



“Across the Highlands MTB Challenge”

August 18 - 20th, 2006

Registration Form (Fill one form per adult)

First Name _____ **Last Name** _____
Address _____ **City** _____
Province _____ **Postal Code** _____ **Telephone** _____
eMail _____
Name of Bicycle Club _____ **Membership #/Racing licence** _____
Emergency Contact _____ **Phone #** _____
Restriction in Medical Emergency ? : _____

Across the Highlands Plateau

Cycling across the plateau of the Highlands by mountain bike from North River to Grand Etang is a unique event specially tailored for capable cyclists members of bicycle club/s affiliated to provincial bicycle bodies/CCA. The trails of the Highlands Plateau is nothing comparable to what you've seen before. The mixture of smooth to bumpy forest roads, short one track climbs, stretches of technical riding, exhilarating descents, in the home of abundant wildlife and majestic landscapes is enough to challenge anyone's mental and physical abilities. Attempting this ride in such an isolated inhospitable environment without proper support would simply be irresponsible. Children 16 to 18 years of age are allowed to participate. A parent or Tutor must accompany the participant/s at all time. Failure to do so will allow the organizers to take the young participant off the ride for its own benefit. No children under 16 years of age will be allowed to take on the Saturday's ride Across the Highlands Plateau. More info at: http://velocapebreton.com/ahc_06.pdf

Logistic and Emergency Support

The ultimate ride Across the Highlands of Saturday is a “supported” event; cyclists only need to pedal their bikes and enjoy the day. Members of the Isle Royale ATV Club of Sydney and volunteers of the Grand Etang/Cheticamp area will provide cyclists with logistical and emergency support, direction, food and refreshments at pit stops and at other strategic locations along the road. The ride of Saturday is limited to 60 people. First come, first serve. Register early.

Friday, August 18. Prologue

1:00 p.m. Leaving Bras d'Or Lakes Campground for a 40 km warm-up ride in the Baddeck Valley, Rear Big Hill, Big Harbour, Plaister Mines areas. Combination of pavement 40%, dirt road 30% and off road 30%.

Saturday, August 19. The Ultimate 65km Challenge Across the Highlands Plateau

08:00 a.m. From Bras d'Or Lakes campground transportation provided for participants and bikes to starting point.

09:00 a.m. North River. Start of the Challenge. Although some people, for their own sake, will be riding hard and fast, this ride is **not a race**.

4:00 p.m. Estimated time of arrival of the lead group in Grand Etang. Showers, refreshments provided.

6:00 p.m. Meal served to participants at the Community Centre.

7:30 p.m. Transportation of participants and bikes back to Baddeck.

Sunday, August 20. Crowdis Mountain Ride.

09:00 a.m. Loop up to Crowdis Mountain. Down the narrow track on the north slope of the Baddeck Valley.

Fees

(Registration, transportation, food and refreshments at pit stops, showers and dinner.)

Before July 15, 2006 _____ \$60.

July 16 to August 15, 2006 _____ \$65.

Registration deadline: August 15. (maximum 60 participants)

Cancellation fees: \$0.00 before July 15, \$5. from July 16 to Aug. 15. After Aug 15, \$20.

Mail to: Velo Cape Breton
53, Petersfield Crt,
Sydney, NS B1R 2J7

(Over)

WAIVER, RELEASE & INDEMNITY

I, (print name)-----understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and BMX racing, involves the possibility of injury or death.

2. I accept these risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence or negligent rescue by those associated in any way with the Canadian Cycling Association events and programs I may be involved in, the venues at which these events and programs take place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").

3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.

4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.

5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against Canadian Cycling Association, and all other Releasees from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.

6. I **AGREE NOT TO SUE** and I further agree **TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

I **HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY**. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

SIGNATURE: _____ DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnity the Releasees in the terms set out above.

I am aware that by signing this agreement I am waiving, substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE: _____ DATE: _____