



2010 Membership Information Package

Highwood Cycling Club

www.highwoodcycling.ca

High River, Alberta



Highwood Cycling Club

2010 Membership Form

The Highwood Cycling Club is an Alberta Foothills (Okotoks/High River & South Calgary)-based cycling club, supporting members to achieve a wide range of cycling goals from recreational riding to world-class competition.

The membership fees includes: ABA club affiliate membership insurance coverage, organized recreational and social rides, training sessions, club races, skills clinics, discounts, great company and much more! For details of member benefits see **Member Benefits** below. Your membership in Highwood Cycling Club will be for the calendar year January 1st to December 31st. Fees are payable by June 30th. Any member joining after July 1st will be given a discount and only pay for their ABA member insurance coverage \$35.00. For further information on the insurance and allotment of membership dues please see the sections **Explanation of Fees** below.

Personal Information

First Name: _____

Last Name _____

Address: _____

City/Town: _____

Postal Code: _____

Telephone: _____

Emergency Telephone: (if same as above) _____

Emergency Contact: _____

Email Address: _____

Signature: _____

Date: _____

Yes: I want a jersey How many? _____

Jersey (\$tba each): XS S M L XL
XXL XXXL

Shorts (\$tba each) XS S M L XL XXL

Yes: I want shorts How many? _____

Jerseys will be ordered once we have a minimum of 12 orders. The fit is "pro fit" and is for a tighter fit. You may get sizing from the club before your order.

The kit for 2010 is Louis Garneau and the fit is performance fit but your size should be what you would normally wear. If you want a little more room than form fit then go one size up.

Please select one of the following options regarding the member directory:

NO, I do not want my details, except for Name, published in the Highwood Cycling Club Directory

YES, I want the **following** details published in the Highwood Cycling Club Directory ("X" any/all you wish)

Full address _____

Home Phone _____

City only _____

Email _____

Cell/Mobile Phone _____

NOTE: To protect this info, the membership directory will be distributed ONLY TO PAID MEMBERS via email.

Membership Dues

Individual Membership (\$50.00)

Family Membership (\$90.00 - 2 Adults)

For two adults in a two person family or couple

Name of 2nd Adult member:

Family Membership (\$135.00)

A family of two adults and two children under 18.

Name of other family members:

Junior Membership (\$35.00)

Under 18 years of age

How I Like To Ride (check all that apply)

Road (Low intensity recreational)

Mountain Biking (Difficult, extreme)

Road (High intensity, training)

Mountain Biking (Moderate skill & difficulty)

Racing

Mountain Biking (Easy, rolling, non technical)

Touring

Fitness & Exercise

Tell us about your cycling (goals, desires, ProTour wins)

Comments or Questions:

[1] mail this completed form and waiver along with a cheque/money order **payable to Highwood Cycling Club**

OR

[2] bring them to your first Highwood Cycling Club event (with cheque/money order/cash).



HIGHWOOD CYCLING CLUB

MEMBER FORM TO COVER ALL HCC RIDES, RACES, AND EVENTS

WAIVER, RELEASE AND INDEMNITY

I UNDERSTAND AND AGREE that my participation in rides, races, events, camps or activities (hereinafter collectively "Events") organized, operated, conducted, directed, sanctioned, sponsored or attended by Highwood Cycling Club (hereinafter "HCC"), its members, executives, volunteers, marshalls, referees, sponsors, affiliated associations, coaches or instructors (hereinafter collectively the "Releasees") is conditional upon my review and execution of this document.

1. I am aware that cycling, racing, training and related activities are inherently dangerous activities which involve the possibility of death, serious injury (both physical and emotional) and property damage (hereinafter collectively the "Risks").

2. I acknowledge that Risks may arise from the inherent nature of cycling, road conditions, vehicular and other traffic, climate conditions, and equipment, which, even with exercise of reasonable care and skill, cannot be eliminated or reduced by the Releasees.

3. I understand and agree that the sole responsibility for my personal safety and the safety of my property (or property in my possession) during HCC Events remains with me. I further understand and agree that the sole responsibility for my physical and mental preparation, my fitness to participate in Events, and the fitness of my bicycle remains with me, and that should I have at any time any doubts about such preparation or fitness that I will withdraw from the Event.

4. I further understand and agree to remove myself from the Event if I sense or observe any hazard, potential hazard, unsafe condition, or what I judge to be unsafe or hazardous behaviour, whether or not such hazard, condition or behaviour is caused by or related to any Releasee.

5. I understand and agree to follow safe and prudent cycling practices (including, but not limited to, wearing an approved helmet), pace line practice, and to follow HCC direction and safety rules, and that my failure to do so may result in HCC or the Releasees immediately revoking my permission to participate or to continue participating in an Event. Should such permission be revoked, I agree to immediately withdraw from the Event. I understand and acknowledge that the Releasees, upon revocation of my permission to participate, cannot enforce my withdrawal, and shall not be taken to have waived that right to insist that I withdraw, or that I be deemed to have withdrawn.

6. I am aware that the Releasees may or may not have Liability Insurance, which would oblige their Liability Insurer or Insurers to defend and indemnify the Releasees in the event that I make a claim against the Releasees arising from my participation in or presence at HCC

Events. I am also aware that as a result of my participation in or presence at HCC Events that I may suffer injuries, loss or damage valued in excess of the aggregate available limits of all such Liability Insurance (hereinafter the "Releasees' Liability Insurance Limits").

7. In consideration of my participation in any HCC Event or Events on or after the date of execution of this document, I hereby remise, release and forever discharge the Releasees from any and all claims, actions, demands or damages of any kind or nature whatsoever in excess of the Releasees' Liability Insurance Limits, caused in whole or in part by, or relating in any way to the Risks or my participation in any Event or Events, whether or not such claims, actions, demands, damages, or costs arise in whole or in part from the negligence of any Releasee.

8. For greater clarity, I do not remise, release or discharge the Releasees from the following:

- i.) claims, actions, demands or damages less than the available limits of the Releasees' Liability Insurance Limits;
- ii.) claims for reasonable Party/Party Fees and Disbursements that are covered by the Releasees' Liability Insurance.

9. In further consideration of my participation in any HCC Event or Events on or after the date of execution of this document, I agree to save harmless and indemnify the Releasees from any and all subrogated claims, claims advanced on behalf of my estate, and claims advanced on behalf of dependents or heirs, any or all of which exceed the Releasees' Liability Insurance Limits.

10. I understand and agree that this Waiver, Release and Indemnity applies to myself, my estate, my administrators or executors, my dependents and heirs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I HAVE EXECUTED THIS DOCUMENT VOLUNTARILY.

NAME:

SIGNATURE:

DATE:

WITNESS:

Explanation of Fees

- The basic HCC fee is \$50.00 for an individual member. If two or more individuals from the same family are joining HCC then it is \$45.00 for each family member. If the family consists of two adults and two children members less than 18 years of age then it is \$130.00, (full family membership). A junior membership for children under the age of 18 is \$35.00 when that member is joining without a family membership.
- \$35.00 of membership fees cover the cost of liability insurance provided by the ABA for 2008 and is paid on behalf of all members by HCC. Remaining revenues are channeled to club events and costs such as the Web site. The brief details of the insurance policy received under the clubs ABA affiliation is as follows:

ABA INSURANCE INFORMATION

All members in good standing of the Alberta Bicycle Association (ABA) with coverage under any federal or provincial hospital or medical plan are covered under this insurance policy and will be referred to as an ABA member. This policy covers all members in good standing with the ABA who are either directly on their way to or from, or are at, an event sponsored by the ABA or ABA affiliated club (e.g. club ride, club race, tour, educational activity, sanctioned race, training camps, etc.). The ABA or one of its affiliated clubs covers events attended outside of Alberta, including out-of-country, provided that the activity is sanctioned or supported by a recognized cycling body in the area where the member is cycling or. Insurance coverage is valid when two (2) or more ABA members are traveling together or if a member is training, touring or racing solo, provided that the training, touring or racing is approved by the ABA or one of its affiliated clubs. Cross training activities such as cross-country skiing, roller-blading and weight training are not covered by your ABA insurance.

Sport Accident

This insurance is designed to pay accident benefits for injuries arising from participation in or transportation to and from recognized or sanctioned club or ABA activities/events worldwide. See above definition. This Canadian coverage includes specific loss accident indemnity, accident reimbursement expense, accidental dental expense, fracture, dislocation, tendon severance and miscellaneous indemnity, emergency taxi benefit, rehabilitation indemnity, and tutorial fees. Members must be covered under a provincial health plan to be eligible. Out-of-country coverage includes medical reimbursement expense, accidental dental expense and repatriation benefit. The out-of-country policy is limited to members under the age of 80.

Third Party Liability

Comprehensive general liability up to \$5 million for third party bodily injury or property damage for claims arising from ABA/club/individual activities (as defined in the first paragraph). This policy includes the following: Non-owned automobile - public liability and property damage for non-owned automobiles providing the party is acting on behalf of the ABA. The vehicle involved must not be owned or registered in the name of the ABA.

Tenants legal liability - is provided to cover direct physical loss or damage for any premise, which the ABA/club could be legally liable for if a loss were to occur.

All reasonable medical expenses are paid for each third party person who sustains bodily injury from the operations of any ABA/club activity.

Participants legal liability of up to \$5 million for compensation which an ABA/club member may be legally obligated to pay.

Coverage extends worldwide and has no age restriction.

Note: Bicycles and other cycling equipment are not covered. Ensure that your tenant or home owner policy will cover these items.

Contact the ABA office (1-877-646-2453) or www.albertabicycle.ab.ca if you require forms or further information on how coverage applies

Member Obligations

Members are expected to volunteer, or provide a volunteer, for at least one Highwood event or function during the year. This may be as ride leader on one or more rides or as an organizer or to assist in a fund raising event. It is only through the efforts of volunteers that enables the club to provide club rides, club races, training rides, spin sessions, website, social events, etc. that members benefit from.

For an up-to-date event and volunteer schedule, please check our website: www.highwoodcycling.ca during the season.

Indicate your volunteer commitment below or email the club at info@highwoodcycling.ca with special skills or qualifications you may have that you would be willing to contribute to the club (ie. First aid, EMT, coaching, nutrition, etc.):

Date	Event	Role, if known (ride leader, coordinator, etc.)	Name of Volunteer
Skills:			

Member Benefits and Inclusions

Members can purchase a club jersey at cost (+GST). The club jerseys represent the club and should be worn on rides to promote the club and help build the camaraderie of the organization, besides; they look good and are a great deal. When you join HCC you are automatically entitled to [club apparel](#). All of the clothing is top of the line Louis Garneau.

Discounted Vendors

Club members will also receive discounts and preference with Highwood sponsor businesses and organizations that are affiliated with the club. The details of such benefits are yet to be determined for 2009. Contact Jeff Bell 601-2203 or email: info@highwoodcycling.ca for current details.

Ride Networking

HCC offers a wide variety of [rides](#), from the Beginner to the advanced racer. If we don't have a [ride](#) that you like then we provide you the opportunity to host a [ride](#).

Relationships

We all are all like you. We can't sleep at night because we are thinking about our next great ride. Highwood provides a chance to gather with people of like interests. Cycling.

Club Sponsored events

We are working on a few Highwood events for 2009. There is a season opener on or around April 15th. The Highwood Century is usually the second Saturday in September and we are also in the planning stages of the Highwood "Gate to Gate" Classic and more, much more. If you have any ideas that could be considered as annual Highwood events please contact Highwood Cycling Club at info@highwoodcycling.ca. See the [calendar](#) otherwise for upcoming events and regular club rides.

Thank you to our 2010 sponsors:

If you find you have a need that one of our sponsors could potentially fulfill please give them a try, as they are all great businesses and local citizens of the High River, Okotoks and surrounding communities

More information about our sponsors can be found at <http://www.highwoodcycling.ca/sponsors.html>



403-512-1851

www.eastenslopes.ca



Fitness and Empowerment

403-995-1666

www.fitx.ca