

PEDAL AUSSIEEE REGISTRATION FORM - Administration

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1. Personal Data

Name

Address

Post Code

Phone No Home

Mobile

Emergency Contact Not on Ride

Name

Number

Email

2.0 Payment Method:

- Electronic Bank Transfer - Contact Pedal Aussie 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

2. Pedal Aussie's Benefits

The bicycle road trip with clarity.
The aim is for you to have a memorable tour.

There is a challenge.
The scope of daily activity for over 60s is high.
You and you alone are to accept the challenge, or not.
The responsibility is yours and yours alone.
We 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.
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 best in each town experience.
The Pedal Aussie's Buddy System has a discrete way of looking out for each other.
Pedal Aussie's aims to avoid the risk of falsely accusing local people for whatever reason.
Pedal Aussie's 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.

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 Pedal Aussie - 19 Kerr Street Rockhampton Qld 4701.
Each Person is to make application and all sections to be completed.

3.Long Trips

- You only ever need enough clothes to last you a week. You save on pannier space.
- Roll clothing forget folding. Fill cavities tight with socks and underwear.
- 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.
- 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.
- Invest in a good gear. Lose the idea of accumulating stuff on the way.
- Invest in a lock and light door wedge.

Table 1 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.
Morning and Afternoon tea & coffee supplies. 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 your supply U.N.O.; 6 kg Water and electrolyte minimum depending on road duration. Your supply UNO 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	
Limited bicycle repair tools	
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.
Pedal Aussie Food Boxes if required. depending on availability.	Please no substitutes offered
	Airfare to and from the ride city.
	Accommodation before and after the ride
	Personal accident or travel insurance
	Personal items purchased during the ride.
	Meals other than those indicated on the itinerary.
	Optional activities and sightseeing
	Bike parts & major repairs if required.
	Transport pre & post ride
	Membership of Bicycle Queensland for the duration of the ride
	Adequate Travel Insurance.
	Adequate Personal Insurance

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

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 to engage with competent personal trainers.
3. <i>Your medical disclosure and doctor's consent in writing returned to Pedal Aussie at least 30 days from initial ride departure date.</i>	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 Disclaimer

Persons entering any Pedal Aussie Tour, 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 Pedal Aussie.
7.During this event I agree to wear a cycling helmet.
8. Pedal Aussie 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 Pedal Aussie Ride Events.
12. I release Pedal Aussie, 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 Pedal Aussie, its owners or agents in relation to the event.
13. I also accept responsibility and release Pedal Aussie 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 form 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 Pedal Aussie 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 4 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
Pedal Aussie 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 Pedal Aussie	

Table 5 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 6 Pedal Aussie Safety - Long Trips Cyclists MUST have:

Pedal Aussie 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, a hammock is around one kilogram. Shelter, around one kilogram 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 good size. Before and after meals and toilet stops. Most highways have regular rest areas, which occasionally have a toilet available. It is advisable for each rider to carry with them on their bike's adequate daily toilet paper, wet ones and a small spade (Bury all human waste).
Personal Fly veil	2	For camp and bike as needed
Insect Repellent Spray	1	SC Johnson tropical strength 175 ml appears a good size.
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 7 Pedal Aussie Safety Cyclist Recommendations - Cyclists must:

Pedal Aussie 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. Leave footprints. All residues and packaging taken to be binned in waste disposal bins.
12. What is carried in need to be carried out. Leave nothing behind.

Table 8 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 Aussie's 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. Wash "The Three" with soap, as able: Arm pits and crotch. 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.
6. All riders to repair their own flat tyres.
7. Purchase and obtain enough food and snacks for you with the next section.
8. Rest till sleep.

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