



48 HOUR Bicycling Event in 2010 to benefit
Make-A-Wish® Québec / Fais-Un-Vœu^{MD} Québec
Gilles-Villeneuve Circuit, September 17th – 19th 2010 at Jean-Drapeau Park

Captain's Registration Form

NOTE: To be filled out and returned by email or by post ONLY.

To register online (recommended) please visit: www.makeawishqc.ca/48hourscycling

Event Details :

- Start : Friday September 17th at 12pm (noon), End : Sunday September 19 at 1pm
- Fundraising goal : \$3600 per team of six (\$600 per rider) **The 10 teams who raised the most money will adopt a child wish! (Minimum \$8000)*
- Food and drinks supplied
- Lodging and Showers on site
- Gilles-Villeneuve Circuit , Jean-Drapeau Park (track is secure, well-lit and protected)
- At least one rider on the track at all times – It is not a race!

Make-A-Wish / Fais-Un-Voeu

Our mission is to grant wishes to children in Quebec who struggle with a life-threatening illness. The Make-A-Wish® Foundation is the largest Wish granting foundation in the world. Since 1980, Make-A-Wish® has granted over 225 000 wishes around the world. A wish is granted every 41 minutes world-wide.

I WOULD LIKE TO BE A CAPTAIN ! I WILL FIND 5 MORE CYCLISTS TO RIDE !

(We will supply you with the necessary forms and material to facilitate your success.)

Captain's name: _____ Name of Team: _____

Address: _____

City: _____ Province : _____ Postal code: _____

Tel : _____ Email : : _____

Company Name: _____

Riders on your team

Our mission is granting wishes to create hope, strength and joy for children in Quebec who are struggling with a life threatening illness.



RIDE FOR WISHES!

Name of participant: _____ Email: _____

Address: _____ City: _____

Tel: _____ Postal Code : _____

Name of participant: _____ Email : _____

Address: _____ City: _____

Tel: _____ Postal Code: _____

Name of participant : _____ Email: _____

Address: _____ City: _____

Tel: _____ Postal Code: _____

Name of participant: _____ Email: _____

Address: _____ City: _____

Tel: _____ Postal Code: _____

Name of participant: _____ Email: _____

Address: _____ City: _____

Tel: _____ Postal Code: _____

rain or shine

For any questions or for troubleshooting on how to register please contact:

Chou No Tsai

Administrative Coordinator

quebecchapter@makeawish.ca

Make-A-Wish® Québec / Fais-Un-Vœu^{MD} Québec

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Website : www.makeawishqc.ca

Website- 48 hour Ride for Wishes!: www.makeawishqc.ca/48hourscycling

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Rules for cyclists

General information and novelties this year

- The following bicycles (road, hybrid, mountain and cyclo-cross) are allowed, inasmuch as they are in a good state of repair. All other types of bicycles or means of locomotion are disallowed.
- Children's bike trailers and seats attached to the rear of bicycles are not allowed during the event. Animals are prohibited from circulating on the track.
- Children aged 15 and over may participate in the 48-Hour Ride.
- Racing bibs and silicon chips shall be handed to the team captains the day of the event.
- Wearing of a rigid, standard-compliant helmet is mandatory for all participants. I wear my helmet at all times.
- A team jersey (shirt of the same color) is mandatory for the event. This jersey may be purchased in a store at the team's discretion or simply be identified in the team's colors. Each team is responsible for obtaining its own jersey.

Before the event

- I wear my helmet at all times during the warm-up period.
- I make sure that my bicycle is good running order.
- I put on my racing bib and the designated cyclist grabs the silicon chip.
- I enquire about the event's general and specific rules.

During the event

- Team members may assist their team-mate wearing the silicon chip do more laps by acting as "wind-breakers". In order to avoid an accident, the silicon chip may only be transferred in the starting area outside the finish line which is a protected area. More than one team member at a time may pedal on the track. However, only the wearer of the chip is monitored for the number of laps achieved.
- I always behave in a sportsmanlike fashion and respect the other participants.
- In case of a flat tire on the track, I raise my arm to signal that I'm about to slow down, I let the pack through and I stop on the right-hand side of the roadway.
- I do not let go completely of my handlebar when feeding myself and I do not throw anything on the track.
- When cycling as part of a pack, I always signal any last-second obstacles and avoid swerving suddenly.
- The left-hand lane is intended for the lead pack and for overtaking. It must be free at all times.

After the event

- Once the event is over, I never cross the finish line a second time, whether in one direction or the other.
- I do not bother the stewards to learn my results more quickly; I let them do their job unhindered.
- I consult the results as soon as they are posted.