



Scottish Charity Number  
SCO 28651

# SOLWAY SPORTIVE 2013

## 30KM OR 115KM

Sunday 19 MAY 2013

STARTING AT THE DUMFRIES RUGBY CLUB



Enjoy a great day out riding along the beautiful Solway coast and countryside. Event proceeds will be split between Nithsdale Riding for the Disabled and Dumfries Cycling Club. Choice of a Short Route of 30km (19 miles) or the Long Route of 115km (71 miles) on quiet roads. Start and Finish at Dumfries Rugby Club with parking, changing rooms, and showers post event. Feeding station on both routes and food/drink after finishing. Timed certificate for all finishers. Suitable for all with a basic level of fitness.

Short 30km (19 Miles) route (£5) \*

Dumfries – New Abbey – Beeswing – Lochfoot - Dumfries

Long 115km (71 miles) route (£20) \*

Dumfries – New Abbey – Dalbeattie – Kirkcudbright –  
Gelston – Dalbeattie - Haugh of Urr – Dumfries

\* (Note £5.00 extra for entries on the day.)

Venue HQ: Dumfries Rugby Club, New Abbey Road, Dumfries, DG2 7LU

Registration: from 8am until at least 15 minutes before the final departure time of your chosen route.

Start Times: Long Loop 8.30am to 10am/Short Loop 10am – 10.45am, all times approximate.

You will need a bike, appropriate clothing, including helmet, adequate food and water plus a bike repair kit.

First Name: .....Last Name:.....

PLEASE WRITE CLEARLY IN BLOCK CAPITALS

Date of Birth:.....Male/Female:.....

Email: .....

Address: .....

Address:.....

Town:.....Post Code:.....

Mobile Phone Number: .....Telephone Number: .....

Club/Team: .....

Emergency Contact Name: ..... Emergency Contact Phone Number:.....

### DECLARATION

I declare that the information on this form is complete and correct. I understand that I participate in this event entirely at my own risk, that I must rely on my own ability in dealing with all the hazards and that I must ride in a manner which is safe for myself and others. I am aware that when riding in an event and particularly when riding on a public road the function of the Marshals is only to indicate direction and that I must decide if the movement is safe. I agree that no liability whatsoever shall be attached to the promoter, promoting club, meeting sponsor(s) or member of the promoting club in respect of any injury, loss or damage suffered by me on or by reason of the event, however caused.

I have read and agreed these conditions.

Signatures (if entrant is under 18 years parent/guardian consent is required. No unaccompanied entrants under 16 years)

Entrant: .....Date:.....

Parent/Guardian: .....

Make cheques payable to Dumfries Cycling Club and return entry to:

Betty Howard, Parkstone, Barhill Rd, Dalbeattie, DG5 4JD or enter on line via [www.dumfriescc.btck.co.uk](http://www.dumfriescc.btck.co.uk)

Any questions contact [betty.howard41@btinternet.com](mailto:betty.howard41@btinternet.com) or Phone 01556 610998.

Entries close Wednesday 15 May 2013. So 'on yer bike' and set yourself a goal!!! Maximum entries 350.

*Organised by the Dumfries Cycling Club and the Nithsdale Riding for the Disabled.*