



PEDAL AUSSIE REGISTRATION FORM

	<h2 style="margin: 0;">Tropic-Outback-Tropical North</h2> <p style="margin: 0;">Stage 1 Tropic of Capricorn -Rockhampton – Cloncurry Outback Stage 2 Cloncurry- Karumba -Tablelands-Cairns-Tropical North</p> <h3 style="margin: 0;">Bicycle Tour Self-Sufficient over 60s</h3> <p style="margin: 0;">Reconnect with Renewed, Unfiltered Energy, Improved Clarity and Good Feelings and Friends. No Regrets - No Omissions. Bring a son or daughter.</p> <p style="margin: 0;">YES, pick me - book me in for this Proposal 1 Stage 1 & 2</p> <p style="margin: 0;"><small>Stage Tour Registration and Schedule Form on pedalaussie.com administration tab as a pdf download.</small></p> <p style="margin: 0;">Stage 1 Early Bird 20% Discount \$ 8,158.00. Stage 2 Early Bird 20% Discount \$ 7,180.00</p> <p style="margin: 0;">Stage 1 Starts - Sunday 2 May 2021-17 days. Stage 2 Starts - Tuesday 18 May 2021 - 15 days. Limited Group by Invitation.</p> <p style="margin: 0;">Remember, Early Bird Discount Applies - 20 %. Due Friday 16 April 2021 full fee applies. Non-Refundable Deposit is 10% of full stage fee. Last date Friday 23 April 2021, full fee applies.Add GST</p> <p style="margin: 0;">www.pedalaussie.com</p> <p style="margin: 0;">E: davidjturner07@gmail.com</p> <p style="margin: 0;">M: 0478149648 text image is OK</p>	
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Summary:

Stage 1 Rockhampton – Cloncurry, QLD.~1200km.-50 to 100+ km per day.

Day1 Sunday 2 May 2021 to Day 17, Monday 17 May 2021.

Stage 1 Duration is 17 days.

Non-refundable deposit 10% to hold place.	\$ 1,020.00
Fee Early Bird Full Fee 20%	\$ 8158.00 Due 16 April 2021
Last Date Full Fee Due 23 April 2021	\$ 10,198.00 ex GST.

Remember you must be a current member of www.bq.org.au for the duration of the tour.

YES, pick me - book me in for this Proposal 1 Stage 1. (Circle Yes, here)

Stage 2 Cloncurry - Karumba - Tablelands - Cairns, QLD.~1300 km.-50 to 100+ km per day.

Day 17 Tuesday 18 May 2021 to Day 31 Wednesday 2 June 2021

Stage 2 Duration is 15 days.

Non-refundable deposit 10% to hold place.	\$ 897.00
Fee Early Bird Full Fee 20% DISCOUNT	\$ 7,180.00 Due 16 April 2021
Last Date Full Fee Due 23 April 2021	\$ 8,975.00 ex GST.

Remember you must be a current member of www.bq.org.au for the duration of the tour.

YES, pick me - book me in for Proposal 1 Stage 2. (Circle Yes, here)

1.0 Personal Data

Name

Address

Town /City

Post Code

Phone

Mobile

Email

Emergency Contact Not on Ride

Name

Mobile

Email

2.0 Payment Method:

- Electronic Bank Transfer - Contact PedalAussie for Details.
- All prices are in \$AUD.
- All prices are to be paid in \$AUD.
- Overseas Payment to be in Australian Dollars.
- Money Order / Cheque to David J Turner
- Fees ex GST

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3.0 Benefits

Taking a resort style vacation is based on over-indulging as much as possible. So indulgent focused you may will need to rest after the no effort and excess inputs of food and alcohol. Tired, worn out with hangover racked body you come back home. Health is not the major consideration. Letting it all out is.

Taking a vacation on your self-sufficient bicycling tour may initially build images. Vision of being uncomfortable on a bike all day, sweating profusely and wearing lycra. All of which could be considered threatening and frightening. You certainly may initially be a little uncomfortable. But that is not all there is. You may live longer. George Sheehan started running again at 40 completed multiple consecutive Boston marathons said, "You may not live a longer life, but you can live a longer day". He also reported the reason for running was for "energy, clarity and self-esteem." I endorse that sentiment.

www.pedalaussie.com's Bicycle tour slows down life. Time to live on 24 hour a day. Cycling is Pilates on wheels. Cycling is low impact, gentle circular motion, stimulates the blood flow gets you into the flow.

My aim is to also get you easily registered with a personal-details, your medical, the disclaimer, waiver and bike and camp ideas with easy to read tables. Some cyclists will have their own kit sorted, of course that is OK. The gear presented is what I think you will need to participate is this great unique spectacular Tropic-Outback-Tropical North adventure in group.

Before the administration let me tell you if I may what I feel helps me bicycle touring. Maybe, it may resonate with you, as well.

4.0 David's Commentary

The aim is for you to have an exciting and memorable tour.

There is a challenge.

The scope of daily activity for over 60s is maybe high for some.

You and you alone are to accept the challenge, or not.

The responsibility is yours and yours alone.

I will guide you as best able.

I have had both solo and group.

Either satisfied me.

Both groups have their points of view.

There are undeniable benefits of an organised group touring party.

It is not just the quiet blue sky, the vast open landscape, and the wildlife.

It is also you on your way. The benefits are hard to refute.

Contest if you must. Inside knowledge, shared experience,
independent mind-set, wilderness, hiking, camping, and birdwatching.

Not something, by myself I would have enjoyed nearly as much.

With the pace of modern living, people are even more worried about speed.

On tap is instant gratification. Human information is all around us.

Bicycle taps that human information at a slower pace.

A pace that we can reconnect and readjust to our world.

Pedal Aussie presents the best in each camp and town experience.

The Pedal Aussie Buddy System and team building has a discrete way of looking out for each other.

Pedal Aussi aims to avoid the risk of falsely accusing local people for whatever reason.

Pedal Aussi aims to minimise stirring up trouble along the way.

We want heavenly treat of a day, off the beaten path.

We want to stimulate all your senses, daily, forever daily.

The schedule is determined however not fixed in stone.

The start and end dates will be met.

International and Australian interstate visitors please note the covid section.

It is your responsibility keep up to date with the details relevant to you.

No refunds will apply.

The bicycle road trip generates energy, clarity, and good feelings.

My intention is to enjoy the ride.

I do hope you will as well.

Keep a copy post original to Contact email and Postal Address.

Complete and Email to davidjturner07@gmail.com@gmail.com

Post to PedalAussi 19 Kerr Street Rockhampton Qld 4701.

Each Person is to make application and all sections to be completed.

5.0 Pedal Aussie representative answering Why Bicycling touring puts me on my bicycle?

- My goal is to be the best David J Turner possible.
- George Sheehan truth of his life is that “We are all unique, never-to-be-repeated events,” he said. “His goal was to be the best George Sheehan possible.”
- George also quoted Robert Frost’s line, “I am no longer concerned with good and evil. What concerns me is whether my offering will be acceptable.”
<https://www.georgesheehan.com/bio>
- Cycle touring is an overall experience.
- Have completed seven-day group rides as well. Bundaberg to Brisbane and The Queensland’s Darling Downs, both with Bicycle Queensland.
- My mode is generally solo. Some rides are mentioned here include:

Tasmania at 26 years and 62 years my -2662Quest- one clockwise the other anticlockwise. Neutralised Tasmania.

New Zealand North Island -Cape Reinga to Wellington.

Brisbane to Bowen.

Rockhampton to Brisbane.

Esk to Thangool, QLD.

Rockhampton -Miles and Toowoomba to Deep Water NSW

- When the life pace is too much for me, I go for a bicycle tour.
- Selfish well I understand me and what I like.
- How far - generally ~1500km, self-sufficient is my mode of choice.
- Daily motto is *“To ride just enough today so that I will enjoy the ride tomorrow.”*.
- Philosophy is “Live and let Live.”
- Cycling is a Great Trip away, wherever there are roads you have a trip.
- Cycling builds me. Minor inconveniences sure but it keeps me healthy.
- Me on my bicycle I plugs me into the planet.
- Cycle touring is authentic. The road is real. The wheels dance on the road. My daily companions are the wind, the sun, the sky, the landscape, wildlife, and the local culture.
- Bicycling makes me focus on the task. The task is my cycle from A to B. I am A my here and now, my B is my new destination. I focus on the horizon.
- Cycling makes me pace myself. It reduces my stress levels and anxiety.
- I adjust quickly to the slower pace. Daily I capture the fantastic views and good company.
- Hatha Yoga’s Sun Salutations exercises Warmup and warm-down stretches help me.
- Yoga sessions and/or Chakra Cleaning exercise 10-15 minutes. Sessions, as able.
- I enjoy fitter core and stabilisers muscles. I like to be more relaxed.
- I want an awesome butt and an amazing waistline with strong legs.
- A Brilliant way to meet new people in a relaxed manner.
- Cycle tour gives me memorable moments in time.
- Cycle tour moments pass my rocking chair test of no regrets, no omissions.

6.0 Pedal Aussie Specular Destinations

A Specular guided adventure.

Wide Open Spaces, Blue Skies, Abundant Wildlife, Red Dirt, Friendly Locals.

- I have the best destinations to show you.
- Camp accommodation is booked.
- Free Camps are selected, as able.
- You are to have self-sufficient with bike camp, food, and water.
- Your camp is your tent or a hammock or under a shelter, you are to set and repack on your bike.
- You eat what you like. You buy and store your food on your bike. Basically, enough food and water for one to two days. From time to time two-three days food and water on some stretches, unless noted or advised otherwise.
- www.pedalaussie.com cycle tour schedule has been selected, with you in mind.
- Mostly less than 80 km per day, some 50 km, some to 110km.
- ~ 5 hours at 20 km per hour and your done for the day.
Then explore, watch the birds, have a chat, read that book you put off.
- Remember this is not a race. Our aim is to bring you along with the team.
- I wish as your guide to make cycling enjoyable. Team building my aim.
- I am support. I am not your best mate. Enough to do keeping you all going.
- Have a great trip away by yourself, your friend, or a sibling. I remember have a trip with my son from Bundaberg to Brisbane with Bicycle Queensland. Good for father and son. Similar bonding for mother and daughter.
- Friends old and new. Something magic happens on a bike. Meet and greet great local people. Develop new and lasting friends. Of course, old friends are always welcome.

First you must register with www.pedalaussie.com and pay your deposit. Be more committed and get your early bird 20% discount. Then you cycle off into the sunrise, then rest before the sunset.

7.0 Pedal Aussie Bicycle Deliverables

The best three www.pedalaussie.com tour deliverables are:

1. Energy - The means to live better each day for a little longer. This means designing your life. A full life. Breathing let us start here. Breathing is the bridge between personal body energy and the universal body of energy. www.pedalaussie.com's tour gentle cadence and circular motion allows you to build great bridges. Bridges to tap into those universal resources of energy. Too deep well just get cracking. REGISTER pay your fees. Let's go and live a little, from uncomfortable to comfortable, a frown to a smile.
2. Clarity - Know what is first-rate and what is not. Immerse yourself into the wide-open spaces, blue skies, abundant wildlife, red dirt, and friendly locals. Nature nourishes.
3. Good Feelings – Design your life so that you can live on 24 hours every day on purpose.

*Register with www.pedalaussie.com and pay your deposit.
Be more committed and get your early bird 20% discount.*

8.0 Pedal Aussie Treats

Stage 1

- Vouchers for evening meals at hotel in Westwood.
- Voucher for meals at Blackwater Hotel.
- Vouchers for evening meal at Emerald Hotel.
- Vouchers for Longreach's Stockman's Hall of Fame & Qantas Museum.
- Vouchers for evening meal at Longreach Hotel
- Vouchers for Winton Dinosaur Museum
- Vouchers for evening meal at Winton Hotel.

Stage 2

- Vouchers for evening meals at Karumba Hotel.
- Vouchers for evening meals at Croydon Hotel.
- Croydon to Karumba Railway one way is not included, sorry!
- Vouchers for evening meals at Mount Surprise.
- Vouchers for the Mount Surprise Larva Tubes included, as required.
- Vouchers for evening meals at Atherton Hotel.
- Vouchers for evening meals at Mareeba Hotel.

*Schedule time permitting, not transferrable, nor additive.

*Register with www.pedalaussie.com and pay your deposit.
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9.0 Pedal Aussie Schedule Proposal 1 Stage 1 Rockhampton to Cloncurry

PROPOSAL 1 Stage 1 SCHEDULE: Rockhampton – Cloncurry QLD ~ 1,200 km

TOUR Begins. 0900 hrs 19 Kerr Street Rockhampton QLD, Australia.

1. Meet and greet organisers, crew, and team.
2. Weigh in of luggage and camping equipment. See Rules here no exceptions.
3. Lighter the better. Faster we all go.
4. Food shopping to be completed by yourself and maintain supplies from time to time.
5. Maintain supplies from time to time, as able on the road.
6. Two days food is always required.
7. Enough water for two days, is always required.
8. Billy and fuel to boil water for drinking, as required.
9. Fuel for cooking is your responsibility.
10. No rebate given for your accommodation upgrades whatsoever.
11. Generally, at 50 kms judge how the team going and sort time for another break.
12. Book ahead for personal massage in Cloncurry.

Day 1 Sunday 2 May 2021

1. Rockhampton to Westwood 50 km, Capricorn Highway, SW of Rockhampton QLD
2. Basic camp facilities, short on shade. No rebate given for upgrades.
3. Meals available at the hotel, subject to Covid issues.
4. Vouchers given for first night meal, if required and if available.

Day 2 Monday 3 May 2021

Westwood to Goowarra. - 91 km, today

Capricorn Highway Camp, no facilities, no water, short on shade.

Day 3 Tuesday 4 May 2021

Goowarra to Blackwater. 60 km, today Capricorn Highway

Camp, basic facilities, short on shade.

Food shopping to be completed by yourself and maintain supplies from time to time.

Day 4 Wednesday 5 May 2021

Black water to Emerald ~70 km, today.

Basic caravan park facilities.

Basic facilities, short on shade.

Food shopping to be completed by yourself and maintain supplies from time to time.

Day 5 Thursday 6 May 2021

Emerald to Bogantungan, 106 km, today.

No camp facilities, short on shade.

No Shops, no water supply, no shelter, 24-hour overnight camping allowed.

Day 6 Friday 7 May 2021

Bogantungan to Alpha, 62 km, today.

No camp facilities, short on shade.

No Shops, no water supply, no shelter, 24-hour overnight camping allowed.

Food shopping to be undertaken and completed.

Day 7 Saturday 8 May 2021

Day 8 Sunday 9 May 2021

Alpha to Jericho to Barcaldine. 140 km, two days.

Basic camp facilities, short on shade.

Food shopping to be completed by yourself and maintain supplies from time to time.

Day 9 Monday 10 May 2021

Day 10 Tuesday 11 May 2021

Barcaldine to Longreach. 108 km, two days.

Basic camp facilities, short on shade.

Food shopping to be completed by yourself and maintain supplies from time to time.

Day 11 Wednesday 12 May 2021

Day 12 Thursday 13 May 2021

Longreach to Chorregon to Winton 180 km, two days

No camp facilities, short on shade.

No Shops, no water supply, no shelter, 24-hour overnight camping allowed.

Landsborough Highway surface may be rough from time to time.

Day 13 Friday 14 May 2021

Day 14 Saturday 15 May 2021

Winton to Kynuna 161 km, two days.

No camp facilities, short on shade.

Food shopping to be completed by yourself and maintain supplies from time to time.

Landsborough Highway surface may be rough from time to time.

Day 15 Sunday 16 May 2021

Kynuna to McKinley 76 km, today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Landsborough Highway surface may be rough from time to time.

Day 16 Monday 17 May 2021

McKinley to Cloncurry 106 km today,

Stage 2 Food shopping to be completed by yourself and maintain supplies from time to time.

Cloncurry Exit Stage 1 Riders

McKinley to Cloncurry 106 km, today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, no shelter, short on shade,

24-hour overnight camping.

Exit Tropic to Tropics Stage 1 riders no accommodation booked by www.pedalaussie.com for tonight. Meal at hotel sorted with vouchers, if required. No Accommodation considered for Stage 1 cyclists.

Stage 2 Commences at Cloncurry Caravan Park / Camp.

Meet and greet organisers and crew.

Weigh in of luggage and camping equipment.

Accommodation Cloncurry Caravan Park Stage 2 only.

Register with www.pedalaussie.com and pay your deposit.

Be more committed and get your early bird 20% discount.

10.0 Pedal Aussie Schedule Proposal 1 Stage 2 Cloncurry – Karumba- Cairns QLD.

PROPOSAL 1 Stage 2 SCHEDULE: Cloncurry – Karumba- Cairns QLD ~1,300 km
 BEGIN Stage 2 Cloncurry, Karumba, Croydon, Georgetown, Atherton, Mareeba, Karanda to Cairns.
 Cloncurry Exit Tropic to Tropics Stage 1 riders. No accommodation booked by www.pedalaussie.com for tonight. Meal at hotel sorted with vouchers, if required.

Please Note to avoid disappointment that no accommodation considered for Stage 1 cyclists not completing Proposal 1 Stage 2.

Cyclist Accommodation at a Cloncurry Caravan Park Stage 2 only, by request.

Day 17 Tuesday 18 May 2021

Pedal Aussie Proposal 1 Stage 2 Commences at Cloncurry, QLD.

1. Meet and greet organisers and crew,
2. Kick off Meet and Bike-box 0600 hours.
3. Weigh in of luggage and camping equipment. (Hopefully already completed)
4. Bikes packed all-ready for your cycle tour.
5. Your two-day food shopping to your account is to be complete at Cloncurry.
6. Food shopping to be completed by yourself and maintain supplies from time to time.
7. Nominally two days food is required.
8. Nominally two days water is required each day.
9. Billy and enough fuel to fully boil water, as available.
10. Generally. at 50 kms team leader to judge how the team going and sort place / time for another break.
11. Cloncurry to ~ 90 to 100 km mark along the Cloncurry Karumba road, National Route 83.
12. 90-100 km, today.
13. Plenty of stops may be required. Shift on the seat often to avoid being too stiff.
14. No camp facilities, short on shade. No Shops, no water supply, no shelter.
15. 24-hour overnight camping allowed.

Cloncurry at ~90 to 100 km mark today to camp along National Route 83 to Burke and Wills Roadhouse that is some 200 km. from Cloncurry.

Camp facilities, water, short on shade, no shelter.

24-hour overnight camping allowed.

Day 18 Wednesday 19 May 29

Burke and Wills Road-House.to Normanton is 200 km.

Camp around 100km mark. That is 100km today.

24-hour overnight camping allowed.

Day 19 Thursday 20 May 2021

Camp around 100km mark to Normanton. 100km, today.

Shops, water supply, no shelter, short on shade.

24-hour overnight camping allowed.

Food shopping to be completed by yourself and maintain supplies from time to time.

Day 20 Friday 21 May 2021

Normanton to Karumba. 74 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, no shelter, short on shade,

24-hour overnight camping.

Day 21 Saturday 22 May 2021

Karumba to Normanton. 74 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping.

Day 22 Sunday 23 May 2021

Day 23, Monday 24 May 2021

Normanton to Croydon 130 km, two days.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping.

Camp No camp facilities, short on shade. No Shops, no water supply, no shelter.

Day 24 Tuesday 25 May 2021.

Croydon to Gilbert River. 74 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping.

No camp facilities, short on shade. No Shops, no (unknown) water supply, no shelter.

Day 25 Wednesday 26 May 2021.

Gilbert River to Georgetown 79km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping.

Day 26 Thursday 27 May 2021.Day 27 Friday 28 May 2021.

Georgetown to Gulf Development Road to Kennedy Highway turnoff . 151km, two days.

No camp facilities, short on shade. No Shops, no water supply, no shelter.

24-hour overnight camping allowed.

Day 28 Saturday 29 May 2021.Day 29 Sunday 30 May 2021.

Kennedy Highway turnoff to Mount Garnet. 114 km, two days.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping

Mount Garnet, Innot Hot Springs, Silver City, Millstream to Ravenshoe. 47 km

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping

Day 30 Monday 31 May 2021.

Ravenshoe to Atherton. 55 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping.

Day 31 Tuesday 1 June 2021

Atherton to Mareeba 35 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter.

Day 31 Wednesday 2 June 2021

- Mareeba to Karanda 35 km today.

- Karanda to Cairns 30 km today.

Food shopping to be completed by yourself and maintain supplies from time to time.

Shops, Barbecues, picnic tables, water supply, shelter, 24-hour overnight camping

Meal at hotel sorted with vouchers, if required. No Accommodation considered.

END

Proposal 1 PedalAussie Rockhampton to Cloncurry Stage 1 and Stage 2 Cloncurry to Cairns.

Note: Schedule may change from time to time without notice, for whatever reason, no rebates given for upgraded accommodation.

*Register with www.pedalaussie.com and pay your deposit.
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Non-refundable deposit 10% to hold place. \$ 1,020.00

Fee Early Bird Full Fee 20% \$ 8158.00 Due 16 April 2021

Last Date Full Fee Due 23 April 2021 \$ 10,198.00 ex GST

Remember you must be a current member of www.bq.org.au for the duration of the tour.

YES, pick me - book me in for this Proposal 1 Stage 1. (Circle Yes, here)

Stage 2 Cloncurry - Karumba - Tablelands - Cairns, QLD.~1300 km.-50 to 100+ km per day.

Day 17 Tuesday 18 May 2021 to Day 31 Wednesday 2 June 2021

Stage 2 Duration is 15 days.

Non-refundable deposit 10% to hold place. \$ 897.00

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YES, pick me - book me in for Proposal 1 Stage 2 . (Circle Yes, here)

Register with www.pedalaussie.com and pay your deposit.

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12.0 Pedal Aussie Long Trips Personal Kit

1. You only ever need enough clothes to last you a week. You save on pannier space.
2. Roll clothing forget folding. Fill cavities tight with socks and underwear.
3. Wear clothes that go together. A few t-shirts and a neutral pair of shorts that goes with anything. Sandals for all climates (or at least as many climates as possible) and a pair of thongs. That is all you need.
4. Pack for the climate. Long travel, different climactic zones. Layer's work. Lightweight, breathable fleece or merino woollen inner layers can solve the cold. They are light and crunch into small spaces. One waterproof jacket option be OK.
5. Invest in a good gear. Lose the idea of accumulating stuff on the way.
6. Invest in a lock and light door wedge.

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YES, pick me - book me in for Proposal 1 Stage 2 . (Circle Yes, here)

Register with www.pedalaussie.com and pay your deposit.

Be more committed and get your early bird 20% discount.

The table of contents Tables listed here for your convenience. I do hope you are OK with this. I have gone to the trouble of a bunch of information to inform and assist to avoid questions as much as possible. There will be some hopefully only a few.

My aim is to get you easily registered with a medical and a disclaimer and a waiver.

I look forward to meeting you and having a great adventure.

Table 1 Pedal Aussie Included and Excluded

Table 2 Pedal Aussie All Stages Terms and Conditions for Rides / Tours with Pedal Aussie

Table 3 Pedal Aussie Medical Disclosure

Table 4 Pedal Aussie Confidential Medical Data

Table 5 Pedal Aussie Medical Conditions General

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Table 10 Pedal Aussie Safety

Table 11 Pedal Aussie Safety Cyclist Recommendations

Table 12 Proposed Day Activities

Table 1 Pedal Aussie Included and Excluded

Included	Excluded
Telstra I-phone - emergency only	Bike and Bike Spares and Bike kit tube, tyre, cable brakes, repair kit
Self-provided camping equipment hammock and insect screen cover preferred. Road café, a park or the side of the road, river, or creek as able.	Camping accommodation. If cyclists wish to upgrade their accommodation own expense. No rebates will be given.
Road café, a park or the side of the road	Personal Safety Kit
Most meals and food not provided. Road café, a park or the side of the road	Meals per schedule if available.
Bike Safety kit mirror and spare required for helmet and bike	
Standard Gear on Bicycle 9 kg – - 3 kg Clothing & Toiletries - 6 kg camping equipment. Changing load on bicycle - 2 kg Food - 6 kg Water and electrolyte minimum depending on road duration. In a weather and safety coloured cover bag. All gear to be tagged with your name, mobile and team number.	Suitcases, bike flight bags, bike boxes
Limited bicycle spares	Adequate Travel Insurance.
Limited bicycle repair tools	Adequate Personal Insurance
David's cycle cooking kit depending on availability.	At least four to six 750 ml water bottles. Option Two litre drink bottle and bike holders OK Bladders Flat 5 litre two required.
PedalAussi Food Boxes if required. depending on availability.	Please no substitutes offered

Table 2 Pedal Aussie All stages Terms and Conditions for Rides /Tours with PedalAussie

Health	Fitness
1. Participants need to be at least 18 years old at the start of the ride.	Follow a fitness training schedule by competent people that is suitable for the remote areas with little support cycling some 110 km + per day, for consecutive days.
2. Participants shall be in good health and physical condition.	Solitaire and or in group training is advisable with competent personal trainers.
3. Your medical disclosure and doctor's consent in writing returned to PedalAussie at least 30 days from initial ride departure date.	Good references: - More on Stretching - Bob and Jean Anderson - Getting Stronger - Bill Pearle - Over the Hill, You Pick Up Speed - Lloyd Kahn - Yoga for all Ages - Rachel Carr

Table 3 Pedal Aussie Medical Disclosure

You must declare and warrant that:

1. At the time of registering for the ride you are mentally and physically fit and in good health.
2. You have disclosed to PedalAussie every matter concerning your health and mental and physical fitness of which you are aware, or ought to reasonably be expected to know, which is relevant to Pedal Aussie's decision to permit you to go on the ride . You are invited to go on the ride, it is not otherwise.
3. Immediately upon any adverse change in your health or fitness you will notify PedalAussie in writing of any such adverse change.
4. PedalAussie reserves the right to permit applicants not to go on the ride for whatever reason.

Table 4 Pedal Aussie Confidential Medical Data

1. Medicare Number	Expiry Data	Australian Cyclists only
2. Australian Ambulance Number	Expiry Date	Recommended
3. Emergency Contact 1 Person Name	Contact Number	
4. Emergency Contact 2 Person Name	Contact Number	
5. Private Health Services Name of Fund	Contribution Number	Recommended
6. Appropriate Travel Insurance Name of Fund (Attach Copy of Travel insurance)	Contribution Number	Highly Recommended

Table 5 Pedal Aussie Medical Conditions General

Please List any relevant medical conditions:

Table 6 Pedal Aussie Medical Conditions Specific

Do you suffer from the following conditions - circle		
Heart Disease	Yes	No
Diabetes	Yes	No
Epilepsy	Yes	No
Asthma	Yes	No
Other:		
Covid Issues see https://www.covid19.qld.gov.au/	Yes	No
Explain please:		
List food or medical allergies:		

Name (please print)	Signature	Date
Participant	For Tables 2, 3, 4, 5 & 6 inclusive.	
Medical Practitioner	Identification Number	Signature & Date

**Register with www.pedalaussie.com and pay your deposit.
Be more committed and get your early bird 20% discount.**

Table 7 Pedal Aussie Disclaimer

Persons entering any Pedal Aussie Tour/Ride, prior to undertaking the event, must agree to the following:

1. I will obey all Australian Road Rules and I will abide by them and am responsible to adhere to them.
2. I attest that I am physically fit.
3. I attest that my bike will be in a sound mechanical order.
4. I accept responsibility and take the necessary precautions for my own self and own safety.
5. I will abide by the directions of police and ride organisers and ride with care and consideration of others on the road.
6. I have read and understood Safety Recommendations by PedalAussi.
7. During this event I agree to wear a cycling helmet.
8. PedalAussi recommends that all cyclists wear bright clothing / vests whilst riding.
9. I understand that cycling on public roads is a potentially hazardous activity.
10. I have read and am fully informed of published safety recommendations for cycling on Australian Public Roads.
11. I agree to Entry terms and Conditions with PedalAussie Ride Events.
12. I release PedalAussi, its owners and agents from all claims for injury, loss, and damage of whatever kind I might suffer from all claims for injury, loss or damage of whatever kind I might suffer as a result of acts or omissions whether negligent or otherwise of PedalAussi, its owners or agents in relation to the event.
13. I also accept responsibility and release PedalAussie from all liability for claims for damages for injury loss or damage of whatsoever kind by any other person or corporation because of any act of omission whether negligent or otherwise on my part.
14. I have read and understood the Australian Road Rules and Safety Recommendations suggested by Cycle Across Oz and will adhere to them.
15. I acknowledge having read this Waiver Agreement, fully understood it's terms and sign freely and voluntarily without any inducement.
16. Global Covid Pandemic is an issue. I acknowledge I have read the Australian and State government websites relating to the Covid Issues. All costs for quarantine for examples hotel quarantine missed flights and transfers are not included. No costs whatsoever for covid or associated illnesses will be borne or considered, and Pedal Aussie is released from all liability for claims for damages of whatever kind. Typical State Government website. https://www.covid19.qld.gov.au/
17. I acknowledge I have read and accept responsibility and release PedalAussie the specific from all liability for claims for damages for injury loss or damage of whatsoever kind by any other person or corporation because of any act of omission whether negligent or otherwise on my part. For both Australian Road Rules and Safety Recommendations Federal and State rules. Queensland typical safety rules a https://www.qld.gov.au/transport/safety/rules/wheeled-devices/bicycle

Name (please print)	Signature	Date
Participant		
Witness		

Table 8 Pedal Aussie Equipment Load per Cyclist
Long Trips Minimise equipment.

EITHER	
1. Clothing & Toiletries Maximum clothing load for each cyclist	<= 3 kg
2. Camping equipment for each cyclist in one bag. Maximum camping equipment load for each cyclist	<= 6 kg
OR	
3. Maximum load including two panniers, bike packing kit for clothing and camping equipment.	<= 9 kg
PedalAussi load Rules: We do not like this rule, however we need to impose it. <i>All luggage over this limit will be posted home at your expense. This means that additional load is unacceptable. You may be asked to leave the tour with no refund of monies not adhering to given loads.</i>	
No bicycle boxes, bags or cases or food or water will be carried by PedalAussi.	

Table 9 Pedal Aussie Required Items Australian Road Rules include:

Australian Road Rules	Require Cycle Helmet and rear vision mirror(s)
	Front and Rear Lighting for poor visibility
	Bright Safety Visibility Clothing With luminance at low light conditions.

Table 10 PedalAussi Safety Long Trips Cyclists MUST have:

PedalAussi Safety	No Off	Remarks
Cycle Helmet	1	Include safety mirror on bike or helmet always worn. - No Mirror(s) - No ride -
Cycle Clothing	1	Reflective vest required
Cycle clothing	1	Brightly coloured
Lighting	1	Front and Rear for daily visibility
Bike water bottles	2 - 6	Locations include two for each front fork and two inside frame or two at the back of bike seat
Bike Lock	1	Coded lock preferred caution at night in low light. Have a handy I-phone or torch.
Bike Pump	1	Attached to bike frame. minimum one with correct valve for all tubes including spares.
Tubes and Tires	2	One foldable Tire, at least one tube and Patch kit
Wheel	2	Spare cables, few spokes for front and rear and bronze nipples
Multi Tool Unit	1	Required.
Poly tyre levers	3	Yellow in colour if able
EITHER Hammock	1	Include cover and insect screen and carbon fibre support if required. Generally, hammock and shelter, around one kilogram each. Note load limits
OR 1 - 2 man-tent	1	Carbon fibre poles. Generally, four kilograms Note load limits
Sleeping mat self- inflating	1	No Lilos. Consider 10 mm compressed foam wide rollable, in a bag. Handy for quick stops.
Sleeping bag	1	Match conditions
Cup and Bowl	1	Fireproof
Cutlery	1	Fireproof
David's Billy	1	Bag, Billy, cup, knife fork and spoon assembly, scourer, Kleenex, Metho-stove, stand, striker and flint, and aluminium foil as a wind breaker. Metho bottle with liquid rope necked on bike under sticky strap or bungy cord. One and half kilograms. Preferably to be lighter gear but more expensive.
Toiletries	1	Hand sanitiser required to be personally carried. Dettol 50 ml good size. Or equivalents. Use before and after meals and toilet stops. Toilet trowel and bag for free camping.
Personal Fly veil	2	For camp and bike as needed
Insect Repellent Spray	1	SC Johnson tropical strength 175 ml appears a good size. Rid Roll on Tropical Strength and antiseptic 100ml or equivalents.
Personal Covid Masks	5	For group, camp and bike as needed
Solar panel exposed daily		Include charging cables to battery and appliance on bike.
Battery storage		Solar panel to battery to appliance - mobile phone Garmin type Appliances able to be charged in transit on the bicycle. Vibration tape may need to be applied.
Flat bladders	2	minimum 5 litres of water storage each cyclist. Complete with eyelets in corners for external fixing to bike. Bladders are over and above water bottles 750 ml and 2 litre bottles attached and fixed to bike frame and frames.

Table 11 PedalAussie Safety Cyclist Recommendations

Cyclists must:

PedalAussi Safety Cyclist Recommendations	
1.	Cyclists must ensure they always remain hydrated.
2.	Ride no more than two abreast. Single file preferred.
3.	Cyclists must be aware that large road users for example road trains (multiple trailers) and cars with trailers and caravans use the highways.
4.	Take necessary precautions to ensure their own safety and safety of other cyclists for all road users especially larger road user types.
5.	Safety mirrors - no mirror, no riding. Both on bike and helmet preferred.
6.	All bicycles should be in first-rate mechanical order.
7.	If the bike is over 5 years old, all cables should be replaced. On Road maintenance and replacement is unwanted and costly.
8.	Worn chains and cassettes & brake blocks shall be replaced prior to ride start.
9.	Book into your local bike shop for last minute maintenance.
10.	A limited supply of spares is available.
11.	Complete a Registered First Aid Course to be able to render competent and immediate aid to fellow cyclist should unwanted road issues arise.

Table 12 Pedal Aussie Proposed Day Activity

Wake Up to sunrise's low light and sounds of other cyclists packing up camp.	
1.	Pack up your own kit -clothing and camp.
2.	Shower if available.
3.	Dress in the day's bicycle clothes -Weather Permitting.
Breakfast hand-sanitise before meals, hand-sanitise after is also preferable.	
1.	Make your own breakfast.
2.	Make your own snacks for day's ride.
3.	Wash up own bowl, cup, and cutlery
4.	Place own food, water, clothing and camp kit onto bike.
Briefing	
1.	All cyclists expected to attend.
2.	Held in the morning and as required.
3.	Destination explained, meal break times and locations and ETA (expected time of arrival).
4.	Check if the Pedal Aussi ride tag is attached to the front of your bicycle.
Begin Day's Ride 0500 the target.	
1.	Code out on mobile with QR code AND Say Goodbye to organiser representative.
Coded IN on mobile phone fully charged with QR code either Race Personal Permit or Personal Mobile Phone	
Morning Tea - Road café, a park, or the side of the road. Duration 20 – 30 minutes.	
1.	Aim at 50 – 60 km.
2.	Hot water for tea and coffee may be provided.
3.	Snacks may be provided
Lunch - On the road. - Road café, a park or the side of the road. Get food supplies for later at road shops and cafés.	
1.	Aim at 80 -90 km mark.
2.	Your responsibility - food boxes are available.
END – Off the road 120 – 150 km mark. Depends on the team's day's effort. Get food supplies for later at road shops and cafés.	
Coded OUT on mobile phone with QR code either Race Personal Permit or Personal Mobile Phone	
1.	Around 1300 -1400 hrs the target.
2.	Choose campsite in allocated area.
3.	Shower if available. Otherwise wash "The Three" with soap, as able. Arm pits, crotch and butt. Daily Wash the butt and apply appropriate cream/powder. I use zinc cream and castor oil and found OK for me.
4.	Check out local area or town.
5.	Sort out your shopping as able to make your food and snacks. Basically, one to two days load unless noted otherwise.
6.	Purchase and obtain enough food and snacks as well as clean water for you with the next section.
7.	Rest till sleep.
8.	Camp site to be left clean You may be asked to help clean up and make good campsite. Please assist.

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-DOCUMENT END-