

THE LEMMING TRAIL

THE SOUTH DOWNS WAY

3-4th September 2011

Winchester. to Eastbourne

100 miles, 9,000ft climbing

Day 1 - 63 miles, 5,000ft

(QECP start - 43 miles, 3500ft)

Day 2 - 37 miles 4,000ft

Back up, Trail support & Maintenance

- Fully marked trails for easy route finding.
- Back up vehicles, well stocked with spares, snacks energy food and drinks.
- Regular support stations on route, stocked with food, free energy drinks & bananas and with mechanics on hand for bike fixes.

All routes are well marked and easy to follow, however we recommend that each group of riders has access to a map.

Accommodation

- On site camping without having to carry all your gear! We'll carry your tent, you just have to pitch it.
- Hostel accommodation. There are limited numbers of beds available at each location, with bedding provided. Book early to ensure your place!
- Hot showers on site. To refresh you at the end of the day.

Ride Timing

Every rider gets their finishing time and split times at checkpoints recorded and published on our website.

Note - this is not a competitive ride, no winner is declared or prizes offered. Times are published purely for personal interest.

Catering

Included in the package

- Full Saturday evening meal
- Sunday morning cooked breakfast
- Free energy drinks available at the start, support stations and overnight stop.
- Unhealthy snacks at finish. Well, you've earned it!

Also available

- A wide range of snacks and energy bars for sale at the support stations.

Optional Sunday packed lunch (Pre book via form).

Our catering is always high in quality and quantity, so be assured you won't go hungry!

Transportation

• Luggage Transport. You only carry what you need on the ride. We'll transport the rest of your kit to the overnight stop and on to the finish.

• Optional return journey. We lay on trucks and coaches to get you, your bike and all your kit back to your car at the start. (Pre book via form).

+ Free Finishers T Shirt!
Let the world know about your achievement with your stylish Lemming t shirt!

More Info Tel: 0118 988 6041 • www.trailbreak.co.uk Online Booking

THE LEMMING TRAIL ENTRY FORM

3-4th September 2011

Send this entry form with a cheque made payable to Trail Break, to:
Trail Break, South Riding, Basingstoke Road,
Spencers Wood, RG7 1AA

Copy this form if multiple entries required

NAME

EMAIL (clearly in capitals)

ADDRESS

POSTCODE

AGE (min age 18 unless accompanied by guardian)

SEX M/F

Any medical conditions that may effect you doing this event?

TELEPHONE NO.

How did you hear about this event?

EVENT OPTIONS

Tick relevant option boxes

Winchester start Q E Park start

HOSTEL PACKAGE*	CAMPING PACKAGE	RETURN BUS JOURNEY	PACKED LUNCH
£95	£80	£27	£5

*Hostel places are strictly limited. Check the website or phone for availability before booking.

MAP - tick box to order

Harveys South Downs Way (£13.00)
The perfect guide to the whole of the South Downs
(The route will be fully waymarked, but we recommend one map per riding group as a back up)

SELECT SIZE FOR YOUR FREE T-SHIRT

S M L XL

I hereby acknowledge that participation in a Lemming Trail event carries with it potential hazard and that prior experience of long distance riding and a high degree of fitness is required.

If under 18 accompanying guardian must undersign to indicate acceptance of full responsibility of under 18

SIGNATURE