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SUNDAY 13TH OCTOBER 2013 / ASHTON COURT, BRISTOL

The VDO RunRider returns for it's third year and offers runners, tri-athletes and mountain bikers the chance to try something different at the end of the 2013 race season. Combining trail running and mountain biking, competitors will be competing on one of the best all weather offroad mountain bike courses in the South West alongside a beautiful and unique but deceptively tough trail running course in the heart of Ashton Court. Participants will be challenging themselves to push personal boundaries as well as competing against other competitors. With three distances on offer, everyone will be able to find the right distance and challenge for themselves depending of their level of fitness.

Runners, tri-athletes and mountain bikers can tackle the event either solo or in pairs to ease the pain!

NEW for 2013! MINI RunRider - Perfect for novices to try their first duathlon. This event is also open to over 14yrs olds too, helping to encourage younger athletes to try something new.

Pick your challenge and be part of the VDO RunRider 2013!

THE MINI RUNRIDER Your first steps into offroad duathlons.

Competitors will do a 6km offroad trail run, followed by a 9km lap of the all weather mountain bike course and then a final 6km trail run.

NOTE: All competitors must be over 14yrs old (suitable for youth and junior competitors)

Over all race distance: approx.

21km

Over all climbing: approx.

445m

THE STANDARD RUNRIDER A challenging but manageable introduction to off road duathlons.

Competitors will do a 6km offroad trail run, followed by two laps of the 9km all weather mountain bike course and then a final 6km trail run.

NOTE: All competitors must be over 18yrs old

Over all race distance: approx.

30km

Over all climbing: approx.

600m

THE CLASSIC RUNRIDER Not for the faint hearted - a real test of your fitness.

Competitors will do a two laps of the 6km offroad trail run, followed by three laps of the 9km lap all weather mountain bike course and then a final 6km trail run.

NOTE: All competitors must be over 18yrs old

Over all race distance: approx.

45km

Over all climbing: approx.

900m

FOR MORE INFO AND TO ENTER ONLINE, VISIT WWW.RUNRIDER.CO.UK

...and don't forget to check out the **Oktoberfest** on the 12th of October 2013: www.bike-fest.com



SEARCH FOR 'RUN RIDER'

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Entry Form The Bristol VDO RunRider - Sunday 13th October 2013

MINI RunRider

6km run - 9km bike - 6km run

Sunday 13th October 2013 (start 10.10am)

	Solo	Pairs
Number of riders in team	<input type="checkbox"/>	<input type="checkbox"/>
Entry fee	£28	£40

—please tick one box above the line and one box below the line—

Category (please tick one box)	Female	Male	Mixed
Junior (14-17 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Open (18-39 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vets (40+ years)*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STANDARD RunRider

6km run - 18km bike - 6km run

Sunday 13th October 2013 (start 10.05am)

	Solo	Pairs
Number of riders in team	<input type="checkbox"/>	<input type="checkbox"/>
Entry fee	£28	£40

—please tick one box above the line and one box below the line—

Category (please tick one box)	Female	Male	Mixed
Open (18-39 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vets (40+ years)*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLASSIC RunRider

12km run - 27km bike - 6km run

Sunday 13th October 2013 (start 10.00am)

	Solo	Pairs
Number of riders in team	<input type="checkbox"/>	<input type="checkbox"/>
Entry fee	£32	£44

—please tick one box above the line and one box below the line—

Category (please tick one box)	Female	Male	Mixed
Open (18-39 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vets (40+ years)*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Every RunRider will receive a unique Finishing present when crossing the line! *need to have an average age of 40+ years

RunRider Details (please complete all sections)

Names and email addresses
of all RunRiders:

RunRider No 1:	Email:
RunRider No 2:	Email:

Team Name / Sponsors:

Please write your e-mail address with extra care so we can read it easily! All updates and entry confirmations will be sent out by email. Thanks!

Postal Address:

Post Code:

Contact number:

Medical Conditions:
(of all entrants)

We will confirm by email whether or not you have been successful in your entry application, so do remember to complete your email address above (please make sure we can read it). Contact number should be a mobile number if you have one. You need to let us know of any medical conditions of which we should be aware.

IMPORTANT: British Triathlon Federation (BTF) membership

If you are not holder of a British Triathlon Federation membership, then a day membership (cost £3) will be added to the entry fee. Please add the day membership fee to your entry fee to avoid being asked to pay on the event day. Only if you can show a valid British Triathlon Federation membership card when you sign on will you be able to enter the event without paying the extra £3. There is will no card payment available at registration.

Emergency Contacts (for the whole team)

Contact Name:

Address:

Contact Number (if possible mobile):

Camping

We will have the campgrounds at the Ritchey Oktoberfest / RunRider 2013 next to the event village with some of the extra facilities being a short walk away. Camping costs £4.00 per pitch per night. Space is limited and will be handled on a first come first served basis. You need to pre-book your camping pitch, if you don't, we can't guarantee there will be any space for you when you arrive! Each pitch is 5mx5m, enough for a car and two or three person tent. If you have an oversize vehicle or tent, please contact the event organisers by email to make the necessary arrangements after your entry has been accepted. Please book early to avoid disappointment.

	Friday (11th Oct. '13)	Saturday (12th Oct. '13)
Please tick the night(s) you would like to camp:	<input type="checkbox"/>	<input type="checkbox"/>
	Car + tent	Campervan (small)
Please tick the kind of vehicle you are bringing:	<input type="checkbox"/>	<input type="checkbox"/>
Please give us a rough idea of vehicle size:	<input type="text" value="X"/>	<input type="text" value="X"/>
How many people will share your pitch?	<input type="checkbox"/>	<input type="checkbox"/>

NOTE:

Please note that we will not be able to accommodate trailers, caravans and mobile homes due to the lack of hard standing. Camper vans of a VW Transporter or Ford Transit size can be accommodated. Sorry for the inconvenience.

Entry Agreement

I confirm that I will ride and behave responsibly throughout the event, giving way to vehicles that I may encounter on the course. I will wear a helmet at all times when on the course, will ride on the left and observe signage & direction given to me by official event stewards. I will not cross any red/white course boundary tape. I understand that this event involves a high level of exertion and that it is a strenuous endurance event. I am of sound body and mind and able to ride in such an event and under such conditions. I will not hold Bristol Bike Fest, the RunRider or Bristol City Council or anyone involved in the organisation, or the land-owners, responsible for any material or personal damage, howsoever caused, before, during or after the event.

I agree with the conditions as stated:

Date:

Under 18's Please get a parent or Guardian to read and accept the sign on your behalf. Please make sure that you also have a parent or Guardian with you when you sign on at the event.

Submit Entry Form

Read the Entry Agreement above, and sign where indicated that you agree with the conditions. Send your fully completed entry form with a cheque payable to BRISTOL BIKE FEST to: **The BRISTOL RUNRIDER, 7 Edward Road, Arnos Vale, Bristol. BS4 3ET**

Entry Fee: £

BTF Day Membership: £

Camping: £

Total value of cheque enclosed: £

Further Details - Tel: +44(0)117 9040139 - Mob: +44(0)7885 047891 - Email: hello@runrider.co.uk - Event Management: Bristol Bike Fest

www.runrider.co.uk