



# A Good Day to Tri Hard

These terms and conditions apply to all people participating in A Good Day to Tri Hard

## *Definitions*

- You, walker, participant: anyone taking part in A Good Day to Tri Hard
- We, us, the charity: Shropshire Charity Events or Lingen Davies Cancer Fund
- The events, A Good Day to Tri Hard: a sponsored walk, a sponsored run and a sponsored cycle ride taking place on Saturday 14<sup>th</sup> June 2014

## *Terms and conditions*

1. A Good Day to Tri Hard is open to everyone
2. All participants take part at their own risk. Participants are fully responsible for their actions while taking part in A Good Day to Tri Hard. We do not accept responsibility for the actions of the participant, nor the consequences of such actions.
3. You will be responsible for providing your own personal equipment. We are unable to accept liability for any loss or damage to personal belongings, however arising, during the events.
4. We ask all participants and their supporters to be respectful of local residents, to not make excessive noise along the route and to use the litter and recycling facilities where available.
5. A Good Day to Tri Hard is not a race, it is a non-competitive, fun walk, run and cycle ride. Facilities normally associated with formal races, are not likely to be available.
6. Where services, drinks and toilet facilities are provided, they are done so at the discretion and generosity of the provider. No minimum requirement has been specified and no liability is accepted.
6. Participants must be confident that they are physically and mentally capable of walking, running or cycling the distance they have chosen. If they are at all unsure about this, they should seek medical advice from their GP before the event.
7. Participants are expected to know the route in advance. Some directional signage will be in place, however this will be limited.
8. Participants must carry on their person, written instruction relating to their name, emergency contact number and details of any health problems or current medication.

9. We will be photographing and filming participants throughout the day, and we may use footage or photographs of you, your family or your team in our publications, promotion and advertising.

10. In order to participate in A Good Day to Tri Hard you must complete a [registration form](#).

11. The contact details you provide on registration will be used for A Good Day to Tri Hard correspondence. We will also add you to the mailing lists for our regular communications unless you request otherwise. You may unsubscribe from these at any time.

12. Entry fees cannot be refunded. This is a contribution towards the overall Lingen Davies Cancer Fund target.

13. Anyone aged under 16 years must get permission to take part from their parent or guardian before registering. We ask that all under 16s participate with a responsible adult on the day.

14. Dogs are welcome on the 18 mile walk only. Owners must take responsibility for their dog's behaviour and ability to complete the distance. No veterinary facilities will be available.

15. We reserve the right to refuse participation to any individual and to cancel or postpone the event completely for all participants at any time.

16. We reserve the right to alter the route at any time without prior notice.

If you do not agree with the Terms and Conditions of A Good Day to Tri Hard, please notify us through the 'Contact' page of the website. [www.shropshirecharityevents.co.uk/contact](http://www.shropshirecharityevents.co.uk/contact)

If you do not notify us, you agree to comply with, and be bound by, the Terms and Conditions of the events.