

# GR300

4 days, 27 gig clubs, over 300k

4<sup>th</sup> – 7th November 2010

Welcome to GigRower-300 "GR300" – information, terms and disclaimer. Please read carefully and sign and date at the end. **Thank you for taking part, ride safe.**

## ABOUT THE EVENT...

- GR300 is being organised on behalf of friends, family and other gig rowers. The idea is to have a fun social event, an alternative to winter training, and to raise the profile of Cornish Pilot Gig rowing ([www.gigrower.co.uk](http://www.gigrower.co.uk)) as well as raising funds for the charity: <http://www.pearlof africa.org.uk>
- GR300 is limited to 50 riders for the full weekend and 30 for the weekend (80 Total at the weekend). Accommodation will be in Youth Hostels but we may use some local B&Bs for overspill where necessary.
- Free shuttle bus from Launceston to Penzance available on Saturday morning for those just riding the weekend or alternatively make your own way to start point(s) prior to the start time. For full riders start and finish is the same point.
- GR300 is non-profit, participants contribute to costs and any surplus passed on to the charity.
- Sweeper/support vehicle to follow route with limited spares and tools. Vehicle will meet riders at two locations each day. Vehicle will carry riders bags. One bag per rider clearly marked with name.
- GR3000 is not a race.
- Money is a contribution to costs only. Any surplus to charity.
- Checkpoints – riders are responsible for downloading route from website beforehand and navigating themselves. Each rider MUST carry a mobile phone and text at check points covered in pre ride briefing at event.
- Pitstops – feed yourselves. Some refreshments will be arranged but on the whole riders must feed themselves between breakfast and dinner. Learn from last year, snack little and often.
- Sponsorship – all riders must pledge to raise a minimum of £100 sponsorship. Sponsorship form available for download on website.

# INSURANCE, EQUIPMENT, REGULATIONS...

- A British Standard approved cycle helmet is mandatory. No helmet, no participation.
- We recommend that riders have their own 3<sup>rd</sup> party public liability insurance. Your own insurance covering equipment, personal injury etc is at your discretion. Your existing home and/or travel insurance may already cover you. Membership of organisations such as Cycloport can cover you as well from around £26 per annum – example <http://www.cycloport.org/members/membership.aspx>
- All participants conform to highway regulations and laws. Any rider not doing so will be barred from further participation.
- GR300 will not significantly impede local traffic flows at start or finish or generate subsidiary traffic or parking requirements.
- In order to reduce risk, GR300 has set in place the following :
  - Risk assessment for route and event.
  - Accident response procedure.
  - Be well organised, supported and structured.
- Parental consent form required if under 18 unless accompanied by adult.
- GR300 organisers reserve right to refuse entry.
- Emergency policy / contact detail etc will be made available on the day of the event.
- Refund policy – in the event of cancellation partial refund may be given at organisers discretion.
  - Contribution towards youth hostel accommodation non refundable.
  - Contribution towards event costs non refundable.
- Bad weather / unforeseen circumstances.
  - In event of bad weather a decision will be made on the day of the event on an alternate route. Only in the event of extreme weather conditions will the event be cancelled.
  - Organisers reserve the right to cancel the event at any time due to unforeseen circumstances.
- All riders must carry a charged mobile phone and register their number with organisers prior to event.

# DISCLAIMER...

**DISCLAIMER** Although we endeavour to present information and descriptions of the event as accurately as possible, participants are encouraged to make independent investigations of their own in terms of the weather prospects for the duration of the event, the condition of the roads and the terrain over which the event may take place. It is the responsibility of participants to decide for themselves whether or not any route suggested by us is either suitable or appropriate for them in terms of the challenges and risks that may be encountered.

**LIABILITY** The organisers of GigRower-300 shall not be liable for any delay or default in providing the service included in the event if such delay or default is caused by conditions beyond its control including, but not limited to, Acts of God, Government restrictions, wars, insurrections and/or any other cause beyond our reasonable control.

**INSURANCE** Cycling has inherent risks attached to it and the GigRower-300 organisers shall not be liable for any damages relating to loss of property or injury of any kind to any participant. It is the responsibility of each participant to take out travel and personal accident insurance cover. Therefore, you must be adequately insured against personal injury, medical expenses arising from accident or injury, property loss, theft or damage. All participants must provide proof of applicable personal accident and travel insurance cover before the commencement of the event and on request.

Your participation is accepted on the understanding that you realise and accept the dangers, risks and hazards inherent in any cycling tour activity.

**RESPONSIBILITIES** All participants must agree to observe laws and ensure that their conduct in no way puts at risk the welfare of any participant during the event.

Accepting participation signifies agreement and therefore during the event if your conduct is considered by the event organisers to be detrimental to the welfare of other participants in the group, you may be asked to leave the event without right to a refund.

If for any reason you fail to arrive at the appointed time and place during the event, the GigRower-20 organisers will not be responsible for any expenses incurred by you. No refund or compensation of any kind will be due to you or payable by us for any unused portions of the event if you are unable or choose not to complete the tour.

**PERSONAL INSURANCE** The organisers of GigRower-300 shall not be liable for injury, damages, death, accident or delay to person or loss or damage to property due to negligence or default of any third party rendering any service included in the event. You are responsible for any loss or damage to baggage, bicycles or personal possession or any consequential loss there from. You are also responsible for the safekeeping of all your valuables.

You must be adequately insured against personal injury, medical expenses arising from accident or injury, property loss, theft or damage. All participants must provide proof of applicable personal accident and travel insurance cover before the commencement of the event and on request.

**ROAD SAFETY** You undertake to conduct yourself in a manner that does not put at risk your own safety and that of other participants. In addition you accept all risks of the road and public highways of the event including the challenging terrain, road hazards, vehicles on the road, hazards from other

cyclists and other road users.

Cyclists can and do sustain serious injuries from such hazards. The organisers of GigRower-20 cannot accept any responsibility whatsoever for the state of the roads or public highways of the tour regions or for the conduct of any participant or other road user.

**PHYSICAL ABILITY** It is the sole responsibility of the participant to determine his or her level of bike and road handling ability and whether or not our cycling tour is suitable for the individual concerned. Participants accept all risks to their physical well-being associated with this activity, such as their ability to withstand exposure to the elements, level and extent of physical exertion, tolerance and endurance. We make no assumption about any cycling skill or equipment fitness or physical fitness levels of any participant.

Participants will be using challenging roads and public highways while out cycling and it is for the participants to decide whether or not their cycle equipment, cycling speed, physical endurance and/or bike and road handling are of an appropriate standard for the event.

**EQUIPMENT** Cycling culture encourages self-sufficiency. Although we will be travelling together during the event and will provide such services and assistance specifically described as being included in the event, all participants are expected to equip themselves with the necessary cycling gear and suitable clothing for their cycling. This can make all the difference between a successful, comfortable, safe and enjoyable trip and a disastrous or uncomfortable or harmful or unsafe experience or even one that results in fatal injuries.

Whilst we would be happy to offer helpful suggestions, if asked, we accept no responsibility for any choices that are made by the participants. All participants' bicycles must be in a road worthy condition meaning that the participant accepts all responsibility for equipment failure of any kind and any resulting problems and/or expenses that may occur.

Cycle components and even cycle frames can fail unexpectedly for which we accept no responsibility whatsoever.

**COMPULSORY PROTECTIVE WEAR** In order to minimize the risk of serious injury or death while cycling, the wearing of a suitable protective cycle helmet is recommended whether or not it is required by law. It is an essential requirement that a cycle helmet is worn in any events and participants who choose not to wear a cycle helmet maybe prevented from taking part.

**PERIPHERAL EQUIPMENT** Each and every participant on the event assumes full responsibility for ensuring that any necessary spare parts, snacks, food and water are included in their "day pack" to prevent delay, inconvenience, hardship and risk caused to themselves and other participants who may be indirectly affected.

# REGULATIONS, TERMS & CONDITIONS...

## Regulations

We the organisers of GigRower-300 have a responsibility and duty of care towards our participants. The following regulations are to be followed for the duration of the event.

- You must be over 18 years of age on the day of the event to participate BUT younger riders **may** ride with written parental consent. Please email [toby@gigrower.co.uk](mailto:toby@gigrower.co.uk) for more details.
- Riders will be responsible for the road worthiness of their own cycle.
- Only road bikes will be accepted (not tandems, RICKSHAWS or recumbents etc).
- Tri-bars are acceptable; however they are not to be used in group riding.
- All riders are covered by third party insurance for the duration of the event. The cost of this is included in your entry fee. The organisation is covered for civil party liability.
- You must obey all Highway Code rules. You are requested to ride in single file where appropriate and no more than 2 abreast at any time. Please be aware of your fellow cyclists and any other traffic. Please always indicate your intention to stop or change direction. All cyclists must adhere to and obey the Highway Code and laws of England, Scotland, Wales and N. Ireland where applicable and extend all reasonable courtesy to other road users.
- It is mandatory THAT ALL riders wear a safety-approved cycling helmet complying with latest British Standard, ANSI Z90/4 or SNELL standards. Any rider not wearing a helmet will not be covered by the event insurance and will be disqualified from the event and could be liable for damages if involved in an accident on that basis. The rider must accept this as a condition of entry.
- Please do not use your mobile phone when riding and if taking or making calls please do it safely at the side of the road.
- The organisers reserve the right to terminate an individual's ride on health and safety grounds.
- The rides will take place regardless of bad weather and will only be cancelled, rerouted or stopped for reasons of safety. Entry fees, however, are not refundable.
- No rider may take food or drink from anyone whilst on the move; if you need food or drink you must stop to receive it.
- All riders carry a form of identification showing their name, address and/or contact details of a person to be advised in the eventuality of an accident. It is also advised that all participants carry 2 drinks bottles, energy bars, tools, replacement inner tubes and a working pump, suitable wet weather gear, money, mobile phone.

# COST

All the money goes towards costs incurred to run the event and any left over money goes to charity. To see the GR20 accounts from last year [click here](#).

The total cost for the event is over £6,000, last year Jeremy and I bank rolled the event but this is not possible with the growth of the event and so the King Harry Ferry Company have kindly offered to bank roll it this year and without their support it would not be possible.

**Full four days: £95** (Includes: 3 nights accommodation (Inc bed, sheets & pillow), Breakfast (Porridge, toast and cereal), Evening meal (Pasta feast with pudding and custard, pos pub meal sat night), Transport for your bag each day, Support vehicle & T-Shirt)

**Just the weekend (For Colin & his lady friends): £75** (Includes: 2 nights accommodation (Fri & Sat & inc bed, sheets & pillow), Breakfast (Porridge, toast and cereal), Evening meal (Pasta feast with pudding and custard, pos pub meal sat night), Transport for your bag each day, Support vehicle, T-Shirt & Transport from Lancton to Penzance on Sat am for you and your bike)

**PLEASE TRY AND DO THE WHOLE EVENT AND NOT JUST THE WEEKEND**

**Entry Terms and Conditions**

- I understand that I participate completely at my own risk and that the organisers will not be held responsible for any damage, injury or loss however caused by me outside of the third party insurance in place for the duration of the event.
- I agree to wear a safety approved cycling helmet complying with the latest British, ANSI Z90/4 OR SNELL standards for the duration of the event.
- Entry fee(s) are non refundable and non transferable.
- I declare myself medically fit and able to participate in the challenge. By entering the challenge, I waive any liability on the part of the organiser due to medical grounds.
- If I am under 18, I have the written consent by parent or guardian to ride or am accompanied by my parent or guardian.

I ..... have read and agree with the above information, terms, conditions and disclaimer.

Print name .....

Email: ..... Age ..... years

Dated .....

I enclose a cheque for £ ..... **(Payable to 'King Harry Ferry')**

Please send cheques and completed registration form to:

**GR300 Registration, 46 Trefusis Road, Falmouth TR11 4QQ.**

**(Please make cheques payable to King Harry Ferry who have kindly offered to cash flow the event this year with any surplus going to charity)**

**T-shirt size:**            small            mediumlarge            extra large

**Riders mobile number:** .....

**NEXT OF KIN**

Please provide details for your next of kin to be contacted in an emergency.

Name: .....

Address: .....

Email: .....

Mobile: .....

Land line: .....

**Accommodation request** (If you are coming with a partner and there are double beds available we will try and arrange beds accordingly but can make no guarantees):

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**Any other notes:**

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