

MONTREAL *DOUBLE DOUBLE*

The Montreal Double Double is presented by Adirondack Ultra Cycling. Complete and sign this form and send it in with your entry fee. Make checks payable to Adirondack Ultra Cycling and mail to: 7 Pearl Street, Schuylerville, NY, 12871. All funds must be in US dollars. Entry deadline is July 20, 2011, and day of event registration will not be available.

This event requires a minimum number of participants. If that level is not met it will be repriced or canceled. If it is repriced, pre-registered riders will be given the opportunity to participate at the new price. If a pre-registered rider does not wish to participate at the new price, or if it is canceled outright, they will receive a full refund. Otherwise, entry fees are non refundable and non transferable. This event will also be held rain or shine.

All participants must be over 18, unless accompanied by their parent or legal guardian. This event crosses the international border between the United States and Canada. All participants must have the proper paperwork to meet border crossing requirements.

Exact itineraries, including start times, cue sheets and lodging information, will be sent with your confirmation package once you've registered.

The entry fee will include at least the following: one rest stop each way with Hammer Nutrition products, sandwiches, snacks and drinks; limited sag support, gear shuttle, and overnight accommodations for Friday and Saturday nights. Riders are expected to be properly prepared and self sufficient on the road. For a list of items to bring, see our rider checklist on the following page.

We also have two openings for working volunteers. Each working volunteer is required to use their own vehicle to help us support the ride, and would have to meet the group at designated locations. All expenses will be paid, including food, gas and hotel. If you're interested in helping, fill out this form and we'll contact you with more information.

For more information, visit our web site at: www.adkultracycling.com/montreal, or call the event director, John Ceceri at: 518.583.3708.

	MILES	DATES	TIME	LIMIT	LIGHTS	TERRAIN	FFEE
<input type="checkbox"/> Rider	200/200	AUG.05-07.2011	4:00 AM	20H/20H	Required	Rolling/Hilly/Flat	\$375
<input type="checkbox"/> Volunteer	—	AUG.05-07.2011	4:00 AM	—	—	—	—

Make checks payable in US dollars to: Adirondack Ultra Cycling and mail to: 7 Pearl Street, Schuylerville, NY 12871. **TOTAL ENCLOSED: \$** _____

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

All rooms are double occupancy. If you would like to share a room with someone specific, please list their name here: _____

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, Ultra Marathon Cycling Association, American Bicycle Racing, Randonneurs USA, Audax Club Parisien, Randonneurs Mondiaux, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (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. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, 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 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.

Cyclist's Printed Name: _____

Cyclist's Signature: _____ Date: _____

Signature of Parent or Guardian _____

If Cyclist is Under 18: _____ Date: _____

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RIDER CHECKLIST

MANDATORY ITEMS

Bicycle:

- Bicycle in Good Working Order
- Helmet

Nutrition:

- Pocket Food (some will be provided at start and rest stops)
- Water Bottles (insulated recommended) and/or Hydration Pack

Repair:

- Inflation Device
- Multi Tool and/or Tool Kit
- Spare Tubes
- Patch Kit

Personal:

- One medium-sized soft bag to transport to Montreal
- Personal ID
- US & Canadian Money and/or Credit/ATM Card
- Valid border crossing documents

Lighting:

- Steady White Front Light visible from 500'
- Steady Red Rear Light visible from 300'
- Flashing Red Rear Light visible from 300'
- Reflective Ankle Bands
- Reflective Vest or Sash
- Spare Batteries and/or Spare Bulbs
- Spare Lights (if lights with non replaceable bulbs are used)
- Bicycle Mounted Reflectors or Reflective Tape

SUGGESTED ITEMS

Bicycle Repair Kit:

- Cables
- Lube
- Tires
- Spokes...

Rider Repair Kit:

- Ace Bandages
- Baby Powder
- Band Aids
- Bug Spray
- Butt Cream
- Pain Reliever
- Hand Cleaner
- Hand Sanitizer
- Heat Packs
- Ice Packs
- Sun Block
- Tissues...

Other:

- Area Maps
- Bell or Horn
- Camera
- Cell Phone
- Dog Repellent
- Duct Tape
- Electrical Tape
- Extra Cycling Clothing
- Fenders
- Hand Cleaner/Sanitizer
- Pen and/or Pencil
- Rags and/or Paper Towels
- Rear View Mirror
- Small Note Pad
- Street Clothes
- Tissues
- Toothbrush
- Toothpaste
- Walking Shoes
- Zip Lock Bags
- Zip Ties

OTHER INFORMATION

- Please prepare for this ride carefully and make sure you can carry everything you need to be self sufficient. There are several long stretches that will have limited services, and restocking on the road will be difficult in some areas.
- There will be at least one rest stop on each riding day, where we'll provide Hammer Nutrition products, sandwiches, snacks and drinks.
- We'll also have at least one vehicle to support the ride and carry gear, but they can't be everywhere at the same time. If we get a large group and it spreads out, riders may be on their own for extended periods. In this situation, riders are expected to be self-sufficient.
- Each rider will be allowed one medium-sized soft bag for us to transport to and from Montreal. Please note that this bag may not be available except at the start and finish of each riding day. Depending on the size of our support vehicle(s), riders may also be allowed to put in one small bag to access during the rides. All bags must have an ID tag on them with your name, address and phone number.
- This ride crosses the international border between the United States of America and Canada. All participants must have the necessary documentation for entry into Canada and re-entry into the U.S. Please review the regulations carefully and make sure you have everything you need. For information on crossing the border between the United States and Canada, go to the travel section of the U.S. Customs and Border Protection web site, located at: www.cbp.gov/xp/cgov/travel. If you are denied entry into Canada or the U.S. for any reason, we can not take any responsibility whatsoever. We'll try to help resolve any situations to the best of our abilities, but our main duties lie with the group, and getting them to the finish of each day's ride.
- The weather will most likely be hot and humid, with a chance of afternoon thunderstorms. The wind is usually from the south or the west in the summer but can come from any direction.
- Don't forget civilian clothes and a clean bike outfit for the return! And please, do not use hotel towels to clean your bikes.