

CAPE ARGUS PICK N PAY CYCLE TOUR – 11 March 2012

ENTRY FORM



NAME OF CHARITY.....

- A form must be completed for each person entering, including tandem partners.
- Fields marked with an asterisk * are compulsory.
- Please write clearly. Photocopies are accepted.
- Don't forget to sign the indemnity at the end of the form.
- Any queries, please contact the organisers on 021 681 4333 or info@cycletour.co.za

PERSONAL DETAILS

REFERENCE NUMBER (office use only)	
*SURNAME	
*FIRST NAMES IN FULL	
*PREFERRED FIRST NAME (To display on correspondence and results)	
*GENDER	
*IDENTIFICATION TYPE	<input type="checkbox"/> SOUTH AFRICAN ID <input type="checkbox"/> NON – SA ID <input type="checkbox"/> PASSPORT
*ID OR PASSPORT NUMBER	
*NATIONALITY (E.G. SOUTH AFRICAN)	
*DATE OF BIRTH (YYYY/MM/DD)	
RACE (For statistical purposes)	<input type="checkbox"/> BLACK <input type="checkbox"/> COLOURED <input type="checkbox"/> INDIAN <input type="checkbox"/> WHITE

CONTACT DETAILS

Please supply at least one contact telephone number

TELEPHONE (HOME)	CODE	NUMBER
TELEPHONE (WORK)	CODE	NUMBER
TELEPHONE (CELL)	CODE	NUMBER
TELEPHONE (FAX)	CODE	NUMBER
EMAIL ADDRESS (Our preferred method of communication with you)		
*COUNTRY		
*ADDRESS		
*SUBURB/CITY		
*PROVINCE		
*POSTAL CODE		
ADDRESS TYPE	<input type="checkbox"/> POSTAL ADDRESS <input type="checkbox"/> PHYSICAL ADDRESS	

MEDICAL DETAILS

*EMERGENCY CONTACT NAME (Preferably a person not riding the Cycle Tour) AND THEIR RELATIONSHIP TO ENTRANT	
*EMERGENCY CONTACT PERSON'S TELEPHONE NUMBER (including dialling code)	
MEDICAL AID NAME	
MEDICAL AID MEMBERSHIP NUMBER	
MEDICAL AID MAIN MEMBER	
SPECIFY ANY ALLERGIES (That medical staff would need to know in case of emergency)	
CURRENT CHRONIC MEDICATION	
SPECIFY ANY MEDICAL CONDITIONS/DISABILITIES	

MEDICAL HISTORY

Please tick the boxes that apply to you.

- | | |
|--|--|
| <input type="checkbox"/> Organ Supplementation/Replacement | <input type="checkbox"/> Joint Supplementation/Replacement |
| <input type="checkbox"/> Heart Problems | <input type="checkbox"/> Blood pressure problems |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Cholesterol |

RACING CATEGORY

Please see "Definitions of Racing Categories" on page 3.

*PLEASE SELECT THE CATEGORY IN WHICH YOU WOULD LIKE TO PARTICIPATE	<input type="checkbox"/> INDIVIDUAL (normal bicycle) <input type="checkbox"/> TANDEM (bicycle for two) <input type="checkbox"/> HAND CYCLE (bicycle powered by the arms)
	If your category is not listed above, please see the definitions list on Page 3.

TANDEMS

TANDEM CO-RIDER'S NAME	
TANDEM CO-RIDER'S ID OR PASSPORT NUMBER	
DO YOU WISH TO ENTER THE BLIND TANDEM CATEGORY?	<input type="checkbox"/> YES <input type="checkbox"/> NO

TIMING**RaceTec Timing Chip - R110 (incl. VAT)**

It is a timing chip: Wear the chip around your ankle or mounted to your wheel when you participate in any race timed by RaceTec to receive accurate race results. No chip; no time!

It stores important details: Your RaceTec chip stores (and provides us real-time access to) all your personal info, from address and next-of-kin details to all your medical (and medical aid) details, which is of vital importance in case of an emergency on race day.

If you don't already own a RaceTec (or old Winning Time) chip, then you will need to purchase one. You can do so on the RaceTec website www.racetec.co.za.



Includes a wheel mount

RACETEC / WINNING TIME CHIP NUMBER	
I HAVE PURCHASED A CHIP BUT DO NOT KNOW THE NUMBER YET	<input type="checkbox"/> YES

DEFINITIONS OF RACING CATEGORIES

INDIVIDUAL: This group is for regular bicycles. We seed approximately 50% of the entire field. You are seeded on index which equates to your best finishing time in any one or more of the seeding events relative to the winner's time. The winner's time of certain events is adjusted, taking into account the degree of difficulty of the course and quality of the field. If you do not qualify for seeding and are a member of PPA (formerly WPPPA) you will automatically be placed in the PPA category. Similarly, non-PPA members will be placed in the Open category.

TANDEM: The top 10% of all tandems entered will be seeded into the Racing Tandem group. Seeding is calculated as an average between both riders. Cyclists who do not qualify for the racing tandem category but whose average index qualifies them for groups E to M will start in the group for which they qualify. The remaining tandems will be split into two social tandem groups, starting in groups N and FF respectively.

HAND CYCLES: A hand cycle is a bicycle powered by the arms rather than the legs. Most hand cycles are tricycle in form, with two coasting rear wheels and one steerable powered front wheel.

RACING GROUPS: All participants are regarded as licensed for the 2012 Cape Argus Pick n Pay Cycle Tour. Age group categories (i.e. Elite, Sub-Vets, Vets, Masters and Ladies) with sufficient depth of top riders based on index will have their own start group. The top 50 female cyclists will be invited to participate in the ladies invitational race and will be notified of their start time closer to the event date. All other individual entrants will be placed in seeded groups according to their index. If you wish to ride in one of these categories, select INDIVIDUAL from the drop down box above.

RECUMBENTS: A recumbent is a variety of bicycle which places the rider in a seated or lying position. The back of the rider is supported, and the rider's legs extend forward to pedals that are at about the same height as the seat. If you wish to ride in this category, select "Individual" and then forward a photo or drawing of your recumbent, along with a description, to info@cycletour.co.za. Recumbents will start in the seeded group for which they qualify.

Results for the following 2011 events are used for seeding:

Herald VW Tour (105 km) - Port Elizabeth
 Reeds Chevrolet Ninety Niner (108 km) – Durbanville, Cape Town
 Dischem Ride for Sight (116 km) - Boksburg
 Daily Dispatch / Felt Cycle Tour (100 km) - East London
 Cape Argus Pick n Pay Cycle Tour (110 km) - Cape Town
 Mountain 2 Mountain (106 km) - Tzaneen
 Dome 2 Dome Cycling Spectacular (98 km) - Johannesburg
 Kumba Iron Ore Classic (105 km) - Upington
 Rand Water Race for Victory (101 km) – Johannesburg
 Amashova Durban Classic (106 km) - Durban
 Bestmed Jacaranda Satellite Classic (97 & 114 km)
 MTN OFM Classic (99 km) - Bloemfontein
 Momentum 94.7 Cycle Challenge (97.4 km) – Johannesburg
 Die Burger Cycle Tour (92 km) - Stellenbosch, Cape Town

TERMS AND CONDITIONS OF ENTRY – CAPE ARGUS PICK N PAY CYCLE TOUR ("CYCLE TOUR")**1. ENTRY REQUIREMENTS**

- 1.1 To compete in the Cycle Tour, riders must in the year of the event turn:
 - 1.1.1 13 (thirteen) years old; or
 - 1.1.2 11 (eleven) years old if riding on the back of a tandem with an adult.
- 1.2 The entry fee will be refunded if the rider is unable to participate in the Cycle Tour due to death or hospitalization.
- 1.3 Should an entrant cancel his/her entry before the closing date of the Cycle Tour, he/she shall be entitled to a refund of the entry fee subject to deduction of a reasonable cancellation fee, having regard to the length of notice of cancellation given by the entrant and the potential of the organisers to find an alternative entrant before the entry closing date.
- 1.4 If entrants are unable to take part in the event and wish to have their entry substituted, they may ask the substitute rider to reimburse them but they may not ask for more than what they originally paid for their entry. The substitute rider must pay an additional entry fee. Riders must ensure that the substitute rider follows the correct substitution procedure which is found at www.cycletour.co.za. If the correct procedure is not adhered to and the substitute rider is found riding illegally, both parties could be sanctioned.
- 1.5 The Cycle Tour will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. In this event, entry fees are not refundable.
- 1.6 Communication on Cycle Tour related matters will be done by e-mail or SMS. It is each entrant's responsibility to keep their contact details up to date by contacting the organisers on info@cycletour.co.za .
- 1.7 Riders consent to the use of all photographic or video material 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 and other official Lifecycle Week activities at any time in the present or future.
- 1.8 The organiser reserves the right to refuse any person's entry, or cancel any person's entry up to the day before the Cycle Tour. In that event the person's entry fee will be refunded.

2. RULES FOR THE CYCLE TOUR

- 2.1 Every rider may only walk or ride a human powered vehicle.
- 2.2 Every rider shall ride carefully and with due regard to the safety of other cyclists and other road users.
- 2.3 Every rider shall wear a bicycle helmet with the strap securely fastened under his/her chin.
- 2.4 Every rider shall immediately comply with the instructions of a Cycle Tour marshal and/or a traffic officer.
- 2.5 Every rider shall provide information requested by any Cycle Tour marshal immediately.
- 2.6 Every rider shall keep as far to the left of the road surface as is safe having regard to the circumstances and conditions.
- 2.7 Every rider shall at all times display his/her race number legibly and ensure it is pinned on to the back of his/her shirt.
- 2.8 Every rider shall identify him/herself and give his/her address on request to a Cycle Tour marshal and to any other rider requesting such information after a collision or race incident.
- 2.9 A rider shall not ride a bicycle fitted with triathlon, time trial or "Spinachi"-type bars and the organisers reserve the right to disallow the use of certain types of bladed wheels that are considered unsafe. The list of unsafe wheels will be published on the Cycle Tour website at www.cycletour.co.za.
- 2.10 Every rider shall ride the full Cycle Tour course or retire if he/she does not complete the full Cycle Tour course.
- 2.11 Riders are required to complete the Cycle Tour course within 7 (seven) hours to be awarded a result and finishing certificate unless the race organisers determine otherwise on the day of the event. This time is calculated from the time the rider's group crosses the start line. For riders' safety and in line with the requirements of the City of Cape Town a number of cut off points have been established along the route. Times and locations of these cut off points will be available on www.cycletour.co.za prior to the event date. If riders reach a cut-off point at the specified time, they will not be permitted to continue on the route and the rider and his/her bicycle will be removed from the course and transported back to the finish line. The Cape Town Cycle Tour Trust have been granted exclusive rights to utilize the course road space for the duration of the event by the City of Cape Town and until such time that the roads have been reopened by the City of Cape Town's Traffic department, the Cape Town Cycle Tour Trust will have full control of the Cycle Tour route. Any rider found on the route after the cut off time, will face disqualification.
- 2.12 A rider may not use a personal music system, e.g. iPod, or a radio communication device, including a cellular phone, whilst riding, except that members of professional teams may use a radio communication device if in accordance with UCI rules and regulations which can be found at www.cyclingsa.com
- 2.13 A rider must participate with a timing identification and shall not ride with another rider's number or timing identification without adhering to the substitution procedure referred to in clause 1.4 above. A person who has entered shall not give his/her number and/or timing identification to another person to use.
- 2.14 A rider shall not use foul or offensive language or make offensive, indecent or inappropriate gestures.
- 2.15 A rider shall wear clothing appropriate for a family event at all times.
- 2.16 A rider shall not dispose of any litter along the Cycle Tour course except in refuse bins.
- 2.17 A rider shall not smoke on the route during the Cycle Tour, except at a designated smoking area where provided.
- 2.18 A rider may not start or attempt to start before his/her designated start group. Any rider who does so may be disqualified.
- 2.19 A rider shall complete the Cycle Tour course with his/her own effort and shall not receive any assistance in this regard other than drafting behind another rider or riders participating in the Cycle Tour.
- 2.20 A rider shall not ride in reverse direction on the route, even after finishing.
- 2.21 A rider shall not ride the Cycle Tour course a second time after finishing unless he/she has obtained the permission of the organiser and complied with all requirements for such permission.
- 2.22 A rider shall provide reasonable assistance to any other rider involved in an accident while participating in the Cycle Tour.
- 2.23 A rider shall be responsible to other riders for the proper control of his/her bicycle.
- 2.24 Elite, Ladies and veteran group riders shall in addition comply with all applicable UCI rules and regulations which can be found at www.cyclingsa.com
- 2.25 A rider may not participate whilst under the influence of alcohol or any drug or medication that prevents or might prevent a rider from properly controlling his/her bicycle.
- 2.26 Any rider who has been suspended or banned from participating in the current Cycle Tour for any reason may not participate in the Cycle Tour.
- 2.27 Elite, Ladies and Veteran group riders may not use performance enhancing drugs. A rider is not subject to anti-doping testing, except that any rider may be tested for alcohol or drugs after an accident.
- 2.28 A rider shall not display on his/her bicycle, clothing and cycling equipment any writing, logo or item that is offensive or that may bring the Cycle Tour into disrepute, as determined by the Cape Town Cycle Tour Trust.
- 2.29 A rider who is informed by a Cycle Tour marshal that his/her conduct may lead to him/her being disqualified shall immediately slow down and cease to ride the course.
- 2.30 Any reasonable medical or emergency evacuation costs incurred on behalf of a rider by the Cycle Tour will be for the cost of the rider.

3. SANCTION FOR CONTRAVENTION OF THE RULES

- 3.1 Every rider entering the Cycle Tour consents to his/her name and/or number being publicly displayed and publicised (including on the internet) in the event that he/she is disqualified.
- 3.2 A rider may be disqualified summarily without a hearing by any one or more of the following persons:
- 3.2.1 A trustee of the Cape Town Cycle Tour Trust;
- 3.2.2 Any other person authorized by the Cape Town Cycle Tour Trust.
- 3.3 Such summary disqualification may be done immediately or after the finish of the Cycle Tour.
- 3.4 In the event that a rider is aggrieved by a summary disqualification he/she may request in writing to the Cape Town Cycle Tour Trust within 3 (three) days of being informed of the summary disqualification to be reinstated. Such rider may supplement such a request for reinstatement in the event of him/her receiving further information at a later time. The tribunal appointed may extend this time on good cause shown.
- 3.5 Any such request for reinstatement shall be considered by a tribunal consisting of one or more people appointed for that purpose who may:
- 3.5.1 Take no action;
- 3.5.2 Reinstatement the person;
- 3.5.3 Order that further information be obtained.
- 3.5.4 Impose additional penalties including a fine of up to R1 000.00 (one thousand rand) and/or recommend to the Cape Town Cycle Tour Trust that the person shall not be eligible to compete in the Cycle Tour in future.
- 3.6 In addition, whether or not a rider has been summarily disqualified, the tribunal appointed for the purpose may, on notice to a rider by e-mail or other means of communication, call a hearing to determine whether a rider should be disqualified or another penalty imposed for a breach of the rules.
- 3.7 In the event of a disqualification, whether summary or after a hearing, a rider shall forthwith return any prize previously awarded to the rider and comply with any sanctions imposed.
- 3.8 The chairperson of the tribunal shall determine the procedure to be followed at any hearing, including whether a hearing shall be conducted on written evidence and representations only or also an oral hearing, and the nature of evidence (including hearsay) to be allowed. A rider shall not be entitled to legal representation at such a hearing, except with the permission of the chairperson of the tribunal. The tribunal shall make decisions on a balance of probabilities.

3.9 An appeal to the trustees of the Cape Town Cycle Tour Trust (**the "Trustees"**) **may be made in writing within 3 (three) days after the tribunal has delivered its decision.** The Chairperson of the trustees shall determine the procedure to be followed for such appeal.

4. LIMITATION OF LIABILITY

4.1 Each entrant warrants that he/she has not been suspended or banned from participating in the Cycle Tour.

4.2 Each rider acknowledges the **risks and hazards**, which exist in an event of this nature.

4.3 Each rider attends, enters and/or participates in the event entirely at **his/her own risk.**

4.4 Each rider is obliged to strictly adhere to all applicable **rules, directives and instructions** of the organisers and the trustees of the Cape Town Cycle Tour Trust in respect of the event.

4.5 Each rider accepts that the Cape Town Cycle Tour Trust, its trustees, the organisers and all other affiliates (hereinafter referred to as ENTITIES) accept **no responsibility or liability** for and agree to **indemnify** ENTITIES from and against, any loss, damage, injury, disability, death, expense, cost or liability of whatsoever nature suffered by the rider, his/her estate and/or his/her dependants which in any manner, in whole or in part, arise directly or indirectly from his/her participation in the event or any of the activities associated therewith or incidental thereto, use of facilities and/or amenities or by reason of defective material or equipment or by way of any human or mechanical error, default or failure or from any other cause whatsoever **except** upon proof that such loss, damage, injury, disability or death, expense, cost or liability was due to the negligence of any or all of the above named ENTITIES in which event ENTITIES potential liability shall be limited to any claim which falls within the ambit of and indemnity limits of ENTITIES respective insurance policies.

5. SEVERABILITY

If one or more of these terms are found to be unenforceable, such term shall be deemed to be severable from the remainder of the terms and the remaining terms shall in all other respects remain in full force and effect.

LIMITATION OF LIABILITY AND INDEMNITY

Conditions of Entry and Participation in the Cape Argus Pick n Pay Cycle Tour (hereinafter referred to as "EVENT")

I hereby unconditionally accept and agree to bind myself to the terms and conditions set out hereunder.

1. I acknowledge the risks and hazards, which exist in a venture of this nature.

2. I am attending, entering and/or participating in the EVENT entirely at my own risk.

3. I am obliged to strictly adhere to all applicable rules, directives and instructions of the Cape Argus Pick n Pay Cycle Tour in respect of the EVENT.

4. I accept that the Cape Town Cycle Tour Trust, its trustees, Pedal Power Association, Rotary Club of Claremont, participating Rotary Clubs, Entilini Concession (Pty) Ltd, Entilini Operations (Pty) Ltd and other involved organisations and all employees, agents or contractors of the above (hereinafter referred to as ENTITIES) accept no responsibility or liability for and agree to indemnify ENTITIES from and against, any loss, damage, injury, disability, death, expense, cost or liability of whatsoever nature suffered by myself, my estate and/or my dependants which in any manner, in whole or in part, arise directly or indirectly from my participation in the EVENT or any of the activities associated therewith or incidental thereto, use of facilities and/or amenities or by reason of defective material or equipment or by way of any human or mechanical error, default or failure or from any other cause whatsoever except upon proof that such loss, damage, injury, disability or death, expense, cost or liability was due to the negligence of any or all of the above named ENTITIES in which event ENTITIES potential liability shall be limited to any claim which falls within the ambit of and indemnity limits of ENTITIES respective insurance policies.

Should the participant be younger than 18 years, a legal guardian will be required to sign a printed copy of this indemnity when collecting the race number for this event.

Should you be entering on behalf of others, you hereby declare that you have been duly authorised to accept this on behalf of those you are entering.

I do hereby acknowledge and confirm that I have read the contents and have fully acquainted myself therewith and understand the meaning and effect of this "Limitation of Liability and Indemnity".

By entering, I confirm that I understand the above information and I have exercised my choice voluntarily and the clauses as indicated in bold and underlined, have been drawn to my attention and that I have had adequate opportunity to read and understand the terms and conditions and that I understand and agree to be bound by them.

Signature:.....Date:.....

Name & Surname of entrant:.....

Signature of Guardian (if under 18 years of age):

Name & Surname of Guardian:.....