



# thunder bay

CYCLING CLUB

ontario



## MEMBERSHIP APPLICATION FORM – 2011

Please print:

<b>Name</b> <i>(single, couple or family)</i>	<b>Birth Date</b> <i>dd/mm/yy</i>	<b>Age</b> <i>at Dec 31/11</i>	<b>Sex</b> <i>M/F</i>	<b>Email</b>	<b>Phone</b>
<b>Address</b>	<b>Postal Code</b>	<b>Emergency Contact</b>		<b>Emergency Phone</b>	
<b>Category</b>				<b>Fee</b>	<b>Total</b>
Individual Membership				\$60	
Couple Membership				\$110	
Family Membership <i>Couple price plus \$45.00 for each additional family household member</i>				\$110 + ___ x \$45	
18 and under				\$45	
Currently Paid Member of: <input type="checkbox"/> Black Sheep <input type="checkbox"/> OCA <input type="checkbox"/> UCI <input type="checkbox"/> Other License or Club Membership Number _____				Deduct ___ x \$25	
Joint Membership with <b>Multisport North</b>				Deduct \$10	
<b>2011 Trial Membership Fee</b> - for individuals who have never been a TBCC member. Trial rides will be FREE for one day, on posted dates only. A \$25 fee (one ride only) will be charged on other dates (Time trials and races not eligible). Upon becoming a member for the 2011 season, the \$25 fee will be deducted from the full membership fee. Trial members must fully complete the membership form and sign the waiver.				\$25	
Donation to: <input type="checkbox"/> TT/Racing <input type="checkbox"/> Touring <input type="checkbox"/> Women's <input type="checkbox"/> Other _____				\$	
				<b>Total Amount</b>	

**Attach a signed waiver for each applicant.**

**WAIVER:** Memberships received without the OCA/Insurance Waiver will remain void until a waiver has been received. If you are under 18, a parent or guardian must sign the membership form and waiver for you to be eligible to participate in club events.

Each applicant to check box for acceptance of club rules and regulations.

I have read, understood and will abide by the club rules and regulations as stated in the seasonal by-laws. (See next page)

<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/> waiver
	<i>Signature of Applicant or Parent/Guardian (if under 18)</i>	<i>Date</i>	<i>Print name of applicant</i>	
<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/> waiver
	<i>Signature of Applicant or Parent/Guardian (if under 18)</i>	<i>Date</i>	<i>Print name of applicant</i>	
<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/> waiver
	<i>Signature of Applicant or Parent/Guardian (if under 18)</i>	<i>Date</i>	<i>Print name of applicant</i>	
<input type="checkbox"/>	_____	_____	_____	<input type="checkbox"/> waiver
	<i>Signature of Applicant or Parent/Guardian (if under 18)</i>	<i>Date</i>	<i>Print name of applicant</i>	

**Make cheque payable to 'Thunder Bay Cycling Club'. Mail to: 282 Nicholletts Rd, Murillo, ON P0T 2G0**

**FOR OFFICE USE ONLY**

Date Received: _____	TBCC Club Member # _____
Cash \$ _____	Cheque # _____
	Cheque Amount \$ _____

# THUNDER BAY CYCLING CLUB – Rules and Regulations

(As found in the seasonal by-laws)

While the club will conduct events according to the established procedures designed to reduce the possibility of accidents, the ultimate responsibility for safety rests with the individual.

- A member must sign the attendance sheet at the start of a club touring event.
- **NO HELMET! NO RIDE!** A CSA or SNELL approved helmet must be properly worn at all times while riding in any club event.
- A club event starts when you sign in and stops when you arrive back at the start or a predetermined completion point. NOTE: All post ride activities are NOT considered part of the club event.
- A member's bicycle must be in good running condition, properly maintained and safe to ride.
- A member must carry their membership card containing an emergency contact number.
- The Highway Traffic Act considers your bicycle a vehicle therefore you are required to abide by all the same traffic laws governing the operation of a motor vehicle. (i.e. – stop at traffic lights and stop signs, use hand turn signals and ride on the right as far as safely possible)
- Ride single file unless road conditions allow you to safely ride (no more than) two abreast.
- Use hand signals to those riding behind you, if you are slowing or pointing to hazards on the road.
- The use of an electronic device (iPod, Mp3 player etc) is not allowed during club rides and races.

## RACE CATEGORIES

### Cat 1

- Elite riders. Well skilled in road racing with ability to sustain very high speeds (35-40kph) over long distances (75+ kms).

### Cat 2

- Advanced riders capable of sustaining speeds of 30-35kph over distances up to 55kms.

### Cat 3

- Intermediate riders capable of sustaining speeds of 25-30kph over distances up to 45kms.

### Cat 4

- Novice. Riders capable of sustaining speeds of 20-25kph over distances up to 35kms.

*(Note: These speeds and distances are only averages. Try to put yourself in a category that suits you best.)*

## RIDING RECOMMENDATIONS

- Call 'car up' or 'car back' when group riding to warn other riders of oncoming traffic.
- Be self sufficient. Carry a pump, spare tube/tire and patch kit. Also carry any necessary tools, adequate water and food, ID, money and sunscreen.
- Wear proper eye protection depending on weather conditions.
- Don't ride beyond your ability or try to keep up with the faster riders. Accidents happen quickly when you're tired. Find someone going at your comfort speed to ride with.