



## CAPE ARGUS PICK N PAY CYCLE TOUR ENTRY FORM – 14 March 2010

NAME OF CORPORATE BOND.....

- 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 021 685 6551 or [info@cycletour.co.za](mailto: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 6.

*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 6.

## TANDEM

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

## RIDE TOGETHER

Once you have been notified of your preliminary seeding in January, you will be given the option to request to ride in the same group as a friend or friends.

PPA members can request to start in the same PPA group.

Open group riders can request to start in the same Open group.

PPA members and Open group riders wishing to ride together in the same group will be placed in an Open group.

Seeded riders requesting to ride together will still receive their seeding but may choose to start with other riders in a PPA, Open or lower seeded group without any reseeding. Your start time will be picked up from the start mats and your time will be adjusted automatically. You may NOT start in a higher/earlier group.

## TIMING



Please note: It is a prerequisite of entry that you have your own timing chip for this event.

**This is not included in the cost of a Corporate Bond.**

If you do not own a timing chip, you will be required to purchase one from [www.racetec.co.za](http://www.racetec.co.za) or at the Registration of the next event you participate in that is timed by RaceTec. Please call 021 685 6551 or email [queries@racetec.co.za](mailto:queries@racetec.co.za) should you require more information.

RACETEC / WINNING TIME CHIP NUMBER	
I WISH TO PURCHASE A TIMING CHIP WITH MY ENTRY ( <b>R100</b> each)	<input type="checkbox"/> YES
I HAVE PURCHASED A CHIP BUT DO NOT KNOW THE NUMBER YET	<input type="checkbox"/> YES

**INFORMATION:**

- You will be notified of your preliminary seeding in mid-January. This will be sent to you by email or sms. You will then have 7 days to query your seeding, after which seeding will be finalised and you will be advised accordingly.
- If you enter and cannot take part, then you may find another cyclist to take your place and the organisers will arrange a substitution at a fee of R350 payable to the Cape Town Cycle Tour Trust. Substitutions can be arranged through the Cycle Tour office between 1 February and 26 February 2010. The original entrant will NOT be refunded his/her entry fee and his/her number will be withdrawn. The original entrant may ask the substitute rider to reimburse them their entry fee but they may not ask for more than they originally paid. Contraventions will result in the disqualification of both parties.

**DEFINITIONS OF RACING CATEGORIES:**

Invitational: Elite riders that are invited to take part.

Tandems: The top 60 tandems will be seeded into the Racing Tandem group. Cyclists who do not qualify for the racing tandem category but whose average index qualifies them for groups E to GG will start in the group for which they qualify. The remaining tandem riders start in group HH – the social tandem group.

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 the "Individual" category 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.

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.

Licensed Groups: If you are a licensed rider you do NOT need to advise us. We will interface with the CSA system directly to check this. These groups will be limited to the fastest 200 riders on index who also have a UCI recognised licence. Age groups are per UCI age categories for men. Please have a valid licence by 10 January 2009 to be eligible to be seeded into one of the licensed groups.

Women's Invitation Race: The top 50 licensed female cyclists will be invited to participate in the Ladies Invitation Race starting with the Licensed Vets (40+) Men. Female cyclists are welcome to submit a written application motivation to pat@cycletour.co.za, should they wish to take part in this category. Only the competitors in The Women's Invitation Race will be eligible for prize money.

Individual: 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.

Results for the following 2009 events are used for seeding:

Herald VW Tour (105 km) - Port Elizabeth; Construction du Cap Ninety Niner (121 km) – Durbanville, Cape Town; Daily Dispatch / Felt Cycle Tour (100 km) - East London; Cape Argus Pick n Pay Cycle Tour (110 km) - Cape Town; Pick n Pay Weekend Argus Rotary Knysna Cycle Tour (100 km) - Knysna; Medihelp Jock Cycle Classique (150 & 105 km) - Nelspruit; Kumba Iron Ore Classic (105 km) - Upington; Itec North Dome 2 Dome Cycling Spectacular (91 km) - Johannesburg; Amashovashova National Classic (106 km) - Durban; Telkom Satellite Cycle Classic (107 km) - Pretoria; OFM Cycle Classic (110 km) - Bloemfontein; AGA Cycle Challenge (100 km) - Orkney; Momentum 94.7 Cycle Challenge (94.7 km) – Kyalami, Johannesburg; Die Burger Fietstoer (98 km) - Stellenbosch, Cape Town

**Conditions of entry:**

- 1 To compete in the Cycle Tour, you must be born in 1997 or earlier (you must be born in 1999 or earlier if riding on a tandem with an adult).
- 2 You are required to complete the course within 7 hours to be awarded a result and finishing certificate.
- 3 There are no refunds.
- 4 If you are unable to take part in the event and wish to have your entry substituted, you may ask the substitute to reimburse you but you may not ask for more than what you originally paid for your entry. Please make sure that the substitute follows the correct substitution procedure which is available from the organisers. If the correct procedure is not adhered to and the substitute rider is found riding illegally, both parties could be prosecuted.
- 5 The Tour will take place regardless of bad weather and will only be cancelled, re-routed or stopped for reasons of safety. Entry fees are not refundable, however.
- 6 Communication on Cycle Tour related matters will be done by e-mail or sms. It is your responsibility to keep your contact details up to date.
- 7 All photographic or video material of participants made by the organisers or their assignees during any activity deemed to be part of the Cape Argus Pick n Pay Cycle Tour and other official Lifecycle Week activities, shall be free for use by the organisers in any matter relating to the Cycle Tour and Lifecycle Week activities at any time in the present or future.
- 8 You may not ride in reverse direction on the route, even after finishing.
- 9 You may not ride the course a second time after finishing.
- 10 You may not wear a timing chip that does not belong to you. Chips worn by the wrong person will be blacklisted.

**Rules for the Cape Argus Pick n Pay Cycle Tour:**

- 1 Every rider shall ride carefully and with due regard to the safety of other cyclists and other road users.
- 2 Every rider, except riders of recumbent cycles where it is impractical to do so, shall wear a bicycle helmet with the strap securely fastened under his/her chin.
- 3 Every rider shall immediately comply with the instructions of a marshal and/or a traffic officer.
- 4 Every rider shall provide information requested by any marshal immediately.
- 5 Every rider shall keep as far to the left of the road surface as is safe having regard to the circumstances and conditions.
- 6 Every rider shall at all times display his/her race number legibly.
- 7 Every rider shall identify him/herself and give his/her address on request to a marshal and to any other rider requesting such information after a collision or race incident.
- 8 A rider shall not ride a bicycle fitted with triathlon, time trial or Spinachi-type bars.
- 9 Every rider shall ride the full course and retire if he/she does not complete the full course.
- 10 A rider may not use a personal music system or a radio communication device, including a cellular phone, whilst riding except that members of professional teams may use a radio communication device.
- 11 A rider shall not ride with another person's number or timing identification.
- 12 A rider shall not use foul or offensive language to his/her fellow riders or to any marshal.
- 13 A rider shall not dispose of any litter along the course except in refuse bins.
- 14 A rider shall not smoke on the route during the Cycle Tour, except at a designated smoking area where provided.
- 15 A rider may not start or attempt to start before his/her designated start.
- 16 A rider shall endeavour to complete the 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.
- 17 A rider shall provide reasonable assistance to any other rider involved in an accident while participating in the Cycle tour.
- 18 A rider shall be responsible to other riders for the proper control of his/her bicycle.
- 19 A licensed rider shall in addition comply with all applicable UCI rules and regulations.
- 20 The Cycle Tour Trust, trustees, organisers and their employees, volunteers and assistants shall not be liable to any rider or other person claiming on behalf of a rider for damage to property, personal injury or death caused before, during or after the Cycle Tour, whether such damage to property, personal injury or death was caused by the negligence or gross negligence of the Cycle Tour Trust, trustees, organisers and/or their employees, volunteers and assistants and shall not be liable for any claim for contribution or indemnification in this regard.
- 21 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.
- 22 A rider may not use performance enhancing drugs. A rider (other than a licensed rider) is not subject to anti-doping testing, except that any rider may be tested for alcohol or drugs after an accident.
- 23 A rider shall not display on his/her bicycle, clothing and cycling equipment and 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.
- 24 A rider who is informed by a marshal that he/she has been disqualified shall immediately slow down and cease to ride with the group that he or she was riding with at the time of the disqualification. A rider so disqualified shall thereafter cease to race but may thereafter ride the course only with permission of the marshal but may not cross the finish line or mats.
- 25 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.
- 26 A rider may be disqualified summarily without a hearing by any one or more of the following persons:
  - 26.1 A trustee of the Cape Town Cycle Tour Trust
  - 26.2 A PPA marshal
  - 26.3 Any other person authorized by the Cape Town Cycle Tour Trust.
- 27 Such summary disqualification shall be done by 18:00 on the day of the Cycle Tour except in the case of a report from the official timer of the event, in which case the summary disqualification shall be made within a reasonable time after such report is made or a reasonable time after calling for further information from the rider and/or other persons.

- 28 In the event that a person is aggrieved by a summary disqualification he/she may request in writing to the Cape Town Cycle Tour Trust within 24 hours of the completion of the race to be reinstated. Such a person may supplement such a request for reinstatement in the event of he/she receiving further information at a later time.
- 29 Any such request for reinstatement shall be considered by a tribunal appointed for that purpose who may:
  - 29.1 Take no action;
  - 29.2 Reinstate the person;
  - 29.3 Order that further information be obtained;
  - 29.4 Impose additional penalties including a fine of up to R1 000.00 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.
- 30 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.
- 31 A hearing will normally be convened either on the day of the Cycle Tour or within a few days thereafter.
- 32 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.
- 33 A rider shall not be entitled to legal representation at such a hearing, except with the permission of the chairman of the tribunal. The chairman of the tribunal shall determine the procedure to be followed at any hearing.

**Waiver & Indemnity**

Participants hereby acknowledge that they take part in the Cycle Tour and all functions and events related thereto entirely at their own risk and agree that they and their dependants waive and shall not have, nor shall they institute any claims whatsoever against, and do hereby indemnify and hold harmless from all liability, 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 (all of which are hereinafter referred to as entities).

This waiver and indemnity: includes death, injury, damage to and loss of property of a participant (including theft of or damage to a bicycle at the "bicycle park" and other areas under the control of the above entities); and is effective whether or not such death, injury, damage or loss may have been caused directly or indirectly or wholly or partly by any act or omission including negligence, of any of the above entities; and will bind the heirs, executors and/or trustees of the estate of a participant.

Without derogating from the generality of the afore-going, the participant specifically records that he/she is aware that rock falls have occurred on areas of the Peninsula and that this indemnity and waiver will include any claim whatsoever arising in respect of any rock fall, road subsidence or similar event.

Persons accepting this indemnity as the parent and/or guardian of a minor hereby agree to such minor being bound by the foregoing waiver and indemnity, and do hereby further indemnify the said entities against claims by such minor to the extent if any, to which such minor is not capable of waiving his rights as stipulated above.

Should liability be found to exist in respect of any one of the said entities for any reason, then that liability

- 1. shall not exist in respect of the other of such entities, without specific grounds existing for liability on the part of the other of such entities; and
- 2. such liability will be limited to the amount of R500.

Participants acknowledge that they are aware of the disclaimer of liability by the concessionaire for use of Chapman's Peak Drive. The following disclaimer is displayed on notice boards at the start of Chapman's Peak Drive and on the website, [www.chapmanspeakdrive.co.za](http://www.chapmanspeakdrive.co.za)

**CONDITION OF ENTRY TO CHAPMAN'S PEAK**

Entry into Chapman's Peak Drive is at your own risk. None of Entilini (Proprietary) Limited (the Concessionaire), Entilini Operations (Proprietary) Limited (the operator), the Provincial Administration of the Western Cape, the South African National Parks Board, their respective servants and employees will be liable for any death or injury to any person or loss or damage to any property whilst you are on Chapman's Peak Drive, irrespective of the cause of such death, injury, loss or damage, including any act or omission of any of the above-mentioned, whether negligent or not. Any person using or entering Chapman's Peak Drive indemnifies each of the above named against all and any claims which may be brought against them, or any of them, by any dependant of any such person. In addition the driver of any vehicle indemnifies each of the above named against all and any claims which may be brought against them, or any of them, by any passenger in such vehicle or any dependant of any such passenger.

I hereby accept the Conditions of Entry, Race Rules and Waiver and Indemnity.

**Signature:** .....

**Name & Surname of entrant:** .....

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

**Name & Surname of Guardian:** .....