



The DEWODE MOUNTAIN BIKE CHALLENGE 7th November 2009

DEWODE— a small, local charity helping a remote village in Uganda to become self-sufficient.
This event is funding a new Health Centre. Charity commission number 1091946

The Challenge— as many circuits as you wish between 0800hrs—1800 hrs.
Individuals, , family groups or teams of two, three or four bikers.
Teams can all bike together, or in relays.
The event will be timed for your satisfaction, but is a challenge, not a race.

Entry conditions— The Elite circuit is demanding & all biking carries some risk.
Helmets are compulsory, please arrange your own insurance, carry a first aid kit, &
be prepared to offer assistance to anyone in need.

Sponsorship— at your discretion— raise money for DEWODE, or your favourite
charity. Forms are enclosed.

Refreshments— free, high energy nosebag for all Elite bikers.
Bacon butties, hot drinks etc. for sale all day at Event Control –Embleton School.

Registration-Event Control from 0730hrs. First briefing at 0745hrs

The circuits— Elite— 16 miles plus 3000 feet of ascent
(see maps) Family —4 miles plus 700 feet of ascent

Entries- Elite— £25/rider Family— £25/ group
Please make cheques payable to DEWODE.



TEAR OFF SLIP- Please complete & return , with entry fee, to:-

D.Hardie. Dale Mount, Wythop Mill, Cockermouth, Cumbria. CA13 9YP
email. doughardie0@googlemail.com

NAME _____ PHONE _____

ADDRESS _____

TEAM/FAMILY NAME _____

ESTIMATED START TIME _____

ESTIMATED NUMBER OF CIRCUITS _____

Please sign to enable Gift Aid to be claimed.....