

one LONDON TO BRIGHTON BIKE RIDE

Sunday 30th May 2010 and Sunday 8th August 2010

From £25 Per Person

"A thoroughly enjoyable day out ending with a huge sense of achievement as you descend into Brighton... and a well deserved cold beer." - Pam



Last year's **one** LONDON TO BRIGHTON BIKE RIDE was so popular and so much fun that we have decided to run two of them in the summer of 2010! Our route is 55 miles and takes 4-6 hours. We get out of London quickly and head to the green open spaces of Farthing Downs. From there, we'll be travelling on lovely country lanes, avoiding main roads with the exception of a couple of short stints on B roads. We aim to get to Brighton by mid-afternoon, in time for a beer on the beach, and then catch the train back to London.

The ride is led by at least two experienced **one element** Personal Trainers who will guide you along the route as well as provide all the usual support, guidance and motivation.

We depart from our studio at 08:00 am. We'll aim to cycle together as a group but may divide into two smaller groups, depending on speeds, regrouping at rest points and for refreshments.

We really hope you enjoy this trip – a chance to stretch the cycling legs, enjoy a fun challenge and get inspired for more cycling trips in the future...

RESERVE YOUR PLACE TODAY!

This event has been extremely popular in previous years so we do recommend that you book your place early as spaces are limited.

In order to participate, you'll need to complete and sign the Regulations and Disclaimer form as well as a PAR-Q (health questionnaire). These are on pages 3 & 4 of this PDF. You'll also need to pay an entry fee of £25 (£35 for non-members).

Please return your completed forms and a cheque for your entry fee made out to One Element Ltd. by post to 'one LONDON TO BRIGHTON BIKE RIDE, One Element Ltd., 383 Garratt Lane, Earlsfield, SW18 4SL.





WHAT THE PRICE INCLUDES

- ✓ Hearty & tasty Picnic Lunch
- ✓ Experienced *one element* Personal Trainers riding with you at every stage of the trip to guide, support & motivate
- ✓ Support Car & Designated Driver
- ✓ Drinks & snacks recommended by the *one element* nutritionist
- ✓ Qualified First Aider

WHAT TO BRING:

We've included a list of safety equipment and other items that we recommend you bring with you in order to make the ride as comfortable and enjoyable as possible. Items marked in **bold** are **ESSENTIAL** all other items are recommended but optional

- **Money** – for train home & refreshments at Brighton
- **Any required medicines, inhalers etc.**
- **Bike helmet** - Safety-approved and in good condition **you must wear a helmet on this ride!**
- **Waterproof jacket** (fluorescent recommended)
- **2 x water bottles** - you will need 2 x bottle holders on bike
- **1 x puncture repair kit + 1 x spare inner tube**
- **Cycling glasses** – to protect your eyes from dust / insects
- **Sun cream**
- Cycling shorts (padded)
- Cycling / breathable tops – better than cotton as they remove sweat from the body and moderate your body temperature. Remember multiple layers is better than bulk.
- Cycling gloves – good to protect against sunburn and rubbing of handlebars
- It is **your** responsibility to ensure you come on the trip with a suitable bike. We recommend you have it serviced before the trip. You will not be allowed to participate if it is not sound and roadworthy.
- We recommend using panniers on the back of the bike – please avoid carrying a rucksack as this is detrimental to your back for this length trip.



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REGISTRATION FORM

YOUR DETAILS (Please complete in BLOCK CAPITALS):

Name:

Address (incl.postcode):

Email:

Mobile:

Contact Name & Number in case of emergency:

ADDITIONAL INFORMATION:

Previous cycling experience:

Preferred date of trip (please circle): **Sunday 30th May** **Sunday 8th August**

Any dietary requirements:

one LONDON TO BRIGHTON BIKE RIDE 2010 - **REGULATIONS & DISCLAIMER:**

All participants enter into the **one** LONDON TO BRIGHTON BIKE RIDE of their own will, understanding the physical challenge of the event. As such they must be medically fit to participate and take full responsibility for their own personal health and fitness. They must inform the organisers of any changes of health during the course of the trip.

It is entirely the responsibility of the participant to organise their insurance. One Element Ltd, the trainers and the organisers take no responsibility for injury, death or damages incurred during or as a result of undertaking the **one** LONDON TO BRIGHTON BIKE RIDE.

Throughout the trip, participants will be checked for their suitability to continue on grounds of capability including their equipment and state of health. If any of the organisers believe that the safety of the individual will be compromised by their continued participation, they reserve the right to ask that person to stop and travel via train for the remainder of that cycle section or whole trip. The organisers have the right to terminate an individual's participation on health and safety grounds.

All participants must complete the PAR-Q (Medical Questionnaire) and return it to One Element Ltd prior to the start of the trip. In addition participants must organise their own cycling insurance and prepare themselves with training and suitable cycling kit.

The trip will take place regardless of bad weather, but may be re-routed in the case of travel disruptions or any other unforeseen circumstances.

I understand and accept the **one** LONDON TO BRIGHTON BIKE RIDE Regulations and participate entirely at my own free will and risk.

Signature:

Date:

Name (in block capitals):



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PAR-Q (MEDICAL QUESTIONNAIRE)

Physical activity is generally safe, and has many benefits. However some people should check with their doctors before they start. Please read each question below and answer by circling Yes or No.

1. Has your doctor ever said that you have a heart condition, and that you should only do physical activity recommended by your doctor?	YES	NO
2. Do you feel pain in your chest when you physical activity?	YES	NO
3. Have you ever had chest pain or shortness of breath when you were NOT doing physical activity?	YES	NO
4. Is there a history of Coronary Heart Disease in your family?	YES	NO
5. Do you feel faint and lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
6. Do you have high or low blood pressure?	YES	NO
7. Do you have Diabetes Mellitus or any other metabolic disease?	YES	NO
8. Has your doctor ever said you had raised cholesterol (serum level above 6.2mmol/L)?	YES	NO
9. Do you have bone or joint problems that could be made worse by physical activity?	YES	NO
10. Do you often feel faint, have spells of sever dizziness or have lost consciousness?	YES	NO
11. Could you be pregnant?	YES	NO
12. Do you currently drink more than the average amount of alcohol per week (21 units/men and 14 units/women)?	YES	NO
13. Do you currently smoke?	YES	NO
14. Do you know of any other reason why you should not do physical activity?	YES	NO

If YES (to any of the above) please provide details below (continuing on another sheet if necessary) and talk to your doctor for advice before undertaking exercise.

ASSUMPTION OF RISK

I hereby state that I have read, understood and answered honestly the questions above. I ensure I will update the trip organisers should any of these details change between now and the trip. I confirm that I wish to participate in the **one** LONDON TO BRIGHTON BIKE RIDE, and this is at my own free will.

Signature:

Date:

Name (in block capitals):