

Queen Eleanor Cycle Ride

Harby (Lincoln) – London 23-26 August 2019

Friends of
The Connection
at St Martin-in-the-Fields

Registered Charity Number: 1040560

Join us for the **2019 Queen Eleanor Cycle Ride** and raise funds to support the work of **The Connection at St Martin-in-the-Fields** with homeless and vulnerable people in central London.

WHEN? August Bank Holiday weekend (23-26 August 2019)

WHERE? The 200-mile cycle ride begins on Friday morning in Harby, near Lincoln, and follows the route of the Queen Eleanor Crosses to Charing Cross in London. The ride ends at Westminster Abbey on Monday afternoon, followed by a celebration at The Connection, off Trafalgar Square. Overnight stops are in Grantham, Geddington and Dunstable. **Day cyclists are also welcome.**

WHO? 30 places are available. Any regular cyclists aged 18 or over are welcome. Cyclists aged 15-17 are welcome if accompanied by a responsible adult.

WHAT IS PROVIDED? Food, transport for luggage and back up, accommodation in church and village halls. You will cycle in small groups, according to speed, and each group will be led by a cyclist who is familiar with the route. There will also be

one or two practice rides during the summer for anyone interested.

WHY? The Friends of the Connection at St Martin's urgently needs to raise more funds to support The Connection's ongoing work to prevent street homelessness and help people to make progress away from the streets. It is based a few yards from the last Eleanor Cross (Charing Cross). In 2018, 23 cyclists raised nearly £28,000. To find out more, visit www.friendsoftheconnection.org.uk

REGISTRATION FEE: The fee to register is £80 before 30 June, and £95 thereafter. Day fees are also available. To register, complete the form overleaf or visit www.queeneleanorcyclride.org.uk where you can also find out more about the Ride.

 Find us on Facebook: QueenEleanorCycleRide

Any enquiries, email us at queeneleanorcycle@gmail.com



For further information visit

www.queeneleanorcyclride.org.uk

QECR 2019

Please complete in BLOCK capitals

Title..... First Name Family Name

Address

..... Postcode.....

Home Phone..... Mobile Phone

E-Mail

Name of Responsible Adult (if aged 15 - 17).....
(NB this person must also be registered to cycle on the QECR)

I intend to cycle: All four days or Friday Saturday Sunday Monday

I give my permission for any photographs taken during the ride and shared with the organisers and riders to be used in future publicity.

I have the following dietary requirements

Registration Fees

All four days: £80 until 30 June, £95 thereafter

One day: £12 per day (or £10 per day if booked before 30 June) **unless staying over night,**
in which case £24 per day (or £20 per day if booked before 30 June)

How many miles do you cycle in an average week? **Under 10** **10-20** **20-40** **40+**

On a day ride on flat ground, what would your approx. average speed be?

>15 mph (fast) **12-15mph (medium)** **<12mph (slow)**

I enclose my registration fee (please make **cheques** payable to **The Friends of the Connection**).

Gift Aid Declaration (please tick): Please treat as Gift Aid donations all qualifying gifts of money made to the Friends of the Connection at St Martin's (registered charity number 1040560) today and in the future. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify and that the Friends of the Connection at St Martin's will reclaim 25p of tax on every £1 that I give. I will inform the Friends of the Connection at St Martin's of any change to my name, address or tax status.

Signature..... Date