

16TH ANNIVERSARY  
**LIVERPOOL  
★ CHESTER  
LIVERPOOL**  
**BIKE RIDE**  
**5TH JULY 09**

Now in its  
**16TH**  
YEAR

You can enter online at  
[www.pennineevents.co.uk](http://www.pennineevents.co.uk)

\*There will be a small credit card charge for entries online

**Sunday 5th July Start 8.00am**

A MASS PARTICIPATION RIDE FOR ALL ABILITIES THROUGH  
THE BIRKENHEAD ★QUEENSWAY★ TUNNEL AND THE  
WIRRAL COUNTRYSIDE TO CHESTER AND BACK★



**ENTRY FEES★** from £15-£20 individual and £56-£76 per team of 4 (includes P&P)

Anybody living in Liverpool (L1-L25) and over the age of 60 will receive a free entry –  
proof may be required

Entry Fee includes event t-shirt and certificate

The ride is open to anyone aged 10 years and over  
(\*under 17s must be accompanied by an adult)

**Q&A DAY FOR ENTRY** 26th June 2009

For more information call Pennine Events on:

**01695 682020**

[denise@pennineevents.co.uk](mailto:denise@pennineevents.co.uk)

[www.pennineevents.co.uk](http://www.pennineevents.co.uk)



TRAVELWISE  
TRAVEL

[www.LetsTravelWise.org](http://www.LetsTravelWise.org)

Liverpool  
Primary Care Trust



Liverpool  
**Active City...**  
[www.liverpoolactivecity.net](http://www.liverpoolactivecity.net)



**pennineevents**  
for all your event management needs



Believe in  
children  
**Barnardo's**  
registered charity number 216250

## INFORMATION

Welcome to the 16th Annual Liverpool-Chester-Liverpool Bike Ride. This event is organised by Pennine Events on behalf of Liverpool Primary Care Trust, Active City and Merseytravel to promote cycling for health.

## THE ROUTE

The event starts and finishes by the Queensway (Birkenhead) Tunnel in Liverpool. After passing through the tunnel and Birkenhead the route takes you through the attractive Cheshire countryside and villages, including Willaston, Ledsham and Mollington. Full details will be given in the Entrants Information Pack and on our website. **YOU MUST BE ABLE TO COMPLETE YOUR CHOSEN ROUTE WITHIN 7 HOURS.**

There are 5 options:

### LIVERPOOL-CHESTER-LIVERPOOL ★ 54 MILES ★

The full route takes you on a nice loop through north Cheshire with a halfway stop at the Countess of Chester Health Park where there are refreshments and an event village and then back through Wirral and the Birkenhead Tunnel to finish at the Liverpool cycling roadshow.

### LIVERPOOL-CHESTER ★ 30 MILES ★

You can just ride the outward route to the half-way point at the Countess of Chester Health Park where you can collect your certificate, and enjoy the Chester activities. However please note that you will need to make your own transport arrangements back to Liverpool (or ride the Wirral circular below).

### WIRRAL CIRCULAR - LIVERPOOL-THORNTON HOUGH-LIVERPOOL ★ 25 MILES ★

This shorter, circular route was introduced for those who don't feel up to the full 54 miles and want to ride back to the main finish. It follows the outward route to the refreshment stop at Wirral Rugby Club and then comes back on the latter part of the main route.

## ON-ROUTE REFRESHMENTS

There are two refreshment points on route at which you will be able to purchase drinks, food, sandwiches, hot drinks and snacks:

- Wirral Rugby Club
- Countess of Chester - provided by Barnardo's

## CHARITY

Your entry fee goes towards the cost of organising the ride safely, so why not ask your family and friends to sponsor you and make a real difference to people's lives? Barnardo's in the North West provides vital services to over 21,000 children, young people and their families. On Merseyside they provide 14 services which give a practical response to problems like abuse, poverty, bereavement and the challenges of disability. By being sponsored or making a donation, you will be helping Barnardo's to continue to make a difference to the lives of vulnerable children and young people across the region. Sponsorship forms will be available. If you prefer to make a donation, please indicate on your entry form. Don't forget to tick the 'Gift Aid' box if you are a tax payer - it makes a big difference to your donation. Thank you.

## UNDER AND OVER THE MERSEY CG

Ever wondered what it would be like to walk through the Mersey Tunnels? Join us on the Sunday 19th July 2009 for a walk through the Queensway Tunnel from Liverpool to Birkenhead. Help Merseytravel celebrate the Tunnel's 75th Anniversary. The day will include a full entertainment programme and a vintage car rally. For more information please call 01695 682020 or visit [www.pennineevents.co.uk](http://www.pennineevents.co.uk)

## HELP US CELEBRATE

The Liverpool-Chester-Liverpool Bike Ride is celebrating its 16th Anniversary. To help you enjoy the event more we will be putting on a mini cycling roadshow at Liverpool Start / Finish area, and an event village at Chester at which you will be able to get information on cycling, try-out our virtual bike ride, as well as pedal your own fruit smoothie! NEW for 2009-there will be a 90 mile Liverpool-Chester-Liverpool Sportive Ride and a Chester Circular Family Fun Ride.

## NEW FOR 2009

### SPORTIVE LIVERPOOL-CHESTER-LIVERPOOL ★ 90 MILES

Finding 54miles a little too short? Wanting a bigger challenge? Fancy exploring the lovely Cheshire Lanes and Delamere Forest? Why not therefore enter this new 90mile sportive?! The Sportive will start and finish in Liverpool utilising the main LCL route to the Countess of Chester Health Park where you will then break off onto the new loop and return on the latter part of the main route.

### CHESTER CIRCULAR FAMILY FUN RIDE ★ 6 MILES

To celebrate Chester's new status as 'Chester Cycling Demonstration Town' we're putting on this new fun ride. Starting and finishing at the Countess of Chester Health Park, we've got a safe, flat 6 mile loop on cycle paths along the canal, through the City and countryside. Entry forms for this route, and further information about other activities on the day, will be available to download from [www.pennineevents.co.uk](http://www.pennineevents.co.uk) from April.

\* Approximate Distances

## TEAM SPIRIT

Teams of four can enter at a discounted rate, so why not gather a company team or a group of friends? Team entries should be on one form with an identified captain. Information for all team members including Bike Ride numbers will be sent to the team captain. For more information please call 01695 682020 or visit [www.pennineevents.co.uk](http://www.pennineevents.co.uk)

## OTHER BIKE EVENTS★

- **Pedal It Pink**, Sunday 19th April, family Bike Ride in Sefton Park
- **Colne Grand Prix** on Wednesday 15th July, a National Elite Series Circuit race on closed roads in Colne Town Centre
- **Blackburn Grand Prix** on Wednesday 22nd July
- **Pendle Pedal Sportive** on Sunday 2nd August
- **Preston Grand Prix** on Sunday 20th September

Please note: If the entry limit hasn't been reached prior to the day of the event then entries will be accepted on the day but will be subject to an additional £2.00 charge per person (please phone to check availability).



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# Individual Entry Form

**Sunday 5th July** Start 8.00am

\*There will be a small credit card charge for entries online



You can enter online at [www.pennineevents.co.uk](http://www.pennineevents.co.uk)

For safety purposes you are required to fill in your entry form in full Photocopies of this form will be accepted

Title.....First Name .....

Surname .....

Address .....

.....Postcode .....

Daytime telephone .....Mobile number .....

Emergency Name & No. (next of kin) .....

E-mail address .....

Organisation .....

Date of birth.....Sex (m/f) .....

Event no. (for official use) .....

Please specify reasons for participating in this event (optional)

Please indicate with a cross in the box if you don't mind your name and address being passed on to companies / event organisers we think might have a product or an event which might be of interest to you ☐

If you would like to be contacted regarding other events in the calendar please indicate with a cross in this box ☐

**CAUTION**

Cycling on the highway is potentially dangerous. Participants should be in a reasonable state of health. The organisers cannot be held responsible for personal accident or injury or loss or damage to personal effects. We have read and agreed to these conditions.

**WHICH IS YOUR CHOSEN ROUTE**

Liverpool Chester Liverpool - 54 miles	£17 <input type="radio"/>
Liverpool Chester - 30 miles	£17 <input type="radio"/>
Wirral Circular - 25 miles	£15 <input type="radio"/>
Liverpool Sportive - 90 miles	£20 <input type="radio"/>
Over 60 and living in Liverpool (L1-L25) FREE entry (proof may be required)	<input type="radio"/>

I agree to read the Information Pack thoroughly on receipt detailing all safety and health issues

**Signature** (if participants are between 10-17 years old a parent/guardian signature is required)

## Charity and Entry Fee

I will/will not be raising sponsorship for Barnardo's/my own charity (please delete as appropriate)

I prefer to make a cheque/postal order donation of  
£5 ☐ £10 ☐ £20 ☐ other ☐ to **Barnardo's**

and enclose this along with my entry fee made payable to Pennine Events Ltd.

**Please tick the box if you want your donation to be treated as Gift Aid and you pay UK Income Tax or Capital Gains Tax** ☐

Please enclose your cheque, made payable to Pennine Events Ltd, and return it with this form to:

Pennine Events, Unit 5, Hewitt Business Park, Winstanley Road, Ormskirk, Wigan W94 7BB

Please note: entry fees cannot be transferred or refunded.

Registration No. 4624504. VAT Registration No. 808 1021 69. Entry fee is inclusive of VAT. Cheques to Barnardo's will be forwarded.

Entries will be accepted until the closing date of 30th June 2005 or the entry list is reached.



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# Team Entry Form

**Sunday 5th July Start 8.00am**

\*There will be a small credit card charge for entries online



You can enter online at [www.pennineevents.co.uk](http://www.pennineevents.co.uk)

It is essential for safety purposes that each team member completes his/her own section  
Entries from teams of four are welcome (for larger groups please call Pennine Events on 01995 682020)

## Teams must have an identified Team Captain who will receive all event information

Team Name.....

### Team Captain Details

Title.....First name.....Surname.....

Address.....

Postcode.....

Daytime telephone.....Mobile number.....

Emergency Name & No. (next of kin).....

E-mail address.....

Organisation.....Date of birth.....Sex (m/f).....

Event no. (for official use).....

### Names and addresses of other Team Members...

#### ALL CONTACT NUMBERS MUST BE INCLUDED

2. Title.....Name.....

Address.....

Postcode.....

Tel.....Sex (m/f).....D.O.B.....Email.....

Emergency Name & No. (next of kin).....

Event no. (for official use).....

3. Title.....Name.....

Address.....

Postcode.....

Tel.....Sex (m/f).....D.O.B.....Email.....

Emergency Name & No. (next of kin).....

Event no. (for official use).....

4. Title.....Name.....

Address.....

Postcode.....

Tel.....Sex (m/f).....D.O.B.....Email.....

Emergency Name & No. (next of kin).....

Event no. (for official use).....

### Which is your chosen route?

Liverpool Chester Liverpool - 54 miles £64 ☐

Liverpool Chester - 30 miles £64 ☐

Wirral Circular - 25 miles £56 ☐

Liverpool Sportive - 90 miles £76 ☐

Over 60 and living in Liverpool (L1-L25)  
FREE entry (proof may be required) ☐

### CAUTION

Cycling on the highway is potentially dangerous.  
Participants should be in a reasonable state of health.  
The organisers cannot be held responsible for personal accident or injury or loss or damage to personal effects. We have read and agreed to these conditions

Please indicate with a cross in the box if you don't mind your name and address being passed on to companies / event organisers we think might have a product or an event which might be of interest to you ☐

If you would like to be contacted regarding other events in the calendar please indicate with a cross in this box ☐

I agree to read the Information Pack thoroughly on receipt detailing all safety and health issues

**Signatures** (if participants are between 10-17 years old a parent/guardian signature is required)

Team Captain.....2.....

3.....4.....

### Charity and Entry Fee

I will/will not be raising sponsorship for Barnardo's/my own charity (please delete as appropriate)

I prefer to make a cheque/postal order donation of

£5 ☐ £10 ☐ £20 ☐ other ☐ to Barnardo's

and enclose this along with my entry fee made payable to Pennine Events Ltd.

Please tick the box if you want your donation to be treated as Gift

Aid and you pay UK Income Tax or Capital Gains Tax ☐

Please enclose your cheque, made payable to Pennine Events Ltd, and return it with this form to:

Pennine Events, Unit 5, Hewitt Business Park, Winstanley Road, Orrell, Wigan WN5 7XB.

Please note: entry fees cannot be transferred or refunded.

Registration No. 4624504. VAT Registration No. 808 1021 69.

Entry fee is inclusive of VAT. Cheques to Barnardo's will be forwarded.

Entries will be accepted until the closing date of 26th June 2009 or the entry limit is reached