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Last Name

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First Name

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Date

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Street

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City

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Postal Code

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Phone

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Email

## Niagara Cycling Clubs Alliance (NCCA) – Canada 150 Ride – July 2<sup>nd</sup> 2017

### Registration Fee \$20 cash per person

Please complete registration form and waiver(s) and deliver, **before June 18<sup>th</sup> with cash payment** to either:

**Bikefit** – 184 Scott Street, St Catharines or

**Klein Developments** - 6279 Huggins Street, Niagara Falls

**Venue: White Meadows Farms** - 2519 Effingham St., Pelham, ON, L2R 6P7

7:30 am – Registration opens

8:30 am – 100 km start time

9:30 am – 50 km start time

10:00 am – MTB ride start time

**Please arrive at least 1 hour before your start time.**

7:30 am Expo and Demo area opens

12:00 to 1:30 pm - Post ride buffet provided by The Smokin' Buddha

Lunch followed by **prize draws** and Canada 150 Birthday Cake and party!

### Important Rider Safety and Event Information:

1. This event is not a race. Ride at a pace that will keep you and your fellow riders safe.
2. The course is open to traffic, without marshals. Traffic laws and trail rules must be obeyed.
3. To allow for passing vehicles, limit groups to two riders wide and keep as far to the right as is safe to do so.
4. Each rider is responsible for their own safety. Ensure your bicycle is in safe working condition and ride with a group that is within your ability.
5. Peloton/bunch riding is unlawful, and will not be tolerated.
6. Routes will be clearly marked with ride leader and sweep support.
7. Ride only on marked routes to allow for quick emergency and/or support response.
8. St. John Ambulance and Rider Support phone numbers will be provided on event day.
9. Helmets are mandatory, a bell is required under the Ontario HTA, and a flat repair kit is highly recommended.
10. Apply safe group riding skills by being predictable, communicating your intentions, and pointing out road hazards.
11. Plenty of free parking is available; please follow signs and attendant instructions.
12. We suggest you bring lawn chairs, and sun protection to enjoy the post ride festivities.
13. Pets, smoking, and alcohol are not permitted on White Meadows Farms property.

Please visit our website <http://www.niagaracca.org/> for updated information, ride maps, and instructions to get the most out of your Canada Day Celebration ride.

See you July 2nd!

NCCA Ride Committee

**Amici per la Vita Niagara CC – Bikefit Sunflowers – Energy CC – Forza Niagara**

**Niagara Freewheelers Bicycle Touring Club – Shorthills CC – St Catharines CC**

**CANADIAN CYCLING ASSOCIATION**  
**WAIVER, RELEASE and ASSUMPTION of RISK AGREEMENT**  
*(FOR ADULTS OVER THE AGE OF MAJORITY i.e. over 18 in Ontario)*

**WARNING!**  
**By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement. Please read carefully.**

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) **and** Ontario Cycling Association and its member clubs, the undersigned being the Participant acknowledges and agrees to the following terms:

2. The Canadian Cycling Association (operating as Cycling Canada) **and** Ontario Cycling Association and its member clubs, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of cycling and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization, or caused in any manner by the Organization, including without limiting the foregoing, by the negligence of the Organization.

3. I am participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of my participation in the sport of cycling and the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that I may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- a) The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross;
- b) Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups;
- c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
- d) Mounting, dismounting or falling off a bicycle;
- e) Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces;
- f) Physical contact with other participants (including those engaged in the programs, activities and events support);
- g) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment;
- h) Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles;
- i) Road conditions, terrains and vehicular traffic while cycling;
- j) Failure to stay within the designated course area;
- k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
- l) Spinal cord injuries which may render me permanently paralyzed; and/or
- m) Travel to and from events.

4. Furthermore, I am aware:

- a) That injuries sustained can be severe;
- b) That I may experience anxiety while challenging myself during the sport of cycling and the activities, events and programs;
- c) That my risk of injury is reduced if I follow all rules established for participation; and
- d) That my risk of injury increases as I become fatigued.

5. In consideration of the Organization allowing me to participate, I agree:

- a) That my physical condition has been verified by a medical doctor to participate in the sport of cycling and in the activities, events and programs of the Organization;
- b) That the rules of participation must be followed and that the sole responsibility for my safety remains with me, including physical and emotional preparation and fitness;
- c) To discontinue participation if I sense or observe any unusual hazard or unsafe condition; or feel unable or unfit to safely continue;
- d) To ASSUME all risks arising out of, associated with or related to my participation;
- e) To WAIVE any and all claims that I may have now or in the future against the Organization;
- f) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
- g) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any duty of care of the Organization.

6. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

**[By signing below, you agree to be bound this Agreement.]**

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date of Birth

Club Name: Forza Niagara & St Catharines CC

\_\_\_\_\_  
Signature of Participant  
4401639.2

**CANADIAN CYCLING ASSOCIATION**  
**INFORMED CONSENT, INDEMNITY and ASSUMPTION of RISK AGREEMENT**  
*(FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18 in Ontario)*

**WARNING!**  
**By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement. Please read carefully.**

Participant's Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) **and** Ontario Cycling Association **and** its member clubs, the undersigned, being the Participant **and** the Parent/Guardian of the Participant (each a "Party" and collectively the "Parties") acknowledge and agree to the following terms:

2. The Canadian Cycling Association (operating as Cycling Canada) **and** Ontario Cycling Association **and** its member clubs, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Party during, or as a result of, the sport of cycling, and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization.

3. The Participant is participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of participation in the sport of cycling and the programs, activities and events of the Organization, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that the Parties may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from: a) The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross; b) Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups; c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts; d) Mounting, dismounting or falling off a bicycle; e) Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces; f) Physical contact with other participants (including those engaged in the programs, activities and events support); g) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment; h) Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles; i) Road conditions, terrains and vehicular traffic while cycling; j) Failure to stay within the designated course area; k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia; l) Spinal cord injuries which may render the Participant permanently paralyzed; and/or m) Travel to and from events.

4. Furthermore, the Parties are aware: A) That injuries sustained can be severe; B) That the Participant may experience anxiety while challenging himself or herself during the sport of cycling and the activities, events and programs; C) That the Participant's risk of injury is reduced if he or she follow all rules established for participation; and D) That the Participant's risk of injury increases as he or she becomes fatigued.

5. In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Participant's physical condition has been verified by a medical doctor to participate in the sport of cycling and the activities, events and programs of the Organization;
- b) That the Parties have assessed the Participant's ability to participate appropriately and safely in the sport of cycling and the activities, events and programs of the Organization;
- c) That the rules of participation must be followed and that the sole responsibility for the Participant's safety remains with the Parties, including physical and emotional preparation and fitness;
- d) To remove the Participant if they sense or observe any unusual hazard or unsafe condition; or if Participant feels unable or unfit to safely continue;
- e) To ASSUME all risks arising out of, associated with or related to my participation;
- f) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
- g) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, and/or from any breach of contract.

6. I (Parent/Guardian) hereby indemnify and hold harmless the Organization from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Organization that may be made or initiated by, or on behalf of the Participant, arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Organization.

7. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

**[By signing below, you agree to be bound this Agreement.]**

\_\_\_\_\_  
Name of Participant (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Name of Parent/Guardian (Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

Club Name: Forza Niagara & St Catharines CC  
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