

An Post **Rebel Tour Weekend**

Saturday, 11th September, 2010

Sunday, 12th September, 2010

ENTRY FORM



Please see our event website www.corkrebeltour.ie for more information on the event, the routes, maps, details of how to enter, local information etc ...

Cork, Saturday 11th September - ROAD EVENT

ROUTE	ENTRY FEE	MIN. AGE REQ.
Rebel Pedal - Family Fun Cycle	FREE (Donation Bucket)	None
Rebel Rider (80km)	€40	14 years
Rebel Challenge (160km)	€40	16 years

Ballyhoura, Sunday 12th September - THE REBEL RUSH

ROUTE	ENTRY FEE	MIN. AGE REQ.
Greenwood Loop	} €25 for the day	14 years
Mount Russell Loop		14 years
Garrane Loop		14 years

**Enter an event on both
Saturday & Sunday for €50**

Completed entry forms and fees should be returned to:
Cork Sports Partnership Ltd.,
Yeats House, Barrack Square, Ballincollig, Co. Cork.
By Wednesday September 8th, 2010.



NEW FOR 2010

**The Rebel Rush
Mountain Biking
Challenge**

**on Sunday 12th September
from 12 Midday
at Ballyhoura, Co. Cork.**

More information on the event can be found on our website www.corkrebeltour.ie
or alternatively you can give us a call on 021 4665081

IMPORTANT ALL PARTICIPANTS MUST READ AND COMPLY WITH THE FOLLOWING TERMS AND CONDITIONS OF ENTRY OUTLINED BELOW

Terms and Conditions of Entry

- ▶ All participants must wear a hard shell crash helmet. Anyone without a helmet will not be able to participate. **NO HELMET NO SPIN.**
- ▶ All participants are responsible for their own safety.
- ▶ All entrants participate at their own risk.
- ▶ All participants must obey the rules of the road at all times. Be aware of other road users. This event will be run on open roads.
- ▶ Participants must obey the instructions of the Gardai, the Civil Defence and event marshals at all times.
- ▶ Due to the challenging nature of the event a high level of fitness is required particularly for The Rebel Challenge and the Garrane Loop Mountain Biking Trail. The Rebel Challenge and Garrane Loop have been designed with experienced cyclists and mountain bikers in mind. If you have not participated in physical activity for some time please consult your GP before embarking on training for this event.
- ▶ All bicycles should be in a well-maintained and road-worthy condition. Participants are advised to carry a pump and spare tubes.
- ▶ Refreshments will be provided en-route and at the finish area. Food and Drinks will also be available to purchase at the finish.
- ▶ Participants must follow the road signage for their chosen event and wear their event number at all times.

**Please Note closing date for entries is Wed. September 8th.
No entries will be accepted after this date or on the Weekend of the event.**

Registration & Start Times will be as follows:

Cork, Saturday 11th September

EVENT	AGE LIMITS	SIGN IN	START TIME
10km Family Fun Cycle	None	11am. Sat 11th Sept. @ Grand Parade	12.00 Noon
80km Rebel Rider	14 years or over	5-8pm Fri. 10th Sept. @ Cork Showgrounds 8-9.30am Sat. 11th Sept. @ Cork Showgrounds	10.00am
160km Rebel Challenge	16 years of over	5-8pm Fri. 10th Sept. @ Cork Showgrounds 7-8am Sat. 11th Sept. @ Cork Showgrounds	8.30am

Ballyhoura, Co. Cork, Sunday 12th September - Rebel Rush

EVENT	AGE LIMITS	SIGN IN	START TIME
Greenwood Loop (6km)	14 years or over	Fri. 10th September 5-8pm Sat. 11th September 7-9.30am Sun. 12th September 11-6pm	12 - 8pm
Mount Russell Loop (17km)	14 years or over	Fri. 10th September 5-8pm Sat. 11th September 7-9.30am Sun. 12th September 11-6pm	12 - 8pm
Garrane Loop (35km)	14 years or over	Fri. 10th September 5-8pm Sat. 11th September 7-9.30am Sun. 12th September 11-6pm	12 - 8pm

Participants should allow plenty of time to sign in prior to the event. Participants are asked not to litter and to keep Cork City & County clean. Parking will be available for all participants on Sat 11th Sept. at the Cork Showground's and on Sun 12th Sept. at the Ballyhoura Forest.

Sat 11th: The Starting point will be Grand Parade and the Finish Point will be The Cork Showgrounds.

Sun 12th: The Start/Finish Point will be Ballyhoura Forest, Co. Cork.

Please send your completed entry form and cheque/postal order to:
Cork Sports Partnership Ltd., Yeats House, Barrack Square, Ballincollig, Co. Cork.
Please check out our website www.corkrebeltour.ie for further information.

ENTRY FORM PLEASE COMPLETE THIS FORM CLEARLY IN BLOCK CAPITALS

NAME: _____ EMAIL: _____

ADDRESS: _____

GENDER: Male Female Contact No. _____ Date of Birth (dd/mm/yy) _____

PLEASE NOTE: Entrants who are under 18 years of age on 11th September 2010 must have permission from a parent or guardian to participate in the event.

Name of parent/guardian: _____

Name of emergency contact: Emergency contact phone number: _____

PLEASE SELECT YOUR ROUTE (✓): _____

Cork, Saturday 11th September

- 10km Rebel Pedal Family Fun Cycle (FREE ENTRY)
- 80km Rebel Rider (enclose €40 with entry) - Min. Age 14 yrs on 11/09/2010
- 160km Rebel Challenge (enclose €40 with entry) - Min. Age 16 yrs on 11/09/2010

Ballyhoura, Co. Cork, Sunday 12th September - Rebel Rush

- Greenwood Loop (6km) } Min. Age 14 yrs on 11/09/2010
- Mount Russell Loop (17km) } €25 for the day Min. Age 14 yrs on 11/09/2010
- Garrane Loop (35km) } Min. Age 14 yrs on 11/09/2010

ENTER AN EVENT ON BOTH SATURDAY & SUNDAY FOR €50

How did you hear about the An Post Cycle Series? (Please tick one or more)			Please tick this box if you would not like to receive further information from the partners of the An Post Cycle Series <input type="checkbox"/>	
Newspaper <input type="checkbox"/>	Promotional Flyer <input type="checkbox"/>	Other... _____	Are you a member of a cycling club? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Radio <input type="checkbox"/>	Word of mouth <input type="checkbox"/>	If yes, please provide club name	
Internet <input type="checkbox"/>	Cycling Ireland <input type="checkbox"/>		

All cycling Ireland members are entitled to a €5 discount on each event. Cycling Ireland Membership number : _____

FEE ENCLOSED €€ _____ CHEQUE POSTAL ORDER

DECLARATION OF ENTRY

- I hereby agree to follow the instructions of the Gardai, Civil Defence and event marshals.
- I understand that I am bound by the rules of the road.
- I will take all reasonable steps to mitigate risks to my own safety, including the wearing of a cycle helmet, and the safety of others participating in and assisting with the event.
- I understand that as part of the Rebel Tour of Cork Photographs will be taken which may be used for future promotional products.
- I understand that I am participating in this event at my own risk and will not hold the Rebel Tour Committee or any of its constituent members collectively or individually responsible for any accident or incident in which I am involved, in connection with the Rebel Tour.

IMPORTANT: By signing this entry form I acknowledge that I have read the Terms and Conditions of Entry and hereby agree to abide by them.

Signature: _____ Signature of parent/guardian: _____

Note: If participant will be under 18 years of age on 11th September 2010, then the permission of a parent/guardian is required.

**THE CLOSING DATE FOR RECEIPT OF ENTRIES IS:
WEDNESDAY 8th SEPTEMBER 2010**