

Cycle Across Oz

The Melbourne/Sydney/Melbourne Ride

2021

REGISTRATION FORM

Complete & email to cycleacrossoz15@hotmail.com
 or post to Cycle Across Oz, 58 Mentone Parade, Mentone Melbourne 3194.
 A separate form is required for **each person** and please ensure all sections
 are completed.

Name: _____ **D.O.B.** _____

Address: _____

Postcode: _____

Email: _____

Phone No: (H): _____

(Mob.): _____

Emergency contact (Not on ride).Name: _____

Phone: _____

Date	Itinerary	Days	\$AUD
Feb 21st 2021 to March 10th 2021	Melbourne to Sydney	18	2475.00
March 13th 2021 to March 30th 2021	Sydney to Melbourne	18	2585.00
Feb 21st 2021 to March 30th 2021	Both Stages Melbourne to Melbourne	38	Base rate = 5060.00 Discounts will apply * see below

**If 3 or more riders book at the same time then they will all receive a 10% discount on the total price.*

Non-refundable deposits of \$300 must be paid to ensure booking.

I enclose the non-refundable registration deposit of \$300.00

Method of payment (Overseas payments must all be in Australian Dollars)

- Cheque/money order (payable to Collis Ivey)
- Electronic bank transfer in Australian dollars
(Contact Cycle Across Oz for bank details)

All prices are in AUD\$.

A deposit of AUD\$300.00 will secure your place on the ride unless sold out prior.

Total balance is due by end of January 2021. We will accept instalments but must be completed by 31st December 2020.

Should an entrant cancel his/her entry before the commencement of the Cycle Tour, he/she may be entitled to a refund.

- **Less than 28 days prior to commencement- no refund.**
- **More than 28 days prior to commencement- 50% refund plus loss of \$300.00 deposit.**

Inclusive in price.

- Camping accommodation.
- Some meals (refer to itinerary).
- Food boxes and cooking implements.
- Morning & afternoon tea supplies.
- Support vehicles with cool boxes (esbies/chilly bins/refrigeration).
- All gear carried in vehicle **up to 20 kgs per rider.**- 15 kgs for clothing and 5 kgs for camping equipment. **No suitcases, no bike bags or boxes.**
- One emergency bicycle.
- Limited bicycle spares.
- Bicycle repair tools.

You must supply.

- Most meals- we provide a food container for dry foods.
- Bike and camping equipment (see suggested equipment list).
- Bicycle spares (tube, tyre, cable, tube repair kit)
- Adequate travel insurance.
- Bicycle safety equipment which **must** include a mirror & flashing rear light (USB).
- If riders wish to upgrade their accommodation then this is at their **own expense. No rebate will be given.**
- Opal (NSW) and Myki (Victoria) transport cards. Assistance will be provided for interstate and overseas riders living outside these two states.

Terms and Conditions for the 2021 Ride:

Health and Fitness Requirements

Riders must be at least 18 years or older on the day of commencement of the ride.

Participants must be in good health and physical condition and are strongly advised to follow a pre-departure fitness training schedule- see suggestions on website www.cycleacrossoz.com.au.

The medical questionnaire to be completed by you or your doctor and returned to us as proof that you are fit enough to participate in the ride.

All riders must complete, sign and return to Cycle Across Oz the requisite medical questionnaire at least 30 days before the departure of the ride. The rides do go through remote areas where there is little or no access to normal medical services or hospital facilities for serious problems. Where necessary, evacuation can be prolonged, difficult and costly. ***Medical and evacuation expenses will be the responsibility of the participant.*** Cycle Across Oz reserves the right in its absolute discretion to refuse a participant the right to participate in the ride on medical or fitness grounds.

Medical disclosure

You declare and warrant that:

- you are in good health with mental and physical fitness at the time of registering for this ride
- you have disclosed to Cycle Across Oz every matter concerning your health and mental and physical fitness of which you are aware, or ought reasonably be expected to know, which is relevant to Cycle Across Oz's decision to permit you to go on the ride
- immediately upon any adverse change in your health or fitness you will notify Cycle Across Oz in writing of any such adverse change.

Signature:

Date:

MEDICAL INFORMATION FORM

(CONFIDENTIAL)

1. Do you have private health insurance

(recommended)

Yes No

Name of fund

Contribution number

2. Do you have Travel Insurance (**Highly** recommended)

Yes

No

Overseas riders to attach copy of Insurance.

Name of Insurer

Contribution number

3. Do you have ambulance cover

Yes

No

(Recommended)

Inscriber number

Medicare number

Expiry date: ___/___

(Australian riders only)

Emergency contact person and contact number (please supply 2 persons)

1st contact

2nd contact

Please list any relevant medical conditions.

Do you suffer from the following conditions? Circle

Heart disease Yes No

Diabetes Yes No

Epilepsy Yes No

Asthma Yes No

If Yes for any of the above, what is your current treatment prescribed:

Please list any food or medication allergies:

Circle if applicable: Vegetarian- Vegan- Gluten Free- Lactose Intolerance

Disclaimer

Persons entering the 2021 The Melbourne/Sydney/Melbourne Ride must agree to the following:

- I understand that cycling on public roads is a potentially hazardous activity and I will take all necessary precautions to ensure my own safety. Cycle Across Oz requests that all cyclists **wear bright clothing** whilst riding.
- I attest that I am physically fit and that my bike will be in a sound mechanical order prior to undertaking the event.
- During this event I agree to wear a cycling helmet, abide by the directions of police and ride organisers and ride with care and consideration of others on the road. I will obey all Australian Road Rules.
- I release Cycle Across Oz, its owners and 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 Cycle Across Oz, its owners or agents in relation to the event.
- I also accept responsibility and release Cycle Across Oz from all liability for claims for damages for injury loss or damage of whatsoever kind by any other person or corporation as a result of any act of omission whether negligent or otherwise on my part.
- I have also read, understood, and agree to abide by, the Terms and Conditions of entry for the 2021 The Melbourne/Sydney/Melbourne Ride. I have read and understood the Safety Recommendations suggested by Cycle Across Oz and will adhere to them. I acknowledge having read this Waiver Agreement, fully understood it's terms and sign freely and voluntarily without any inducement.

Name (please print):

Signature:

Witness name (please print):

Witness Signature:

Date:

Photocopy, keep one copy & post original to:

*Cycle Across Oz
c/o Collis Ivey
58 Mentone Parade. Mentone 3194*

Code of Conduct (Must be signed and forwarded to Cycle Across Oz)

1.1 The entry fee will be refunded if the rider is unable to participate in the Cycle Tour due to death or hospitalisation prior to the commencement of the ride. There is no refund if a rider decides to cancel their participation in the ride.

1.2 The Cycle Tour will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety or less than 10 riders participating. All changes to itinerary is at the discretion of the organisers and their decision will be final.

1.3 Riders consent to the use of all photographic or video material (may include internet) pertaining to their participation in the Cycle Tour made by the organisers or their assignees during any activity deemed to be part of the Cycle Tour at any time in the present or future.

1.4 The organisers reserve the right to refuse any person's participation on the ride due to safety reasons and inappropriate behaviour towards other riders or the organisers.

1.5 Every rider shall ride carefully and with due regard to the safety of other cyclists and other road users.

1.6 Bright clothing must be worn at all times on bicycles. There are to be no blue, black, grey or brown tops worn on these tours. A working rear flashing light to be on display at all times during the day and night.

1.7 Every rider shall wear a bicycle helmet with the strap securely fastened under his/her chin.

1.8 Every rider must have a workable mirror either attached to a helmet or the bike at all times throughout the tour.

1.9 A rider may use a personal music system, e.g. iPod, but must have it at a volume where they are able to hear the traffic and be aware of their surrounds.

1.10 A rider shall not use foul or offensive language or make offensive, indecent or inappropriate gestures towards other riders or organisers.

1.11 When seeking a toilet in the bush or at tea breaks and an appropriate facility is not available then all riders must toilet discreetly away from the group.

1.12 A rider shall not dispose of any litter along the Cycle Tour course except in refuse bins.

1.13 A rider shall provide reasonable assistance to any other rider involved in an accident while participating in the Cycle Tour.

1.14 Any medical or emergency evacuation costs incurred during the ride will be for the cost of the rider.

1.15 Each rider attends, enters and/or participates in the event entirely at his/her own risk. Travel insurance and ambulance cover must be at the cost of the participant.

1.16 Each rider is obliged to strictly adhere to all applicable rules, directives and instructions of the organisers.

1.17 Each rider must adhere to the appointed camping area allocated to the cycle tour and if they choose to camp out of this area, they will incur all extra costs.

Signature of rider:

Date

Suggested Equipment

As we are limited for room, it is important that you keep equipment to a minimum.

Cycle Across Oz will only carry a maximum of 20 kgs per rider and we suggest 15 kgs clothing and 5 kgs camping equipment. This does not include the bicycle. All luggage over this limit will be posted home at your expense or will be carried by the rider on his bike.

Essential items are:

Multi tool

Patch kit and spare tyre, 2 tubes, spare cables, spokes and nipples.

Bike lock & pump

HELMET- must be worn in Australia whilst riding.

Minimum of 2 water bottles.

Tent - no bigger than 2-3 man tents.

Sleeping mat self inflating (no lilo permitted) & sleeping bag

Crockery & cutlery for one

Insect repellent & sunscreen

Clothing & toiletries

All bicycles must be fitted with a mirror or helmet mirror and flashing rear light (USB style).

Clothing to be contained in one bag and camping equipment may be loose in separate bags. If using panniers, no more than two will be carried in vehicle.

No bicycle boxes, bags or cases will be carried by Cycle Across Oz.

Safety Recommendations

Riders MUST have:

1. Flashing rear lighting mandatory. Front lighting optional as we do not allow riding in the dark.
2. Bright coloured clothing & bike helmet must be worn at all times whilst cycling.
3. Riders must ensure they remain hydrated at all times and ride no more than 2 abreast.
4. Riders must be aware that road trains use these highways and it is recommended that riders must take necessary precautions to ensure their own safety.
5. Safety mirrors - no mirror, no riding.
6. All bicycles should be in first-rate mechanical order. If the bike is over 5 years old, all cables should be replaced, this is not too expensive but can be if left unattended. Worn chains and cassettes & brake blocks should also be replaced. Book in to your local bike shop for last minute maintenance. A limited supply of spares are available & spare bike carried in the event of a total breakdown.

Typical Riding Day (90 kms)

Wake up to the sound of birds or other riders preparing for the day ahead with zipping and packing up of tents.

Shower (if wanting or if shower available) and dress in riding clothes.

Collis will come around with plunger coffee some mornings- get in early.

Make your breakfast and prepare your snacks for the day.

Somewhere amongst this you will pack up your tent and clothing and place next to the truck or trailer ready for loading.

A briefing will be held in the morning at an allocated time and all riders are to attend. All routes, meal break times/locations will be discussed and expected arrival times given.

You will ride off with a group or solo- this is your choice. Just make sure you say goodbye to the organisers so they know what time to expect to see you throughout the day.

Ride following the directions provided at the briefing.

Morning tea has an allocated time usually around the 30-40 km mark and if a rider has not arrived within the times allocated then we will go back and look for them and see if assistance is required. Kathy provides a morning tea with an array of different snacks trying to cater to all tastes. Collis ensures we have sufficient hot water for tea or instant coffee. Coffee cups are provided and carried by CycleXOz. This tour we will be attempting to include local delicacies when available at morning teas. Morning tea or lunch breaks could be at a cafe or a park or just on the side of the road. It all depends on what is available for that day. Your food boxes and the eskies are accessible throughout the day.

Lunch will be at an allocated time and generally about the 60-70 km mark. Lunch is your responsibility and as stated all foods will be carried in the truck and accessible to all riders. We will stop at cafe's if available.

The riding day will usually finish around 1-2 pm, so this gives you plenty of time to choose the best spot to put up your tent in the allocated area. Shower again if available and tour the town/area we have arrived at. Check out the food providing facilities, work out what you will be doing for dinner and do any shopping that may be necessary.

The riders usually go to bed early and aren't usually night owls.