



Lions Club of Flinders Island Inc Lions Ride for Sight “Le Tour de Flinders” Participant Entry Form

The LIONS RIDE FOR SIGHT is a cycling event promoted by Lions International designed to engender a healthy lifestyle by means of cycling and to raise funds for research into preventable blindness in Australia.

Fees

The entry fee is \$25.00 per rider for road ride, \$20.00 per rider for mountain bike ride and \$40.00 for a family of 2 adults and 2 children aged 14 or under on the day of the ride. This entry fee includes the healthy BBQ at the end of the ride. Non-participants in the ride are asked to contribute \$10.00 for the BBQ.

Conditions of Entry

- The event is open to any person, although children under 14 will need to be accompanied by an adult during the ride.
- Persons under the age of 18 must have a parent or guardian’s signed consent.
- Persons 14 and over do not require a parent or guardian to accompany them on the ride.
- Riders acknowledge that cycling and participation in this ride may be a dangerous activity and involves inherent risks.



Riders agree that they are solely responsible for their own safety and where relevant, the safety of their child. Lions International accepts no responsibility for any injury, death, damage and/or loss that you or your child (where relevant) might sustain or incur during the ride howsoever arising.

You hereby release, indemnify and exempt Lions International and each of their representatives from all liability whether arising from negligence or otherwise in connection with you, or where relevant, your child's participation in the event.



Compliance with laws

During the ride you must comply with all State and Federal traffic laws, all directions issued by Police and all lawful directions issued by the organisers– Lions Club of Flinders Island Inc. You must

wear an Australian Standard cycling helmet at all times while you are riding your bicycle. You should ensure that your bicycle, including tyres are in roadworthy, safe and legal condition.

Preparation, Training, Health, Safety and other issues.

It is each rider's sole responsibility to ensure that they have adequately and appropriately prepared themselves physically and mentally for the ride. If you have any health issues or doubts about your health and subsequent ability to complete the ride you should seek appropriate medical advice.

By completing the rider entry form you agree that you are physically and mentally capable of participation in the ride and that you have the appropriate equipment and bicycle to participate in the ride. You also undertake that you have sufficient competence and experience to participate in the ride. If during the ride you become seriously ill or have an accident the Lions Club of Flinders Island will arrange transport to the Flinders Island MPC.



Common Sense

You must behave at all times in a safe and responsible manner throughout the ride and use common sense. You must exercise caution and ride courteously.

Route

Road Ride

The ride will commence at 9 am at Lady Barron and will follow the Lady Barron Main road towards Whitemark, turning right into Lackrana Road and then following Memana Road to Whitemark then onto Lady Barron Road finishing at “Wonderland” just past the turnoff to Yellow Beach. The total distance is approx. 80kms. An alternative ride will commence from Bakery Park in Whitemark and conclude as above. The distance of this ride is approx. 26 km. This ride will join riders undertaking the full circuit. This year’s ride will take place on Sunday 7th March 2021.

Mountain Bike Downhill Family Adventure will commence at Vinegar Hill for a 5km downhill fun ending at Wonderland.

Rest/Drink Stations

A number of rest/drink stations will be strategically placed along the route and manned by the Lions Club with fruit/sweets provided. Participants are encouraged to pre-plan their own food and drink requirements and leave these with a member of the Lions Club so that they are available for pickup when you pass that spot.



Sag Wagon

A trailing support vehicle for riders (Sag Wagon) will be provided by the Lions Club of Flinders Island. This vehicle will travel behind the last rider to provide support for unexpected failure to complete the ride and will

return any riders to Lady Barron.

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Full Name: _____

Address : _____

Date of birth if under 18: _____

Entry Fee (See note re. entry fee Page 1)

Acknowledgement on Entry Form

I understand that participation in this ride is subject to the Conditions of entry as detailed and by signing this entry form I acknowledge that I have read these conditions and accept them unreservedly.

Signed: _____

Signature of Parent or Guardian If Rider Is Under 18:

Please return form and fees to Debbie Steer c/o Flinders Island Post Office TAS 7255 or email dsteer4@gmail.com
Please call Debbie on 0477 015 068 if you would like more information.