



Ride For a Flight 2004 Entry Form

The '**Ride For a Flight**' mountain bike weekend is being held on **August 7/8th 2004** at the Ratz cycle race site at Checkendon, North West Reading.

Food, camping, entertainment, bike riding, music and good company will make this a weekend to remember. It's all for a fantastic cause as well, every penny raised goes to the Air Ambulance.

On Saturday, we have the **One way ticket**, your chance to take part in a downhill event with a twist. Riders will be awarded extra bonuses depending upon the "shonkiness" of their bike. Drop bars, thin tyres, shopping baskets and fancy dress all win extra points.

On Sunday, we have **Ride for a Flight**. Cyclists of all abilities will be encouraged to complete at least one lap of a 5 mile loop of an off-road mountain bike circuit. Pre-entry is £10 for a single lap of the course, each additional lap will cost the rider a further £10 which most riders fund through sponsorship money.

Trailbreak have also organised a navigator event and a full off road randonee for the Friday and Saturday. The weekend promises something for everyone, regardless of age, skill or fitness.

Further Details:- www.russ-appeal.org.uk - reserve your entry **NOW** using the form below

Name:

Address:

Email Address:

I will be camping(free): One Way Ticket Entry (£10): Ride for a Flight Entry (£10):

Please send your completed form and payment for at least £10 made out to **RUSS APPEAL** to:-

RUSS Appeal, c/o 3 Dunworth Mews, London W11 1LE

Directions From Reading

Take the A4074 from Reading Heading towards Wallingford follow the road through the small village of Cane End and past the turning to Woodcote. After one kilometre turn right into the courts. The event will be well signposted with Trail Break Mountain Bike Race signs.

Sponsorship Forms/Further Information.

You are encouraged to gain sponsorship to pay for additional laps. Further information <http://www.russ-appeal.org.uk>.

Please tick here to consent to us keeping you informed by email. We will confirm your entry and send further details to your email address. Email removes the cost of paper and postage and helps us give more money to the Air Ambulance.

Supporting **Air Ambulance** Charity Number 1075046