

## The 2017 Misty FN Tastic Mountain Bike Ride

**When:** Sunday 22nd October 2017

**Parking:** Henrietta Creek picnic area. (Approx 35klm up the Palmerston Highway from Innisfail)

**Registration:** K-Tree road entrance to the Misty Mountains (3klm down the Hwy)

Note: You will need to make your own way safely down the highway. Obey all road rules.

**Long Course:** 55klm

**Cost:** \$40 individuals (this is a tax deductible donation to Cancer Council)

**Short Course:** 30klm

**Cost:** \$40 individuals, \$90 for families (2 adults and up to 3 children)

**MTBA day licence:** \$10 Adults

\$7 Juniors

You will need to bring cash for this on the day if you are not an MTBA member

**Registration:** from 8:00am

**Ride briefing:** 8:45am

**Ride Start:** 9:00am

**Event:** Charity/training ride with all funds raised going to the Cancer Council.

**Henrietta Creek picnic area:** picnic and camping area with BBQ, tables, bins and a swimming hole for you to enjoy. Located approximately 35klms up the Palmerston Highway from Innisfail.

**Fitness:** You will need a reasonable level of fitness to complete the short course. An average rider will make the main rest point at South Johnstone camp within an hour.

Only intermediate/experienced riders should attempt the long course, it will take about 4 hours to complete.

### Courses:

After parking at Henrietta Creek picnic area you will need to make your own way down the Highway to the K-Tree road and register.

The long course riders, you will do a challenging loop ride with over 1000 metres of climbing and some awesome downhills. Ride up Bora Ground Road - 6klm of moderate climbing, over the hills on West Palmerston Road to an exhilarating decent into the Maalan River. Stop here for a snack and drink then climb out. There's some washouts, rocks and maybe a branch or two but nothing an experienced rider can't handle. What does up must come down - Bora Ground is a scream!

Short Course riders, you will make your way to South Johnstone camp where you may enjoy a relaxing swim, a drink and snack before riding back to the start. There is about 683 metres of climbing, so a good warm up for your legs but not too difficult.

**What to bring:** All riders will need to be self-sufficient and carry spare tubes, pumps and water. Do I need to mention the obvious - a helmet rated to Australian Standards and an off-roadworthy bike.

**Course Markings:** The course will be marked at relevant intersections with directional arrows. Marshalls may also be present.

**Traffic:** Riders must give way to traffic on all roads, bitumen and dirt. Warning signs to traffic will be posted on the trail and the highway letting vehicles know you are around. The dirt track is NOT closed to traffic, all normal road rules apply.

**Registration:** Preferred option is to pre-register on the Register Now site, event number 27402. Late entries will be accepted on the day, however you will need to bring the correct ride and licence fee.

Register Here: <https://www.registernow.com.au/secure/Register.aspx?E=27402>

**Thank you to our sponsors!**

A sausage sizzle lunch at Henrietta Creek will be supplied.

**Thank you to our volunteers!**

***Thank YOU for supporting this very worthy cause.***

**WAIVERS & INDEMNITIES - This is a legal document. Please read carefully.**

1. In consideration of the CASSOWARY COAST MULTISPORT CLUB INC (CCMC) the Event Organisers accepting my participation in the **Misty FN Tastic Mountain Bike Ride** (Event) I agree to this release of claims, waiver of liability and assumption of risk.
2. I understand the demanding nature of the Event. I declare as a condition of entry to the Event, that I am sufficiently prepared for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event.
3. I acknowledge that the enjoyment of mountain biking is derived in part from any inherent risks and exertion beyond the accepted safety of the home and that these inherent contribute to such enjoyment and is a reason for my participation in the Event.
4. I acknowledge that while participating in the event:
  - I may be injured, physically or mentally, or may die from various causes including, but not limited to, over exertion, dehydration, cardiac arrest, accidents with other participants, spectators, vehicles, the course or weather conditions or other causes or accidents caused by my own actions
  - I may cause injury to other persons
  - The conditions in which the Event is conducted may vary without warning
  - I assume the risk and responsibility for any injury, death or property damage resulting from my participation in the Event.
5. I agree that if I am injured or require medical assistance the Event organisers can, at my own cost, arrange medical treatment as deemed necessary by them. I agree that I am responsible for my own medical and ambulance insurance. I also agree that in the event that I am injured or my property damaged I will bring no claim, legal or otherwise, against the Event organisers or land owners or managers in respect to that injury or damage.
6. I agree to discharge, release and indemnify the Event Organisers, its officers, employees, volunteers, public bodies, sponsors, the owners and occupiers of land used in the event, their representatives and successors for all liability and against any claims, demands, rights or course of actions, suits expenses, costs and proceedings of any nature whatsoever which may be made by me or on my behalf by any other parties for or in respect of or arising out of any injury, loss, damage or death caused to me or my property as a result of my entry or participation in the Event whether by negligence, breach of contract or in any way whatsoever.
7. I agree to CCMC entering my personal details in the entry into a database which will be used for the administration of the Event and which may be used for future marketing and promotion.
8. I agree to allow my name, results, photographs, video and multimedia film likeness to be used for any legitimate purpose by CCMC, the sponsors or assigns without payment or compensation.
9. I agree to abide by the Event rules and the directions of Event officials.
10. I confirm that I am at least 18 years of age.

**PARENTAL CONSENT FORM:** Parents/Guardians of participants under 18 years of age must give written consent for their child to compete in the Event **and be responsible for their child/ren on the day of the Event.**

As the legal guardian I agree to all of the above.