

## Conditions of Entry & Waiver

1. I attest I am physically fit and that my bike is in sound mechanical order prior to undertaking this event and (2) I understand that cycling on public roads is potentially a hazardous activity

3. During this event I agree to wear an Australian Safety Standard Approved helmet; to abide by the road rules; obey the directions of Police officers and route Marshalls; and ride with care and consideration of others on the road

4. I accept safety precautions undertaken by organisers (such as supervision, ride safety briefings) are a service to me and other participants, but are not a guarantee of safety

5. In consideration of the Fraser Coast BUG permitting me to enter/participate in the program on the dates attached, and as a condition of such entry, I release Fraser Coast BUG its servants or agents from all claims for injury, loss or damage of whatever kind I might suffer as a result of any acts or omissions whether negligent or otherwise of Fraser Coast BUG its servants or agents in relation to the event

6. I have listed my date of birth, emergency contact details & medical conditions from which I may suffer that might affect my performance or be relevant if medical treatment is needed

7. I accept the risk of participating despite these conditions

8. I consent to receiving any medical treatment including ambulance transport that the organisers think desirable on or at the event

9. My registration is not transferable to other people. I agree that if events are cancelled; or the event format and/or course altered due to inclement weather-or other 'Acts of God' or conditions/safety concerns outside the control of the event organiser, or if I do not participate in events for any reason my entry fee shall be non-refundable

10. I consent to event organisers using my name, image and likeness before, during and after the event for event promotional broadcasting /reporting purposes in any media

**Signed:** .....

\* It is strongly suggested that participants join Bicycle Queensland, because of the support including insurance cover that the state body provides for Queensland cycle groups. Contact on ph (07) 38441144 or [www.bq.org.au](http://www.bq.org.au)



## Fraser Coast Bicycle Users Group

[www.fcbug.org.au](http://www.fcbug.org.au)



## 'Revolutionary Women II' Program

A program for women by women

## Revolutionary Women II

Program March 2010



Revolutionary Women' Program

This is a cycling program provided by women and directed at women cyclists; encouraging them to get back on their bikes and to improve their cycling proficiency

The purpose of this program is to:

- promote cycling for women within the community
- help inexperienced women cyclists gain the confidence to undertake recreational cycling
- keep fit and healthy and enjoy the social aspect of meeting new people

The program will be managed by accredited Bicycle Skills trainers, and Level 1 Cycling Trainers in training

The program includes the basic skills of balance, cornering, using gears, bike set-up, care of your bike, road rules and care of yourself

The program will consist of 4 coaching sessions of 3 hrs.in March plus optional group rides and will culminate in an fully catered event ride at ½ the advertised cost for the River to River Club Ride in May

- **Beginning : 7 March - 7 am at the Car Park, TAFE College, Urraween Rd in Pialba**
- **Plus 14<sup>th</sup> March 20 March and 28 March**
- **Optional extra coaching during April**

Half-price entry May Day weekend  
Burrum River-to-Mary River

Enquiries: contact Jane 4124 2768 or Kay 4128 2018

- \*Riders must wear a Helmet with an Australian Safety Standard Approval attached**
- \*Bring a bottle of water**

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Tele: ..... DOB.../...../...

.Email: \_\_\_\_\_

Emergency contact's name \_\_\_\_\_

Phone No. \_\_\_\_\_

I attach a list of any relevant medical conditions

Cost : \$ 40.00 (Time payment can be arranged if you contact Jane on 4124 2768)

Method of payment:  Cash  Cheque

Payable to : Fraser Coast Bicycle Users Group Inc

PO Box 7492 Urangan 4655

I agree to the Terms and Conditions stated overleaf

Signed: \_\_\_\_\_

Dated: \_\_\_/\_\_\_/

12 yr olds to 17 yr olds to be accompanied by a participating adult  
All participants must be 12 years or older

Please answer the following questions:

Have you been on a bicycle before?

.....

How long since you have been on a bicycle?

.....

How often do you ride?weekly/daily/other

.....

I certify that I am 18 yrs or older, have read this document and fully understand it. I indemnify and will keep indemnified all people and corporations associated with the conduct of the event on the terms referred to

Signed: .....