



MALVERN LIONS GREAT ALPINE MOUNTAIN BIKE CHALLENGE



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LIONS CLUB OF MALVERN
ANNAVALE Sunday 29 Jan 2012

The Course

The Malvern Lions have gained the approval to use the Annavale property to hold this Mountain Bike Race.

The landowners have granted us permission to ride this course on Sunday 29 January 2012. This is an off-road event and a unique opportunity to experience the incredible vistas of the Canterbury Plains, the Torlesse Mountains and The Big Ben Range. As with any off-road events there are numerous unmarked caution areas. If you are expecting a signpost at every pothole, a marshal at water puddles, a set of lights at cross tracks or a tape to indicate descents then we suggest you'll feel more comfortable entering a city event.

Please note that the course is not open to the public to ride before the event. If anyone is caught out on this private property it may jeopardise the race for everyone.

Recommended for All Riders

The Great Alpine Challenge is about enjoying the day and getting together with your mates to experience the wonders of Annavale, the views and the opportunity to have a great ride.

It is for your safety that we recommend the following:

Clothing – Carry clothing for the conditions on the day

Drink – Carry your own supplies. There will be refreshments available at the end of the course.

Food – We recommend you consume a min of 1000 calories. Please carry and consume enough to get you through the course.

Tool Kit – including spare tubes, pump, multi-tool and a chain breaker (please learn how to use it)

Bike Checks – will not be compulsory, but please ensure your bike is in fit working order and have a safety standard and approved helmet that is free of any defects.

Timetable (subject to change, but not before the following times)

10:00am Registrations at pre-start area by 10am

10:30 am Race Briefing and Start.

Starting order Elite
 Sport
 Recreational

From 1:00pm Barbecue-type food available at the Finish Line

2:15pm Prize Giving (Please note Competitors must be present at the Prize Giving to receive any prizes)

Proceeds

The benefactor of the 2012 race is to be the Malvern St Johns Ambulance who are relocating to a new site following irreparable damage to their existing premises in the September earthquake.

Waiver

In acceptance of my entry form I do hereby for myself, my heirs, executors, administrators and assignees release and forever discharge the organisers, the sponsors, and land owners and all persons involved in the conduct of the Malvern Alpine Mountain Bike Races from all claims and actions whatsoever in any manner arising out of my participation in this event. I attest and verify and I am fully aware of the risks involved with participation and that no physical and medical conditions which have the potential to put myself and any other person at risk and I am sufficiently trained for the event, read the internet pages and will attend the Briefing and accept any decisions or directions given by them.

I allow organisers/sponsors to use my name and/or photograph for promotional purposes.

