

# ADIRONDACK 540 GRAN FONDO

The Adirondack 540 Gran Fondo is presented by Adirondack Ultra Cycling. All riders and support crew members must complete and sign this form and return it to: Adirondack Ultra Cycling, 7 Pearl Street, Schuylerville, NY, 12871. Online registration is available at: [WWW.BIKEREG.COM](http://WWW.BIKEREG.COM). Same day registration will be available beginning one hour before start time, but please give yourself adequate time to arrive, sign in and get ready to ride, as riders are expected to be on the start line at least 15 minutes before the start.

This ride will start promptly at 7:00 AM from the Alpine Country Inn and Suites, located at 5647 Route 86 in Wilmington (518.946.2263 or 877.946.2263). If you need overnight accommodations, we recommend staying there. If you are not staying at the motel, please check with the event director or motel management for parking instructions.

This ride will be mostly unsupported on the road and riders should plan on being self sufficient. We'll have one aid station, at the Super 8 Motel in Ticonderoga at 75 miles, and services will be available on the route and are marked on the cue sheet. We'll have water and other drinks, snacks and pocket food at the start and in Ticonderoga, but please be aware that there will be long stretches where services are unavailable.

Riders and their crew/family/friends are invited to join us after the ride (~ 6 PM) for a pizza or pasta party and an opportunity to socialize and ask questions about training, nutrition, logistics, equipment and strategy. We'll hand out a race checklist, and there may even be a couple of vendors and race veterans on hand to offer advice and answer questions.

For more information, contact the event director, John Ceceri at: 518.583.3708, or visit our website at: [WWW.ADKULTRACYCLING.COM/ADK540/FONDO.HTM](http://WWW.ADKULTRACYCLING.COM/ADK540/FONDO.HTM).

EVENT	MILES	DATE	TIME	LIMIT	LIGHTS	FEE	ROUTE	GAIN
<input type="checkbox"/> ADK 540 GRAN FONDO	136	JUN.15.2019	7:00 AM	12H	NO*	\$30	LOOP	8,375'
<input type="checkbox"/> SUPPORT CREW ( <i>ALL SUPPORT CREW MEMBERS MUST FILL OUT THIS FORM.</i> ) RIDER NAME: _____								

\* The time limit is a "soft" limit. Riders may take longer than the posted time, as long as they are riding coherently and are properly equipped. However, they will be disqualified and pulled from the course if they are not riding coherently or are not properly equipped.

\*\* Lights are not required to start and most riders will finish before sunset, but if you are still riding after dark, lights must be used or you will be disqualified.

CATEGORY:  Standard  Tandem  Antique  Fixed  Single Speed  Recumbent  HPV  Hand Cycle  Other

CREW: Will you have a support crew?:  Y  N

Name: \_\_\_\_\_ Sex:  M  F

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**WAIVER:** In consideration of being permitted to participate in any way in this Adirondack Ultra Cycling event, I, for myself, my representatives, assigns, successors, and heirs represent and agree as follows: I acknowledge that this athletic event or Activity is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. If at any time I believe conditions to be unsafe I will immediately discontinue further participation in the Activity. I acknowledge that this Accident Waiver and Release of Liability (AWRL) form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events. In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me or my traveling to and from this event, **THE FOLLOWING ENTITIES OR PERSONS:** John J. Ceceri, Jr., Adirondack Ultra Cycling, Adirondack Ultra Challenge, Saratoga Brevet Series, Saratoga 12/24, Montreal Double Double, Adirondack 540, International Federation of Ultra Cycling, American Bicycle Racing, Randonneurs USA, Audax Club Parisien, Randonneurs Mondiaux, their directors, officers, employees, volunteers, representatives and agents, the event organizers, event sponsors, event directors, event volunteers, owners of facilities used by this event and any other entity or person associated with this event; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event. I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and/or illness during this event. I hereby agree to abide by the rules and regulations as set forth by the organizer and/or sanctioning bodies and I further acknowledge that this application for entry into said event can be rejected by the organizers. I understand that at this event or related activities, I may be photographed or recorded and agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event organizers, producers, sponsors, organizers and or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document; and, I understand it's content. I understand that I have given up substantial rights by signing this AWRL and have signed it freely and without any inducement or assurance of any nature. **BORDER CROSSING AGREEMENT (IF APPLICABLE):** I agree that I fully understand the requirements to cross the international border between the United States of America and Canada and hereby agree that I will be properly prepared for said border crossings. If I am denied entry into Canada, or re-entry into the United States of America for any reason, I will not hold any other person or entity responsible, including, but not limited to, those listed above. I further acknowledge that I will resolve the situation independent of any other person or entity, including, but not limited to, those listed above. **PARENT OR GUARDIAN WAIVER FOR MINORS (UNDER 18 YEARS OLD):** The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian if under 18: \_\_\_\_\_ Date: \_\_\_\_\_

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