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**Ride London 100 2017**

Brought to you by the same team as the Virgin London Marathon, The Ride London 100 is part of the biggest and best celebration of cycling in the UK. The Prudential Ride London weekend will bring together more than 70,000 cyclists including the world’s top professionals.

**Event details:**

**Name:** RideLondon 100

**Date:**  30 July 2017

**Location:** London

**Distance:** 100 miles

**Registration fee:** £50, or £25 with 50% buddy discount

**Minimum Sponsorship:** £500

**Contact:** fundraising@actionforme.org.uk

This is the London Mayor’s festival of cycling, with a route made famous by the London Olympics. The route starts in the Queen Elizabeth Olympic Park, follows a 100-mile route on closed roads through the capital and into Surrey’s stunning countryside before heading back to central London and finishing on The Mall.

The Ride London 100 is a timed event and is designed to be a personal challenge rather than a race. For more information, visit: **www.prudentialridelondon.co.uk**

**What do I receive?**

* Event brochure which includes training plans and cycling advice
* Full support from our fundraising team
* A full fundraising pack with poster, leaflets and ideas
* Access to our other fundraising materials which include balloons, wristbands and collection tins
* A free Action for M.E. sports vest

**How do I register for a place?**

To enter please fill in the details below and return the form either by

**Post to**: Action for M.E., 42 Temple Street, Keynsham, BS31 1EH

**Email to:** fundraising@actionforme.org.uk

**How do I pay my registration fee?**

**Payment by Phone:**

Please contact our General Enquiries line on 0117 927 9551 between the hours of 9am and 5pm Monday to Friday to pay by credit or debit card. Payments can also be made direct to the fundraising team on 0117 937 6626.

**Payment by post:**

Cheques for sponsorship should be sent to our office address below. For security reasons please do not send cash through the post.

Action for M.E., 42 Temple Street, Keynsham BS31 1EH.

**Payment by bank transfer**

Payments can be made directly into our account using the details below. If you do choose to pay this way, please email our fundraising team with details of the date your payment was made and the amount so we can record it as your sponsorship.

 **Account number:** 1011 7 505 **Sort code:** 16 13 18

**Personal details:**

(Please write in capitals)

**First name:** **Surname:**

**Date of Birth:** **Male / Female**

**Address:**

**Mobile number:**

**Email address:**

**Does your employer run a matched giving scheme?**

 Yes / No

**Please give details of how much they match up to:**

**Please specify your sports vest size (sizing chart available):**

X-Small / Small / Medium / Large / X-large

**Please explain why you would like to take part for Action for M.E.:**

(Continue on new sheet if necessary)

Sharing your story with your local media helps promote your fundraising efforts, and raise awareness of M.E. **Please would you be willing to let us send a press release featuring your story (including your name, age and general location, but not your full address, email or contact number) to journalists? ⬜**Yes ⬜ No

Where did you hear about Action for M.E. Ride London places?

**Your preferences**

⬜ I would like to receive a monthly update e-newsletter on Action for M.E.’s work and activities.

⬜ I do not wish to receive any appeals for money.

**Pledge**

I would like to register for a place in the Ride London 100 2017 for Action for M.E. I agree to pay the registration fee and pledge to raise a minimum sponsorship of £500

Signed: Date:

If you have any questions please contact our fundraising team on 0117 937 6626, or e-mail: fundraising@actionforme.org.uk

**Thank you!**