

AQUAFIT CHARITY BIKE RIDE

SUNDAY 18 SEPTEMBER 2011

INFORMATION & REGISTRATION PACK

ALL MONEY RAISED GOES TO YOUTH SOLUTIONS



aquafit
fitness and leisure
A division of Campbelltown Catholic Club

FOR MORE INFORMATION PHONE 46 297 297

2011 Aquafit Charity Bike Ride

Proudly Supporting Youth Solutions

Rider Information Pack

Welcome to the 2011 Aquafit Charity Bike Ride

The Aquafit Charity Bike Ride is a major community participation event. The Ride will be held on Sunday 18 September 2011 and is promoted by Campbelltown Catholic Club.

The Ride is a participation event and is **not** a race. The day is about participating with your family, friends and colleagues while at the same time raising funds for a worthwhile charity. All proceeds from the 2011 event will be donated to Youth Solutions.

The Course

There are two options: 14km Ride or 41km Ride

The 14km ride is relatively flat with some gentle inclines

The 41km ride is predominantly flat but includes a challenging climb at the half way point up Razorback Mountain (Old Razorback Road)

The rides leave Campbelltown via Camden and Kellicar Roads. The course then turns right onto Narellan Road and follows this for 6.5km before sweeping left onto Camden Bypass.

The 14km course exits Camden Bypass at the Elderslie ramp and turns right onto Macarthur Road and left into Argyle Street where the ride will conclude.

The 41km course continues along Camden Bypass across the bridge at Camden South. At this point the road becomes known as Remembrance Drive/Old Hume Highway. The course then turns right into Cawdor Road and proceeds to a T-intersection where it turns left onto Old Razorback Road, a 3.9km climb to the top of the mountain. Once at the top of Razorback the course turns left into Mount Hercules Road* and left again back onto Remembrance Drive. Riders then continue down the mountain, back across the bridge at Camden South before sweeping left onto the Elderslie exit ramp, right onto Macarthur Road and left into Argyle Street where the ride will conclude.

A map of the course is attached. Please study it carefully and carry it with you on the ride.

* Riders participating in the 41km event will be required to congregate at a compulsory check point at the Razorback Lookout (corner Remembrance Drive and Mount Hercules Road) by 9.45am. Riders who do not make the cut off will be collected by the support vehicle. At 10am all riders will proceed as one group under Police escort down Razorback Mountain before making their own way into the finish line at Camden. BBQ and comfort facilities (port-a-loos etc.) will be available at the Razorback Lookout for those who arrive ahead of schedule.

Event Structure & Time Schedule

The 41km Ride

The 41km ride will start at 8.15am from Aquafit Fitness and Leisure Campbelltown
Participants must be 16 years or older

Riders are to be signed on and assemble at the starting area by 7.45am

The 14km Ride

The 14km ride will start at 9.30am from Aquafit Fitness and Leisure Campbelltown
Participants must be 12 years or older (Children 12-16 years must ride with a supervising parent participating in the ride)

Riders are to be signed on and assembled at the starting area by 9am

A support vehicle will be provided by the event organisers to follow each ride to assist or pick up fatigued and/or riders wishing to withdraw

A qualified RMT (Rescue Medical Technician) will be aboard the support vehicle following each of the rides. If you require medical assistance at any stage during the ride gradually slow to a halt and flag the vehicle down as it approaches.

Riding Rules

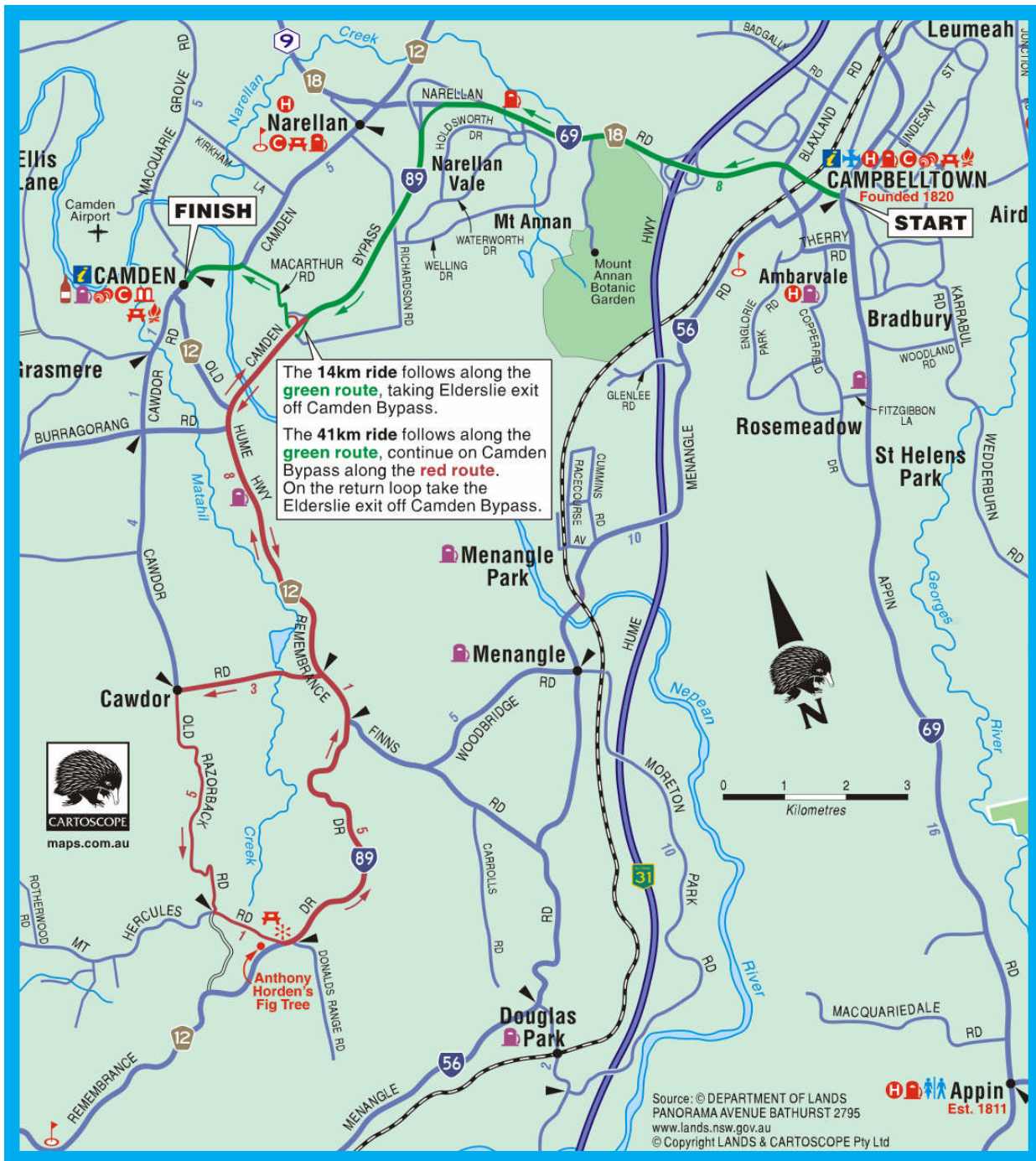
- Riders must obey the Australian Road Rules
- Riders must obey any instruction given by Police
- Riders must obey any instruction given by the event organisers
- Riders must not ride more than two abreast. This is not a race!
- Riders must ride in single file over bridges
- Riders must wear an Australian Standard Compliant helmet
- Riders must meet the minimum age requirements (refer to Event Structure above)
Adults accompanying children must ride on the right of the child at all times, keeping them well clear of traffic in lane one.
- Riders must ensure their bikes are fully serviced and roadworthy
- Where ever possible riders must use the shoulder or breakdown lane with the following exception: As riders approach the M5 overpass on Narellan Road they are to move into lane one (on the left edge) and remain there until they pass the traffic lights at Kenny Hill (M5 exit for Camden/ Campbelltown). This will avoid riders having to negotiate the M5 Exit/Entry merging lanes. Police will be present and will assist at this point. If you are uncertain what is required please ask one of the organisers prior to the start of the ride.

Helpful Hints

- Carry water bottles on your bike
- Wear cycling gloves
- Fit a flashing tail light to your bike
- Apply sun protection cream and reapply
- Have your bike checked by a qualified bicycle mechanic before the ride

Course Map

14km & 41km Ride



Aquafit Charity Ride

Event Timeline

Event Timeline

7.30am-9am

Riders sign on and assemble in Aquafit Car Park 30 minutes prior to the commencement of their ride

8.15am

41km Ride commences

9.30am

14km Ride commences

10.30am-10.45am

Both rides conclude at Argyle Street, Camden

11am onwards

Watch the finish of the 146km Goulburn to Citi Corporate Challenge and join in the festivities with a range of stalls and displays

11.30am

Cheer home the elite cyclists competing in the 170km Goulburn to Citi Classic

DISCLAIMER: I/We acknowledge that participation in the event involves riding on roads with other traffic and I/we am/are aware of the risks involved. I/We have enough ability and experience to participate safely in this event. I/We will ensure that the bike/s to be used in the event are in sound mechanical condition and I/we will wear (and ensure my child wears) a correctly fitted Standards Australia approved cycling helmet. I/We will comply with the current NSW road rules and directions given by the Police, route marshals and event staff and will ride in a careful and considerate manner at all times. I/We understand that children must be 12 years and older to participate in the 14km ride and children under the age of 16 years as at the 18 September 2011 must be accompanied by an adult (over the age of 18 years). I/We release and indemnify the organisers, sponsors and others involved in the event (including Campbelltown Catholic Club Ltd and Aquafit Fitness and Leisure) from and against any claims, liability, costs and expenses made, suffered or taken by any person or body as a result of my/our participation in the event. I/We acknowledge that video footage, photographs and other images of cyclists including me and/or my family may be created and used by Campbelltown Catholic Club and affiliated organisations for promotional and publicity activities. I/We consent to the creation and use of such images for these purposes. Campbelltown Catholic Club (ABN 59 000 504 110) is bound by the Privacy Act 1988 (Cth). Campbelltown Catholic Club may refuse entry to the Aquafit Charity Bike Ride and change the route or any other aspect of the event. All cancellation of entries must be received in writing at Aquafit Fitness and Leisure, PO Box 133 Campbelltown NSW 2560 by 5pm Thursday 9 September 2010 for a 70% refund of entry monies paid. No cancellations will be accepted after this date. Payment of entry fee and signature below (on Entry Form) is considered acceptance of the Conditions of Entry (parent/guardian to sign for child under 18 years).

One Day 3 Huge Events

1. The Goulburn to Citi Classic

First staged in 1902 The Goulburn to Citi Classic is one year older than the famous Tour De France. The race attracts the cream of Australia's cycling fraternity with many elite riders returning from overseas to participate. Competitors race from Goulburn to Camden taking in 170km of The Southern Highlands most picturesque countryside. The conclusion of the race coincides with a street fair ensuring a fun day for the whole family. This years event will once again be televised in a half hour feature on SBS. The SBS helicopter helps signal to spectators of the imminent arrival of the elite riders.

2. The Goulburn to Citi Corporate Challenge

The Goulburn To Citi Corporate Challenge is the brain child of former Australian Wallaby (and Race Ambassador) Simon Poidevin. The event is run over a 146km shortened race route from Goulburn to Camden. Corporate Challenge riders leave Goulburn at 5.50am, 1.5 hours ahead of the main event and need to maintain an average speed of 32km/h to remain clear of the pursuing race. Riders who survive the challenge will arrive in Camden just prior to 11am with the official race hot on their heels.

3. Aquafit Charity Rides

The Aquafit Charity Ride is a community participation event run by Campbelltown Catholic Club. This year's event offers participants the choice of a 14km or 41km ride. The event raises valuable funds for Youth Solutions with all entry fees being donated directly to the charity. Entry is \$20 for adults and \$10* for children

**Conditions apply*

ALL 3 RIDES CONVERGE AT CAMDEN

Aquafit Charity Rides (14km or 41km)

Arrives 10.30am

Goulburn to Citi Corporate Challenge

Arrives 11.00am

The Goulburn Classic (Elite Riders)

Arrives 11.30am



Advertiser



Entry Form

AquaFit Charity Bike Ride
Sunday 18 September 2011

ADULTS \$20

CHILDREN \$10*

Includes a FREE AquaFit T-shirt for the first 200 participants

14km RIDE

* Children must be 12 years or older to participate in the 14km ride.
* Children 12-16 years must be accompanied by a riding adult.

41km RIDE

* Children must be 16 years or older to participate in the 41km ride.

First Name		Surname	
Address			
Suburb		Post Code	
D.O.B		Sex	M <input type="checkbox"/> F <input type="checkbox"/>
Phone (H)		Phone (M)	
Email			

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Signature	
Date	

OFFICE USE
Please record T-shirt size