

The 10 to 4 2010

www.mountkenyatrust.org

www.10to4.org

ENTRY FORM For overseas participants



All entrants and those attending the '10 to 4' 2010 event must fill in this form in order to be registered for the race and / or for accommodation. If you are an entrant bringing friends and family you must ensure this is indicated on the form. You should make arrangements for payment of your sponsorship money through a just giving site that we can give you the link for by, 1st November 2009, or in cash to the Bill Woodley Mount Kenya Trust on arrival at the registration tent on Friday 19th February.

Cyclists for any of the events will be required to pay a fee of £55 / \$90 each. This charge covers the entry fee, Flying Doctor cover (for emergency evacuation purposes only), 10 to 4 T-Shirt and prizes. In addition to this we ask that you try to raise a target of £1000 / \$ 1600 for the event. If you reach the target there is no entry fee so you can raise the total amount through sponsorship. The minimum you need to raise through sponsorship is £350 / or \$ 570.

We will organise camping accommodation for you at the event Start and Finish camps. The additional charges for this are outlined below. Our camps are comfortable and we can provide all your meals and drinks at the sites from dinner on Friday 19th February through to breakfast on Sunday 21st February.

Please choose your accommodation requirements from the following options and add the appropriate cost to your entry fee:

1. Self Sufficient entrants with own food and camping equipment or accommodation organized away from the 10 to 4 campsites: no charge. Lunch can be bought with cash on Saturday at the finish and there will be a cash bar.

2. Accommodation and food at the finish camp (includes cyclists and non-cyclists)

Includes camping fees, tents for 2 nights £ 130 / \$ 220 per person sharing. Included in this price is supper on Friday 19th, supper on Saturday 20th, lunch on Saturday 20th and breakfast on Sunday 21st. Also included is transport to the start with your bikes on the Saturday morning.

Because of the cost of putting tents up in these remote areas, single tents will work out more expensive per person. Each person will have to pay a £ 30 **supplement** per person per night making it an additional cost of £ 60 / \$100 per person for both nights. That's £190 or \$320 per single for both nights to include 5 meals.

3. Accommodation and food at one campsite (includes cyclists and non-cyclists)

You can opt to stay at our camp on Friday or Saturday and pay £75 / \$120 pp sharing and £ 105 / \$168 for singles including dinner and breakfast that morning.

4. Lower budget options available on request! You can also stay at the top campsite if you opt for the budget accommodation! More basic food and camping can be provided for those that are want a slightly cheaper deal. At the time of writing we can offer budget camping from \$75 per person sharing without meals. Meal options with the budget accommodation will be much more basic and cost around \$15 per meal.

Entry Details for all events:

Team or Group Name if applicable _____

Names and details of cyclists in your party.

NB: Please enter the age you will be on 20th Feb 2010 and not your age now, if different

1. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

2. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

3. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

4. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

5. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

6. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

7. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

8. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

9. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

10. Name _____ Age _____ Email _____
Tel. _____ Address _____
Event _____ Signature _____

Now please read carefully & complete the form below:

Total number of cyclists in your party _____

Number of non-cyclists in your party _____

Total number of people sharing tents Friday 19th and Saturday 20th Feb _____

Total number of people wanting single tents on both Friday 19th and Saturday 20th Feb _____

Total number of people sharing tents on Friday 19th / Saturday 20th (delete as applicable) ONLY _____

Total number of people wanting single tents on Friday 19th / Saturday 20th (delete as applicable) ONLY _____

Entry fees and minimum sponsorship total due _____

Extra sponsorship raised _____

Accommodation & meals total _____

Total Amount Paid _____

IT IS ABSOLUTELY VITAL YOU READ AND SIGN THE ACKNOWLEDGEMENT AND WAIVER BELOW TO VALIDATE YOUR ENTRY:

The signatures overleaf and of the group leader below confirm that I/we have read, understood and agree to the acknowledgement and waiver below:

1. I know that participating in the Safaricom '10 to 4' 2010 (the "Event") is a potentially hazardous activity. I agree not to enter and participate unless I am medically able and have an appropriate level of fitness. I agree to abide by any decision of an Event official relative to my ability to safely complete the Event. I am voluntarily entering and assume all risks (whether to person, body or property) associated with participating in the Event, including and not limited to falls, contact with other participants, spectators, animals or others, the effect of weather (including heat), traffic, and the conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of this application, I, for myself and anyone entitled to act on my behalf, waive and release the promoters, the '10 to 4' committee, local landowners and local communities, and each and all of the Event sponsors and their respective officials, staff, representatives and agents from present and future claims of liability of any kind, known and unknown, arising out of my participation in the Event, or in the related activities, or in camping and using the land on which the Event takes place.

2. Except for any liability that cannot be excluded by law, the promoters, the '10 to 4' committee, local landowners and local communities, and each and all of the Event sponsors and their respective officials, staff, representatives and agents excludes all claims in negligence, for any death or personal injury, or any loss or damage to property, whether direct, indirect, special or consequential, arising in any way out of the Event or the related activities or in camping and using the land on which the Event takes place.

3. I agree to bring the above Acknowledgement and Waiver to the attention of all persons in my party who accompany me during the Event as spectators and/or supporters.

Permission:

The signatures also confirm that all members of the group agree that any photographs, films or recordings of the event in which they might appear may be used for promotional purposes.

Name of group leader _____ (Please print) SIGNATURE _____

Parent or Guardian's consent signature for entrants aged 18 or below

Name

_____ SIGNATURE _____

Date _____

Payment Details:

If you are booking through Karisia Walking Safaris or Borana they can take your entry forms and forward them to us and take any payment on our behalf. If you are coming independently or through an agent you or the agent can make payment directly to the Trust or Tusk Trust. If you wish to do this then please fill in this form, scan it to Susie by email and make arrangements with her regarding payment. Options include paying via a just giving or a virgin giving account to Tusk Trust who will forward the payments to us. Please visit <http://www.justgiving.com/the10to4> or <http://uk.virginmoneygiving.com/10to4>.

For further information and a frequently asked questions sheet email: Susie Weeks, Mount Kenya Trust: susie@mountkenyatrust.org Tel: +254 607891, +254 722 436641