

St Catherine's Hospice

In 2015 St Catherine's Hospice marks its 30th anniversary and three decades of providing specialised care and support to those affected by life-shortening illnesses in our local community.

Over the past 30 years there have been many developments in palliative care, but our fundamental purpose remains the same – to help those affected by life-shortening conditions to enjoy quality of life and have dignity in death.

Our care is tailored to each person's individual needs; respects their independence, privacy and dignity; and is always offered free of charge.

Whilst many of our patients have cancer, we also support people with other conditions such as heart failure, motor neurone disease and Parkinson's disease.

We work from our In-Patient and Day Therapy Units at the hospice in Lostock Hall, and through our expert team of Clinical Nurse Specialists who visit people in the comfort of their own homes.

We offer specialised nursing care and medical treatment to help manage pain and complex symptoms, alongside psychological and spiritual support, complementary therapies and diversional activities.

Terms and Conditions

Your entry will only be accepted if there are places available and you meet the entry criteria for the event. An information pack, sponsor form and details of your chosen route will be sent to you on registration.

Registration fees are as follows: Challenge Plus Ride (75 miles) £35, Challenge Ride (50 miles) £30, Fun Ride (20 Miles) Adult £20, Children £10. There is no charge for children aged 6 or younger. A Family ticket for the Fun Ride (2 adults and 2 children) is £50. All registration fees are non-refundable.

All riders 17 and under must be accompanied by a responsible adult. The minimum age for the Challenge Ride and the Challenge Plus Ride is 14 years. There are no age restrictions for the Fun Ride, however, all riders aged 6 and under must use a tag along bike or a children's bike trailer. It is the responsibility of the parent or guardian of the entrant to ensure that participants under the age of 17 and under are capable of completing the chosen route.

We recommend that all riders wear a cycling helmet. Cycling on the highway is potentially hazardous. This event is not a race and all riders must obey the Highway Code. The organisers cannot be held responsible for personal injury, accident, loss, damage or public liability.

You are not permitted to use any of the sponsorship money you raise to pay for expenses. All sponsorship money given by you must pass directly to St Catherine's Hospice. If you do not adhere to this you may be committing a criminal offence.

The closing date for applications is 10.00am on Monday 11th May.



Proudly sponsored by:
mini's
PLAY CENTRE

St Catherine's
30 years of hospice care 1985-2015

BIG 

CHARITY BIKE RIDE
SUNDAY MAY 17TH

Get on your bike for St Catherine's Hospice during our
30th anniversary year!

Choose from either a family friendly 20-mile circuit of the Preston Guild Wheel, a 50-mile route through the Lancashire countryside, or really push yourself in a special 75-mile ride introduced exclusively for our anniversary year!

Sign up now at www.stcatherines.co.uk or call **01772 629171**
and help make our 30th anniversary bike ride our best yet!

Registered charity number: 012166

Welcome to St Catherine's Hospice third **BIG** Charity Bike Ride!

The Challenge Ride (50 Miles)

This lovely route starts at Preston Grasshoppers RFC. On exiting the grounds it then takes you in a clockwise sweep around the quiet, flat lanes and quaint villages of the Flyde and into the Wyre Valley. Here it becomes more undulating through the wood-lined lanes with great views of the Bowland fells and the coast as you head south into more open countryside before returning to the outskirts of Preston.

Over this 50 mile loop you will experience the pleasures of this popular cycling area exploring the lovely Lancashire lanes and open countryside. Passing through Wharles, Elswick, Great Eccleston, Braides, Cockerham, Scorton and Woodplumpton and passing by some beautiful lakes before heading back to Preston Grasshoppers RFC. Along the route there will be refreshments stops where you can purchase a snack and drink.

The Challenge Plus Ride (75 Miles)

The new 75 mile Challenge plus route follows the 50mile loop up to Cockerham, then here it splits away heading North towards Halton, passing through Hornby, Carton, Quernmore and then re joins the 50 mile loop just before Scorton to return back to the Finish.

The Fun Ride (20 Miles)

This circular route starts at Preston Grasshoppers RFC and follows the Preston Guildwheel—specially designed for cyclists, walkers and runners. This is an unique leisure facility ideal for family cycling. It is a gentle traffic-free loop that takes you on a tour around some beautiful parks, rivers, docklands and countryside. Highlights include Avenham Park with its riverside gardens, Riversway Docklands and Marina. There is also a lovely section along the River Ribble for you to take in the scenery.

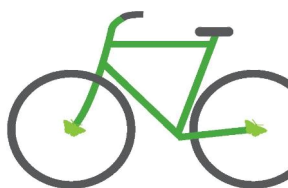
As you pass Brockholes Nature Reserve why not stop and grab a bite to eat and a refreshing drink whilst you take in the stunning views, before making your way back to Preston Grasshoppers RFC, where the route finishes. Don't forget to bring some cash!

Your registration fee only covers the cost of entering, so whichever distance you choose, please raise as much money as possible in sponsorship to support the care of St Catherine's Hospice.

All routes are fully signed and marshalled with support and First Aid Vehicles on route. Google Earth files of the route maps are available at www.stcatherines.co.uk

Directions to Preston Grasshoppers RFC

- Exit M6 at Junction 32
- Follow signs for Garstang
- At end of slip road turn left towards Preston
- After 50 yards turn left and follow the signs for Ingol
- Club approx. 1/2 mile on the right



The **BIG** Charity Bike Ride

Title..... Forename..... Surname.....

Address.....

Town/City..... Postcode.....

Daytime Telephone..... Mobile.....

E-mail Address Date of Birth.....

Emergency Contact Name on the day:

Emergency Contact Number on the day:

If under 18, I will be accompanied by

Where did you hear about The Big Charity Bike Ride ?

I would like to register for:

The Challenge Plus Ride (75 Miles) £35

The Challenge Ride (50 Miles) £30

The Fun Ride (20 Miles) Adult (18 or over) £20

The Fun Ride (20 Miles) Child (17 or under) £10

The Fun Ride Family Ticket (2 adults 2 children) £50

If you are purchasing a Family Ticket please include details of your family members below:

Name	Date of Birth

Conditions: I understand that this is a fundraising event organised for the benefit of St Catherine's Hospice. I agree that I will endeavour to raise as much sponsorship money as possible and that by signing this registration form I confirm that I have read and accept the rules and regulations of entry (see overleaf) to St Catherine's Big Charity Bike Ride.

CHEQUES TO BE MADE PAYABLE TO ST CATHERINE'S HOSPICE (LANCASHIRE) LTD. PLEASE RETURN YOUR ENTRY FORM & FEE TO : ST CATHERINE'S HOSPICE, LOSTOCK LANE, LOSTOCK HALL, PRESTON, PR5 5XU

SIGNED

DATE

(PARENT OR GUARDIAN IF UNDER 18)