difference NOW. The Charity aims to provide better rehabilitation and support at home and in hospital, for those children and young people diagnosed with a brain tumour. Fund raising efforts so far will benefit over 300 children and young people in the region"

Rob Hughes (Anna's Dad and Chairman of Anna's Hope)

For more information about Anna's Hope please visit www.annashope.co.uk

THE 2500 MILE CYCLE CHALLENGE

Anna's Hope challenges you, your friends, your family, and your business to raise money by entering the 2500 MILE CYCLE CHALLENGE around the shores of Rutland Water. The event starts and finishes at Whitwell. Every mile counts, it is 17 miles around the reservoir or 23 miles including Hambleton peninsula. Families with small children can do the shorter 2 or 7 mile routes. **If the cumulative distance cycled by all those who enter is more than 2500 miles, ANNA'S DAD WILL DONATE £1000 to the charity.** So take up the challenge, get sponsored and HELP GIVE HOPE to those children and young people diagnosed with a brain tumour.

CYCLE HIRE (discounted rate) is available on the day from Rutland Cycling www.rutlandcycling.com

ANNA'S HOPE CYCLE CHALLENGE

SUNDAY 23RD AUGUST 2009

Please get sponsored and try and raise a minimum of £25 to help Anna's Hope make a difference.

HOW TO ENTER

Please complete the entry form in this leaflet and post to the address over leaf and we will send you a fund raising pack including sponsorship form.

Entry Fees are	£10 per Adult
	£5 for Children (16 years and under)
	£15 Family (for a family of 4)

Closing date for postal entries is Friday 7th August
Entry is also possible on the day, however Anna's Hope T-shirts may not be available.

Please Note Entry fees cover costs so help raise money by getting sponsored.

START TIME

- The event starts and finishes at the North shore at Whitwell
- Registration on the day opens at 8.30am
- Rolling start times between 9 am and 12.00 am
- It is recommended that families who want to cycle the short routes should start after 10am

WIN A BIKE (Kindly donated by Rutland Cycling)
Details on how to win are shown on sponsorship form



BRAIN TUMOURS - THE FACTS

- Over 5,000 children and adults are diagnosed with brain tumours each year. This number has increased by over 10% in the last 10 years.
- Childhood brain tumours are the biggest cancer killer of children and young people.
- Childhood brain tumours are the second biggest killer of children.
- The cure rate is significantly lower than for other cancers.
- For those children who survive, the side effects of the tumour and the treatment can be profound with significant impact on their mental and physical abilities.
- Most children are never the same again and are severely compromised for the rest of their lives.
- Rehabilitation can help these children improve the quality of their lives and the families who support them.

Therefore the aim of the charity is to make a difference for those children and young people diagnosed with a brain tumour.



Registered Charity Number: 1116512

Designed & Printed by MWA - t: 01325 369919

ENTRY FORM

Please complete this entry form and return along with the signed terms and conditions on the back before 7th August 2009. Thank You.

EVERY RIDER must fill in their own entry form (Forms can also be downloaded from www.rutlandcycling.com. Photocopies are also accepted)

Title:	First Name:						
Last Name:							
Address:							
Post Code:							
Email Address:							
Date of Birth:							
Contact Tel No:							
Anna's Hope T-Shirt, Unisex Sizes (Please tick as appropriate)							
Small	<input type="checkbox"/>	Medium	<input type="checkbox"/>	Large	<input type="checkbox"/>	X-Large	<input type="checkbox"/>
Payment Details (Please tick as appropriate)							
<input type="checkbox"/> I enclose an entry Fee of £10 for an adult							
<input type="checkbox"/> I enclose an entry Fee of £5 for a child (16 years and under)							
<input type="checkbox"/> I enclose an entry Fee of £15 for a family of 4 (please attach form for each member of the family)							

Please Send entry form and cheque made payable to ANNA'S HOPE by 7th August 2009.

To Anna's Hope, Hunters Hill, Lattimers Paddock, Pilsgate, Lincs PE9 3HL.

Any queries please contact admin@annashope.co.uk or Tel 01 780740492.

Entry fee covers costs so please help raise money by getting sponsored.



CONDITIONS OF ENTRY

These conditions are designed for your safety and the safety of others. Please read carefully before the ride.

ENTRY FORM

Each rider must complete and sign their own entry form (or signed by a parent or guardian if aged 16 or under).

HEALTH AND FITNESS

Off road cycling is a strenuous activity and all riders must be in good health at the time of the event. Riders who have any doubt about their health should obtain their doctors approval before participating.

SAFETY

Whilst the organisers or the event will endeavour to make the event safe, I acknowledge that I participate in this event at my own risk and that Anna's Hope cannot be held liable for any injury loss or damage caused or sustained as a result of my participation. All riders must ensure their cycle is in a roadworthy condition and protect themselves by wearing suitable clothes. We **STRONGLY RECOMMEND THAT ALL RIDERS WEAR APPROVED CYCLE HELMETS.**

I acknowledge that I will abide by the Codes of Practice, which can be found on maps provided at the event.

SPONSORSHIP

I understand that this is a fundraising event and pledge to raise as much sponsorship as possible and entry fees are non – refundable as they cover cost of administering the event.

PHOTOGRAPHY I understand that Anna's Hope may take photographs of me and permit them to be used for promotional purposes. If signing for a child aged 16 or under I give permission to use their image.

I understand that participants aged 12 and under must be accompanied by an adult aged 18 or over.

AGREEMENT

I have read and agreed the conditions of entry

Signed:

To be signed by a parent or guardian if participant is aged 16 or under.

DATA PROTECTION

We will not share your details with any other business or organisation.

Please tick if you wish to be kept informed about Anna's Hope.

PLEASE RETURN ENTRY FORM AND PAYMENT TO:

ANNA'S HOPE

HUNTERS HILL, LATTIMERS PADDOCK, PILSGATE,
STAMFORD, LINCOLNSHIRE PE9 3HL