

## Conditions of Entry

Please read these conditions carefully since they are designed for the safety of all riders.

1. To be eligible to ride, all participants must complete and sign the entry form and pay the fee as specified within this form, whether riding in a team, or as an individual.
2. The organisers of the event will do all that is reasonable to ensure that the event is safe, although all riders take part at their own risk.
3. All children under the age of 16 must have written consent from a parent or legal guardian to participate in the ride.
4. The ride is organised to raise funds for the Orchid Cancer Appeal to help fund its research into prostate and testicular cancer and promoting awareness of these previously neglected diseases. All riders are expected to raise sponsor money for this charity by joining this event. Sponsor forms are included in your 'Rider Pack'.
5. Under the terms of the Unfair Contract Terms Act 1977, the organisers and managers of the event cannot be held responsible for injury, loss or damage caused or sustained as a result of taking part in LifeCycle 6, howsoever arising.
6. The Charity is unable to accept liability for any changes to the course for safety reasons or for reasons that are beyond its control.
7. All riders must ensure that their cycles are in a roadworthy condition and observe the rules of the Highway Code. They are also bound to follow any instructions they receive from event marshals or officials.
8. All riders must be comfortable that they are in good health. If riders are in any doubt about their medical state, they should consult their doctor before participating.

The Orchid Cancer Appeal would like to thank:

Basildon Cycling Club, Billericay Round Table, Essex Roads Cycling Club, Goodman Baylis Ltd, Herongate Cycles and The Health, Safety & Hygiene Training Consultancy in their help and advice in staging this event.

9. All riders are advised to follow the 'Training Plan' enclosed with the Rider Pack and ensure that they are able to complete their chosen distance safely. Riders are advised not to use any mobile telephone when riding. Riders are informed that the event is not a race, and advised to complete their chosen distance safely.
10. All riders are advised to make provision in advance for mechanical breakdown, such as punctures etc. Herongate Cycles will be providing a repair service on the day.
11. Given the 20, 40, 75 and 100 mile distances involved, riders are strongly advised to carry food and drink with them to last the journey. Riders are also advised to wear a cycle helmet.
12. Riders participating in the event will only be checked-back at the finish during opening hours of the event headquarters, which will be from 08:00 to 18:00 hours. Riders returning after this time will not be eligible for any certificate or competition for any prizes.
13. Cyclists who pre-register will be entered into a free prize draw to win a Scott bike, kindly donated by Herongate Cycles.

## Ideas for Team Entries

### Club Teams

If you are a member of a local club or association then why not persuade a few of the members to take part. Entering as a team can be a lot of fun and you may attract more members as a result.

### Company Teams

Why not enter a team from your workplace and even ask your employer to match the funds that you raise for the Orchid Cancer Appeal.

Pre-register  
now for your chance  
to win a Scott bike,  
kindly donated by  
Herongate  
Cycles

# LIFECYCLE 6

## IN AID OF THE ORCHID CANCER APPEAL

20, 40, 75 or 100 mile rides through the Essex countryside raising money for research and awareness into prostate and testicular cancer.

Sunday 11th June 2006  
Lake Meadows  
Billericay  
Essex



## Programme:

- 8.00 am –  
75 and 100 Mile Riders  
Start
- 9.00 a.m. –  
20 and 40 Mile Riders  
Start

For more information telephone  
the LifeCycle 6 Hotline on:

**020 7601 7167**

or register online at:

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

**ORCHID**  
FIGHTING MALE CANCER

## The Orchid Cancer Appeal

St Bartholomew's Hospital, London EC1A 7BE

Tel: 020 7601 7167 • Fax: 020 7600 1155

[info@orchid-cancer.org.uk](mailto:info@orchid-cancer.org.uk) • [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

Registered Charity No. 1080540

## SPECIAL THANKS TO:

**goodmanbaylis**  
REPRO • PRINT • BIND • WRAP • MAIL



**ORCHID**  
FIGHTING MALE CANCER

## About the ride

LifeCycle 6 is all about raising money for the Orchid Cancer Appeal. With your help we can actually save lives. The ride has been organised by the Orchid Cancer Appeal in partnership with the Essex Roads Cycling Club, Basildon Cycling Club and Billericay Round Table.

This event covers four distances 20, 40, 75 and 100 miles (the 'Essex-Tunner') and is designed for people of all fitness and abilities. The rides go through villages including Bicknacre, Little Baddow, Hatfield Peveral, Witham, Braintree, Finchingfield, Audley End, Thaxted, Hatfield Heath, Chipping Ongar, Kelvedon Hatch, Fryerning and Ingatestone, depending on which course you choose.

The 20 and 40 mile routes are fully signposted. Checkpoints will operate at strategic locations. **THE 75 AND 100 MILE ROUTE IS RUN TO AUDAX RULES.**

You don't need to be an experienced cyclist to take part, just a moderate level of fitness for the shorter rides. The routes have been carefully chosen and gently undulate through scenic countryside and small towns. Please feel free to stop and admire the view along the way.

Upon receipt of the entry fee you will receive a rider pack consisting of your rider number, route directions, sponsor form, rider rules, golden rules of the road, and a training workout.

Free parking is available at the start; in Lake Meadows, Radford Crescent, and at Billericay railway station. Upon arrival in Lake Meadows, riders must check in at the event headquarters. All participants will receive a commemorative certificate and medal on their return after completing their ride.

## About The Orchid Cancer Appeal

The Orchid Cancer Appeal was the first charity set up to fund research into the diagnosis, prevention and treatment of prostate and testicular cancer as well as promoting awareness and education of these previously neglected and life-threatening diseases.

Worldwide there is an increase in the incidence of testicular and prostate cancer. The rate for testicular cancer alone has doubled over the last twenty years and it is likely that this rise will continue based on current trends.

Within the next twenty years, it is estimated that the incidence of prostate cancer will have risen to one in ten and will become the biggest cancer killer in men.

Orchid needs your help to do three things...

1. Take part in the LifeCycle 6 and raise as much money as you can in sponsorship for our lifesaving research into testicular and prostate cancers as well as promoting awareness of these diseases.
2. Get as many of your friends you can to join in this great ride.
3. Spread the word about the Orchid Cancer Appeal. Tell everyone about your participation in this special event.

## More information about male cancers

If you are worried or concerned about male cancer then go straight to the Orchid website, which is to be found at [www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

This is a fully interactive website explaining in detail the signs to look for and a guide to self-examination. It is so important to recognise the signs early and take action by consulting your doctor. Survival rates for these non-inflicted diseases continue to rise, a fact which is so easily forgotten when you consider that the recent six times winner of the Tour de France - Lance Armstrong is a testicular cancer survivor!

Want another entry form or further information? Then check Orchid's web site:

[www.orchid-cancer.org.uk](http://www.orchid-cancer.org.uk)

# Entry Form

Full Name: .....  Male  Female

Address: .....

Postcode: .....

Tel No: ..... Email: .....

In signing below, I have read and abide by the conditions of entry contained within this form. I declare that I am in good health to complete **LifeCycle 6** at my chosen distance.

Signature: ..... Parent/Guardian signature (if entrant is under 16 on 11/06/06)

No of entries required: ..... please note the entry fees are **£12** for adults and **£5** for children (under 16). Please send me: ..... LifeCycle 6 T-Shirt(s) at **£6** each.

Size (please tick box):  Small  Medium  Large  XLarge

Chosen distance (please tick box):  20 miles  40 miles  75 miles  100 miles

## Barbeque

A barbeque is available for all cyclists and their families from 12pm - 4.30pm. The cost of the barbeque is **£6** per person and **£4** for children under 13.

- I would like to order ..... barbeque meals at **£6** each.
- I would like to order ..... under 13 barbeque meals at **£4** each.
- I would like to order ..... vegetarian meals at **£6** each.
- I would like to make a donation of £ ..... to the Orchid Cancer Appeal.

## Credit card details

Please debit my Mastercard / Visa (delete as appropriate)



Card No:

Expiry date: ..... Amount to be debited: £ .....

Name as it appears on card: .....

Signed: ..... Date: .....

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**Use Gift Aid and you can make your donation worth more.** For every pound that you give us, we get an extra 28 pence from the Inland Revenue. So just tick here. it's that simple!  To qualify for **Gift Aid**, what you pay in income tax or capital gains tax must equal the amount we will claim in the tax year.

- I would like further information on the work of the Orchid Cancer Appeal.
- The charity will record your details on the supporter database and will, from time to time, send you information about our work and fundraising. If you do not wish to receive such communications, (please tick box).

Please complete this entry form and send it with a cheque or credit card details for your entry fee(s) (and any T-shirt's and Barbeque meals). Cheques made payable to 'The Orchid Cancer Appeal' to the following address:

**The Orchid Cancer Appeal, St Bartholomew's Hospital, London EC1A 7BE.**

**Tel: 020 7601 7167 Fax: 020 7600 1155**

**info@orchid-cancer.org.uk www.orchid-cancer.org.uk**