



BIKING TO STOP THE BLEEDING EVENT

Saturday June 5TH, 2010

Hemophilia Ontario

Presents

The 5th Annual

Hemophilia Ontario
Hémophilie Ontario



Charitable #11895-5954-RR0001

General Information

- This event encompasses three bike routes:
 - 1) a 25km for Families
 - 2) a 75km for Intermediate Riders, and
 - 3) a 150km Full Bike Route
- The cyclists for the 150km (registration begins at 6:00am with a start time of 6:30am) and for the 25km (registration begins at 10:30am with a start time of 11:00am) will be meeting in Welland at the end of Thorold Road.
- Cyclists for the 75km route (registration begins at 9:30 with a start time of 10:30am) will meet at King's Bridge Park Chippawa.
- We encourage all skill levels and ages to attend this event.
- Water and food stations will be set up on route
*see map attached.

Registration Information

To register or for more information please note the following information:

Please complete the registration forms and return by fax: (416) 972-0307 (Hemophilia Ontario) or fax: (905) 522-0976 (CWOR)

OR

Contact

Stephanie Darroch, Event Coordinator
Toll Free: 1-888-838-8846 Tel: (416) 972-0641
sdarroch@hemophilia.on.ca

Alex McGillivray, Regional Service Coordinator
Tel: (905) 522-2545
amcgillivray@hemophilia.on.ca

Hemophilia Ontario
Hémophilie Ontario



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2010 REGISTRATION FORM

First Name: _____ Last Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone #: _____ Bus: _____ Cell: _____

E-Mail #: _____

Gender: Female Male

Allergies Medical Conditions etc.: _____

Emergency Contact Person:

Name: _____

Phone #: _____

Please complete the registration forms and return by
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BIKING SAFELY

Bicycles are recognized as vehicles in the Government of Ontario's Highway Traffic Act. Thus all provincial regulations for motorized vehicles and their operators shall apply to bicycles and cyclists on campus. Bicycle routes on campus are regulated as follows:

Sidewalks and lawns are for pedestrians only. Cyclists will be fined if cycling in these areas.

Cycling tracks are a unique corridor facility intended for use only by cyclists. They are clearly signed and augment roadway bicycle routes on campus. Adjacent to any of these facilities shall be a clearly defined sidewalk for pedestrians. Cyclists must however yield to pedestrians on cycling tracks. The speed limit on these facilities is 20 km/hr.

Roadways accommodate cyclists and motorized vehicles, and may or may not include a marked bike lane.

Bicycles are only allowed in buildings with the approval of the Building Manager, unless storage is in a defined bicycle storage area. Outside, bicycles must be parked in bicycle racks or bicycle lockers. They are not to be locked to or leaned against trees, shrubs, sign or lamp posts, fences, handrails or other features of the University landscape. Bicycles found in violation are subject to ticketing and/or impoundment.

CYCLING FINES

Yes, you can get fined for not following the rules.

PROVINCIAL BIKE LAWS

Your bicycle is a vehicle under the Ontario Highway Traffic Act (HTA). This means that, as a bicycle rider, you have the same rights and responsibilities to obey all traffic laws as other road users.

Operating your bicycle on roadways:

- You may occupy any part of a lane when your safety warrants it. Never compromise your safety for the convenience of a motorist behind you (HTA 147).
- You must stop for red lights (HTA 144) and stop signs (HTA 136) and comply with all other signs.
- Ride only in the designated direction on one way streets unless cycling exceptions are noted (HTA 153).
- Any vehicle moving slower than the normal traffic speed shall drive in the right-hand lane, or "as close as practicable to the right" edge of the road, except when preparing to turn left or when passing another vehicle (HTA 147).
- Before you turn, shoulder check and signal to indicate your turns. Cyclists have the option of extending their right arm to signal a right turn (HTA 142).
- Stop for pedestrians at crosswalks (HTA 140), and when using a crosswalk, walk your bike across the street (HTA 144(29)).
- Stop for stopped school buses when the upper alternating red lights are flashing and the stop arm is out (HTA 175(12)).
- Bicycles may not be ridden on the sidewalk.

Properly equipping you and your bicycle:

- *Helmets* - It is the law in Ontario for every cyclist eighteen (18) years of age and under to wear an approved bicycle helmet. (HTA 104)
- *Lights* - Your bike must have a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise. (HTA 62)
- *Reflective tape* - A bicycle must be equipped with white reflective tape on the front forks and red reflective tape on the rear forks. (HTA 62(17))
- *Bell* - Your bike must be equipped with a bell or horn in good working order. (HTA 75(5))
- *Brakes* - Your bicycle must have at least one brake system on the rear wheel. When you put on your brakes, you should be able to skid on dry, level pavement. (HTA 64)
- *Identification* - Cyclists must identify themselves when stopped by the police for breaking traffic laws. The police officer will ask you for your correct name and address. (HTA 218)



Biking to Stop the Bleeding - Waiver

I wish to participate in Hemophilia Ontario's *Biking to Stop the Bleeding Event* (the "Event"), and I hereby declare, agree and confirm as follows:

1. I agree to fundraise on behalf of Hemophilia Ontario to support programs and research into inherited bleeding disorders and turn in all of my pledges (money raised) per the instructions provided.
2. I agree to the free use of my name, photograph and/or city/town of residence without compensation for marketing or promotion for this or future or similar events, and waive any rights of privacy I may have in that regard.
3. I am a legal resident of Canada.

Physical and Mental Condition

- I am in good physical and mental condition to participate in the event and there is no medical reason which would restrict my ability to participate in the event. I acknowledge that I am solely responsible for my personal health and safety, and the personal property I bring with me. I understand that it is strongly recommended that if I am in doubt as to my fitness to participate, that I consult my physician before participating.

In consideration for being permitted to participate in this event, I, for myself thereby release, waive and forever discharge all sponsors, officials, suppliers of services, organizers and their respective affiliates, successors, officers, directors, employees, volunteers, agents, and representatives, Hemophilia Ontario, and any of the above related to Hemophilia Ontario (collectively referred to as the "Releases"), of and from any and all proceedings, claims, demands, damages, costs, expense, actions and causes of actions (whether known or unknown) whatsoever, both in law and in equity, which I now have or may hereafter have for or by reason of or in respect of my participation in the Biking to Stop the Bleeding Event, whether as a spectator, participant, competitor or otherwise, and notwithstanding that same may have contributed, or occasioned by, the negligence of any of the above from and against any and all liability incurred by any or all of them as a result, or in any way connected with my participation in the Event.

By submitting this entry, I acknowledge having read, understood and agreed to the above waiver, release and indemnity.

The provision of this waiver, release and indemnity shall ensure to the benefit of the respective heirs, executors, administrators, personal representatives, successors and assigns of each of the Releases and shall be binding upon my heirs, executors, administrators and personal representatives.

Acknowledgement

I understand that this is a legal agreement. It is binding upon myself as well as upon my heirs, executors and representatives, in the event of my death or incapacity.

I HAVE READ AND UNDERSTAND ALL THE TERMS OF THIS AGREEMENT, and I agree to abide by said terms.

Signed this _____ day of _____, 2010.

Signature of Participant

Signature of Guardian (if under 16)

Print Name

GREATER NIAGARA CIRCLE ROUTE



75 km Intermediate Route



Water station



Cycling route



Protein bars, fruit

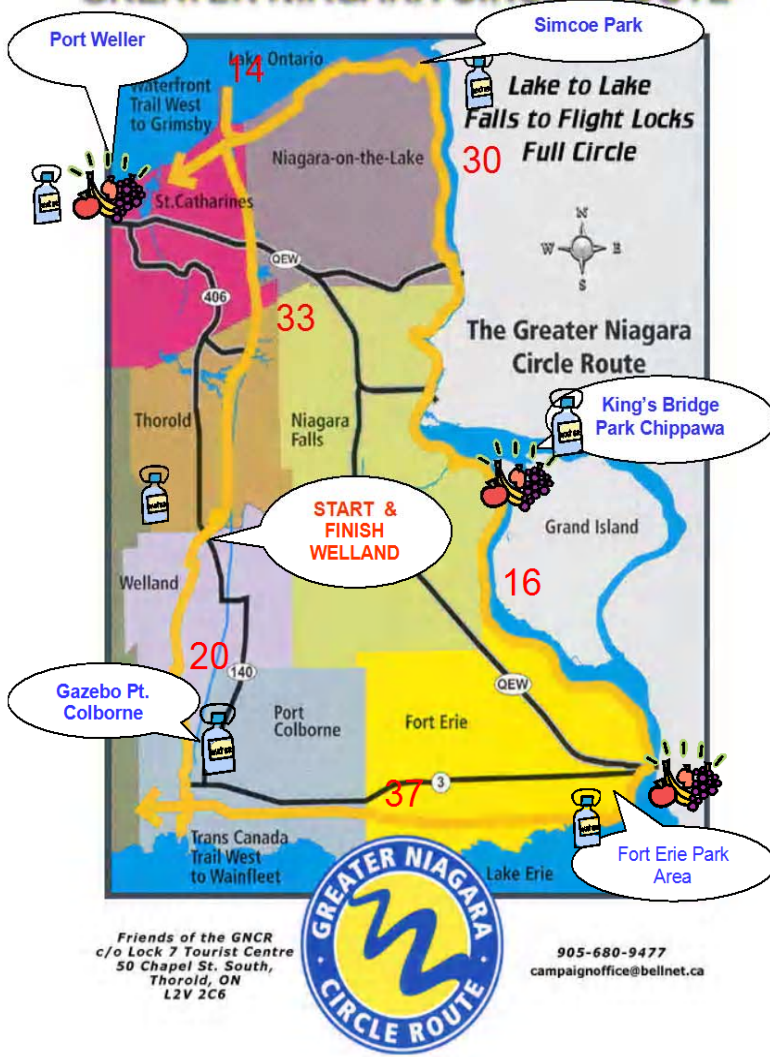
Water stations will be set up at:

- King's Bridge Park Chippawa (by washrooms)
- Park area along stone wall after going under Pear Bridge across from the Fort
- Gazebo- Clarence Street Bridge Pt. Colborne (east side of canal at Gazebo)
- Thorold Rd Welland – finish (end of Thorold Rd. Canal Bank) PIZZA will be available there

Fruit and power bars will be available at::

- King's Bridge, Fort Erie Park Area

GREATER NIAGARA CIRCLE ROUTE



Full 150 km Route



Water stations will be set up at:

- Port Weller grass area before crossing the jack-knife bridge
- Entrance to Simcoe Park in N-O-T-L directly across from the Prince of Wales hotel near washrooms
- King's Bridge Park Chippawa (by washrooms)
- Park area along stone wall after going under Peace Bridge across from the Fort
- Gazebo- Clarence Street Bridge Pt. Colborne (east side of canal at Gazebo)
- Thorold Rd Welland – finish (end of Thorold Rd. on Canal Bank) PIZZA will be available there

Fruit and power bars will be available at::

- Port Weller, King's Bridge, Fort Erie Park Area

Hemophilia Ontario
Hémophilie Ontario



Photo Release Form – Saturday, June 5, 2010

I agree to allow Hemophilia Ontario to use my photograph/image/words (in print, video/film, and any electronic format) in their public relations material, in public information displays and in other venues used to promote or describe the organization and its services. I understand that Hemophilia Ontario allows its literature and materials to be reproduced by third parties with acknowledgement. This permission will be in force until/unless I revoke it in writing. The revocation will be effective for any future creation of materials for purposes described above.

First Name: _____ Last Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone#: _____ Bus: _____ Cell: _____

E-Mail #: _____

Signature: _____ Date: _____

Witness: _____ Date: _____

Please complete the registration forms and return by
fax 416-972-0307 (Hemophilia Ontario) or
fax 905-522-0976 (CWOR)

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PLEDGE FORM – Saturday, June 5, 2010

First Name: _____ Last Name: _____

Company Name: _____

Address: _____

City: _____ Prov: _____ Postal Code: _____

Phone#: _____ Bus: _____ Cell: _____

(phone numbers are mandatory for credit card donations)

E-Mail: _____

Amount of Donation: \$_____.

Check the applicable box for whether you would like your name;

Listed on the Donors Website Not listed on the Donors Website

Payment Options:

Cheque Cash VISA MASTERCARD

Card Number: |_____|_____|_____|_____| Expiry Date: ____/____

Please make cheque payable to Hemophilia Ontario and include the participant's name in the memo portion of the cheque.

A tax receipt will be issued to the donor following the event.

Please ask you company if they provide matching gifts or donations!

Please mail this form along with your cheque to:

Hemophilia Ontario
45 Charles Street East, Suite 802
Toronto, ON M4Y 1S2

