

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



Fraser Coast Bicycle Users Group

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 14th 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: