



DAWN TO DUSK CYCLING CHALLENGE

Sunday May 26, 2013

Dawn 6.23am - Dusk 5.05pm = 10h 42m available riding time

CHALLENGE ENTRY FORM

I wish to enter the **Tour de Cure, DAWN TO DUSK CYCLING CHALLENGE**

To be held at the Murarrie Recreation Reserve, Wynnum Road, closed circuit cycle track, (home of the Balmoral Cycling Club).

NAME: -----

ADDRESS:-----

-----POST CODE: -----

PHONES: HOME:-----WORK:-----MOBILE:-----

INDIVIDUAL / TEAM / GUEST(circle one) TEAM NAME: -----

EMERGENCY CONTACT:----- PHONE;-----

- 1. I agree to abide by the guidelines and rules of this event provided as part of the entry pack
- 2. I understand that there are inherent risks associated with cycling in the company of other cyclists.
- 3. I agree that I am entering this event entirely at my own risk and accept without exception full and complete liability for all and any risks, and will not hold responsible, nor make any claim against, Tour de Cure, its management, members, agents or servants for any loss, damage or injury however caused in relation to my participation in this event.

SIGNATURE: ----- DATE:-----

Bicycle Queensland Membership; It is our recommendation that all participants join this organization and take advantage of the benefits, including insurance covers that Bicycle Queensland membership offers. **go to** www.bq.org.au/join

Parental Consent – for all riders less than 18 years of age. Riders 16 years and under must be accompanied by a responsible adult at the event.

I have read and understood the information contained on this entry form. As the parent/guardian of ----- I consent to my child taking part in this event.

NAME:-----SIGNATURE-----

Event Guidelines /Rules

To **qualify** to participate each individual rider or team of riders must commit to raising a minimum of \$200 to be donated to the Tour de Cure Foundation, "riding to cure cancer" Individuals or teams can make the total donation of \$200 to qualify.

As part of spreading the Tour de Cure Message, we suggest that you seek support from family, friends and associates.

For example ***they can donate 10cents for every kilometre you ride - you ride 200k x 10 sponsors x 10cents = \$200 donation***

Teams can have no more than 4 team members. The teams will ride in relay and only one member of each team can be on the track at any time.

We would also invite **Guest Riders** to join the ride. To qualify as a guest rider they are asked to donate a \$1 for every lap they ride, nominating the team or individual they wish to support.

Participants may **start** and **finish** any time during the Dawn to Dust period but must check in and out with the start and finish marshal on entering and leaving the course.

Timing: We will provide a count down clock. However we will be asking the individuals /teams to keep track of their distance covered by zeroing their cycle computer's trip meter

Participants must obey the instructions given to them by the organizers, technical officials and course marshals.

It is the responsibility of the participants to **familiarize themselves with the course**, where you can enter and exit the course, where the teams will interchange.

Cyclists must wear an **Australian Standards Approved Cycling Helmet**. Correctly fitted and with strap connected whist with their bike.

To assist in rider awareness no **music players** are permitted whilst cycling

Bicycles must be suitable for the event, **in good working order** and will be subject to inspection on the day

Cyclist **must only pass** fellow participants on the right hand side

Cyclist **must always stay to the left** hand side of the track unless they are overtaking

Cyclists must always **hold their line on the corners** and not cut across the track in front of other riders.

Hydration and Feeding

In preparation for the event **Hydrate** yourself well the day before

Eat foods high in carbohydrates the last couple of days before the event

Stay hydrated and Feed adequately throughout the entire event using products and foods you are accustomed to.

Preparation

Ensure that you are physically prepared and are doing enough riding so that you can complete your targeted distance in reasonable comfort taper your training in the last week prior to the event

Ensure that you have your bike is **mechanically serviced** prior to the event. Don't make dramatic changes to your bike settings that will affect your normal position.

Fit **new tires** if the current ones are getting past their use by date

Make sure you are **suitably attired** for the event

- Comfortable nicks and jersey that you have broken in
- Cycling Cap to shade the face and eyes from the elements
- Sun glasses
- Use Sunscreen

Please direct any enquiries to John Gowty

Mobile: 01414 223 743

Email: jgowty@bigpond.net.au