Sunday/Wednesday Ride Register

V16 – August 2026

Date:	**Category:** S D T
Destination:	**Expected Miles:**

1. Leader: Name
Mobile: ICE: ▢none/▢card/▢phone/▢other

***Cycling UK members* “sign-in” below; *Guests* sign disclaimer overleaf =>**
****New/Visiting Cycling UK members** give contact details overleaf =>**

- **Take the Ride Leader’s mobile# in case you get separated from the group**
- **Tick if/how you carry ICE contacts should an incident occur during the ride**

Please comply with all Cycling UK policies & guidelines to meet your own & the group’s legal obligations, & for Cycling UK Ride Leader & individual’s insurance to remain valid.

Register purpose: - 1. Attendance record to comply with insurance guidelines & cover an incident occurring.
2. Anonymised Club & Cycling UK statistical reporting (forms are destroyed thereafter).

***** Photos may be taken & used for club publicity – please stand out of shot if you object *****

2. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**9.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
3. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**10.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
4. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**11.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
5. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**12.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
6. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**13.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
7. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**14.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other
8. Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other	**15.** Name CUK: ▢ ICE: ▢none/▢card/▢phone/▢other

Cycling UK Riders #: ▢ **Guests #:** ▢ **Total #:** ▢

Route: **Actual Miles:** ▢ **Average Speed:** ▢

CATEGORY:
***Speed: D** = less than 10 mph; **C** = 10 to 11mph; **B** = 11 to 12 mph; **A** = 12 to 14 mph*
***Distance: S** (Short) = 20 to 35 miles; **M** (Med) = 35 to 50 miles; **L** (long) = 50 to 65 miles; **XL** (X-Long) > 65 miles*
***Terrain: F** = Flat; **U** = Undulating; **H** = Hilly; **VH** = Very Hilly*

Disclaimer for non-Cycling UK Members (Guests)

Membership of ***Cycling UK*** is not required to ride as an **Invited Guest**, however you are limited to THREE rides as a “guest” before you are expected to join ***Cycling UK***.

I agree that I understand and will abide by the terms and conditions required by ***Cycling UK*** for the safe participation in this activity, to act responsibly and adhere to the rules of the road and countryside.

I hereby maintain that I am fit and healthy enough to participate in this activity and that my cycle is in a safe, legal and rideable condition.

I also accept that ***Cycling UK*** cannot be held responsible for any personal injury, accident, loss, damage or public liability during the event.

Name: **ICE:** ▢none/▢card/▢phone/▢other **Address:** **Email Address:**	**Signature:** **DoB (under 18’s):** see note below **CUK No:** **Mobile:**
Name: **ICE:** ▢none/▢card/▢phone/▢other **Address:** **Email Address:**	**Signature:** **DoB (under 18’s):** see note below **CUK No:** **Mobile:**
Name: **ICE:** ▢none/▢card/▢phone/▢other **Address:** **Email Address:**	**Signature:** **DoB (under 18’s):** see note below **CUK No:** **Mobile:**

*** All under 18’s must provide D.O.B. & have a Cycling UK Parental Consent Form completed - see overleaf**

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Cycling UK* Ride Leaders** are covered by ***Organiser’s Liability Cover for Member Groups & all ***Cycling UK* members** are covered by ***Cycling UK’s TP Insurance.***
Guests are also covered temporarily on this ride by ***Cycling UK’s TP Insurance.***

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Sunday▢ or Wednesday▢ Group Sign-Ups (external to Cycling UK Membership)

1. ***Email Address*** for Weekly Emails giving fuller details of the next ride.
2. ***Mobile#*** if separated from the group on a ride, or for “last minute” ride cancellations.
3. ***Mobile#*** for WhatsApp social group (please tick ***WA*** box)

Note: email address/mobile# would not be used for any other purpose than that stated above

Name	Email Address	Mobile#	WA
			tick
			tick