



**AGES:** Kids between 3 and 13 years  
**DATE:** Saturday 11 February 2017  
**START:** 10:00 at Eagles, Avis Dam  
**REGISTRATION:** Entry can be made up until or on the day of the KIDZ Challenge. Registration on the day will take place from 8:00 - 10:00 at Eagles, Avis Dam. Please enter online at [www.staytoday.com.na](http://www.staytoday.com.na) or complete a Kidz Challenge entry form.  
**NEDBANK KIDZ ZONE:** There will be games and food stalls from 8:00 - 14:00



**DATE:** Sunday 12 February 2017  
**START:** 60 km 7:00 and 30 km/15 km 8:00 at Eagles, Avis Dam  
**FINISH:** Eagles, Avis Dam  
**MTB DISTANCES:** 15 km, 30 km and 60km routes  
**CUT-OFF TIME:** 12:00  
**REGISTRATION:** 10:00 - 13:00, Saturday 11 February 2017 at Eagles, Avis Dam



**DATE:** Sunday 26 February 2017  
**START:** 7:00 at Nedbank Independence Avenue branch  
**FINISH:** Nedbank Independence Avenue branch  
**CYCLE DISTANCES:** 24 km, 38 km, 60 km and 100 km routes  
**CUT-OFF TIME:** 11:30  
**REGISTRATION:** 14:00 - 17:30, Saturday 25 February 2017 at Mutual Tower building entrance, Independence Ave

## ENTRY FEES

### NEDBANK MTB CHALLENGE

N\$160.00 per person (60 km)  
 N\$120.00 per person (15 km & 30 km)

### NEDBANK ROAD CHALLENGE

N\$160.00 per person (100 km)  
 N\$120.00 per person (24 km, 38 km & 60 km)

### NEDBANK KIDZ CHALLENGE

N\$35.00 per child

Entry fee includes compulsory Namibian Cycling Federation day licence. Although entry forms are available at Nedbank branches countrywide, we encourage you to enter the green way: online at [www.staytoday.com.na](http://www.staytoday.com.na). Otherwise, completed entry forms must be submitted at any Nedbank branch.

When entering at a branch please pay your entry fee at the tellers, attach the original deposit slip to your entry form and place it in the Cycle Challenge box inbranch.

**ACCOUNT DETAILS:** 'Nedbank Cycle Challenge'; Account number 12000124816; Branch code 461609.

ATTACH  
YOUR ORIGINAL  
DEPOSIT SLIP  
TO THIS ENTRY  
FORM.



**MTB CHALLENGE  
ENTRIES CLOSE  
6 FEB 2017.**

**ROAD CHALLENGE  
ENTRIES CLOSE  
20 FEB 2017.**

## PERSONAL INFORMATION

SURNAME: \_\_\_\_\_ MALE ☐ FEMALE ☐  
FIRST NAME(S): \_\_\_\_\_ ID NUMBER: \_\_\_\_\_  
PO BOX: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
TOWN: \_\_\_\_\_

## CONTACT DETAILS

CONTACT NUMBER: \_\_\_\_\_ EMAIL: \_\_\_\_\_

## MEDICAL AID DETAILS

EMERGENCY CONTACT NUMBER: \_\_\_\_\_ NHP MEMBER: YES ☐ NO ☐  
MEDICAL AID MEMBER NUMBER: \_\_\_\_\_  
*NHP subsidises its members at N\$35.00 per entry. Please bring your coupon and NHP membership card to the bank when submitting your entry.*

## DISTANCE

☐ ROAD BIKE: 100 km\*

☐ *I have read the NCF Event Assumption of Risk, Declaration, Waiver, Indemnity and Release Form*

*\*Entry fee for the Elite 100 km category is N\$160.00.*

☐ ROAD BIKE: 60 km

☐ ROAD BIKE: 38 km

☐ ROAD BIKE: 24 km

**2017 NATIONAL NEDBANK MTB MARATHON CHAMPIONSHIP: 60 km**  
(Minimum age 19 years) (Cycling Club Membership required)

☐ Elite (19-29 yrs) ☐ Veteran (40-49 yrs) ☐ Grand Masters (60+ yrs)

☐ Sub Veteran (30-39 yrs) ☐ Masters (50-59 yrs)

☐ *I have read the NCF Event Assumption of Risk, Declaration, Waiver, Indemnity and Release Form*

☐ *I confirm that I am a member of a Cycling Club.*

☐ MOUNTAIN BIKE: 30 km (Minimum age 12 years)

☐ MOUNTAIN BIKE: 15 km

## SIGNATURE

SIGNATURE: \_\_\_\_\_ SIGNATURE (if co-cyclist): \_\_\_\_\_

In the event of my signing this form as a guardian of a minor I hereby consent to such minor being bound by the foregoing and further I indemnify the aforementioned parties to the extent, if any, to which such minor is not capable of waiving his/her rights as stipulated above.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ NAME: \_\_\_\_\_  
(FOR RIDERS UNDER 18)

## FOR OFFICIAL USE ONLY

SURNAME: \_\_\_\_\_ STAMP: \_\_\_\_\_  
FIRST NAME(S): \_\_\_\_\_  
COLLECTION POINT: \_\_\_\_\_ AMOUNT N\$: \_\_\_\_\_  
PERSON TAKING ENTRY: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

## ENQUIRIES

### CYCLE CHALLENGE CONTACT

Brian Key  
wpp@iway.na  
www.wpp.iway.na

### MTB CHALLENGE CONTACT

Johanita de Waal - 081 272 9922  
info@rockandrut.org  
www.rockandrut.org

## RULES

- Every rider may only ride a human-powered vehicle.
- Every rider shall ride carefully and with due regard for the safety of other cyclists and other road users.
- Every rider shall wear a bicycle helmet with the strap securely fastened under his/her chin.
- Every rider shall keep as far to the left of the road surface as is safe having regard for the circumstances and conditions.
- Every rider shall at all times display his/her race number legibly and ensure it is pinned on to the left lower back side of his/her shirt.
- Every rider shall ride the full course or retire if he/she does not complete the full course.
- Riders are required to complete the course within 4 (four) hours to be awarded a result unless the race organisers determine otherwise on the day of the event.
- A rider may not use a personal music system, ex. iPod, or a radio communication device, including a cellular phone, whilst riding.
- A rider must participate with a timing identification and shall not ride with another rider's number or timing identification. A person who has entered shall not give his/her number and/or timing identification to another person to use.
- A rider shall not use foul or offensive language or make offensive, indecent or inappropriate gestures.
- A rider shall not dispose of any litter along the course except in refuse bins.
- A rider may not start or attempt to start before his/her designated start group. Any rider who does so may be disqualified.
- A rider shall complete the course with his/her own effort and shall not receive any assistance in this regard other than drafting behind another rider or riders participating.
- A rider shall not ride in reverse direction on the route, even after finishing.
- A rider shall not ride the course a second time after finishing unless he/she has obtained the permission of the organisers and complied with all requirements for such permission.
- A rider shall provide reasonable assistance to any other rider involved in an accident while participating.
- A rider shall be responsible to other riders for the proper control of his/her bicycle.
- All riders with gear restrictions shall in addition comply with all applicable UCI rules and regulations in the 100 km racing category.

## NCF EVENT ASSUMPTION OF RISK, DECLARATION, WAIVER, INDEMNITY AND RELEASE

In consideration of the issuance of a license to me by one or more Releasees or the acceptance of my application for entry in an event ("**event**") regulated by or associated with the NCF, I hereby freely agree to and make the following contractual representations and agreements:

### 1. Assumption of risk

- 1.1 I acknowledge that I have been advised that and am aware that participation in the event involves significant risks of injury, trauma, harm and damage to me, my property, other participants, spectators and other persons attending or in the vicinity of the event and with this knowledge I voluntarily participate in the event fully accepting all such risks if they arise which may result in personal injury, death and damage.
- 1.2 I acknowledge that cycling is an inherently dangerous sport and fully realize the dangers of participating in this event, whether as a rider, official, coach, mechanic, volunteer, spectator, or otherwise, and fully assume the risks associated with such participation including, by way of example, and not limitation: dangers associated with man-made and natural jumps; the dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects; the dangers arising from surface hazards, including pot holes, equipment failure, inadequate safety equipment, use of equipment or materials provided by the event organizer and others, the releasees' own negligence, the negligence of others and weather conditions; and the possibility of serious physical and/or mental trauma or injury, or death associated with the event, for myself, my heirs, executors, administrators, legal representatives, assignees, and successors in interest (collectively "**successors**").

### 2. Representations and Warranties

- 2.1 I agree it is my sole responsibility to be familiar with the event course and agenda, the releasees' rules, and any special regulations for the event and agree to comply with all such rules and regulations.
- 2.2 I have read it carefully before signing, and I understand what it means and what I am agreeing to by signing.
- 2.3 I have no physical or medical condition which would endanger myself or others if I participate in this event.
- 2.4 I understand and agree that situations may arise during the event which may be beyond the control of the releasees, and I must continually ride and otherwise participate so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment, any equipment provided for my use, and my conduct in connection with this event. I will wear a helmet which satisfies the requirements of the releasees' racing rules or regulations and that can protect against serious head injury, and assume all responsibility and liability for the selection of such a helmet and any modifications and attachments made thereto.
- 2.5 I understand and agree that the **UCI Anti-Doping Rules** apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority of the UCI and my national federation.

- 2.6 I agree, for myself and my successors, that the above representations are contractually binding, and are not mere recitals, and that should I or my successors assert a claim contrary to what I have agreed to in this contract, the claiming party shall be liable for the expenses (including legal fees) incurred by the releasees in defending the claims.
- 2.7 This contract may not be modified orally, and a waiver or modification of any provision shall not be construed as a waiver or modification of any other provision herein or as a consent to any subsequent waiver or modification. Every term and provision of this contract is intended to be severable. If any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.
- 2.8 This release is a contract with legal and binding consequences and it applies to all races and activities entered at the event, regardless whether or not listed above.

### **3. Consent to treatment**

- 3.1 I agree that if I suffer injury the releasees' may at my expense arrange for me to receive medical treatment and emergency evacuation services as the releasees' deem appropriate and I understand that any personal injury that I incur may be worsened or compounded by not only my actions but by the actions, omissions or negligence of others.
- 3.2 I agree that I am responsible for my own medical and ambulance insurance as well as insurance for my personal belongings.

### **4. Release and Discharge**

I hereby unconditionally release and forever discharge from all liability the organizer of this event, the **Namibian Cycling Federation**, and their respective agents, insurers, employees, volunteers, members, clubs, officials, sponsors, event directors, local associations, and affiliates (collectively "**releasees**"), from any and all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising and resulting from any personal injury, death, property damage or loss sustained by me as a result of my participation in the event and I hereby agree not to take legal action of any kind against the organizer in connection with the event or my participation in it.

### **5. Indemnity**

- 5.1 I hereby unconditionally indemnify and hold harmless, and shall keep indemnified and held harmless, and promise not to sue, the releasees and all sponsors, organizers and promoting organizations, property owners, law enforcement agencies, public entities, local authorities, property owners that are in any manner connected with this event, and their respective agents, officials, and employees through or by which the event will be held, (the foregoing are also collectively deemed to be releasees), from any and all rights and claims including claims arising from the releasees' own negligence to the maximum extent permitted by law, which I have or which may hereafter accrue to me and from any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event.
- 5.2 I hereby unconditionally indemnify and hold harmless, and shall keep indemnified and held harmless the releasees and all sponsors, organizers and promoting organizations, property owners, law enforcement agencies, public entities, local authorities, and properties owners that are in any manner connected with this event, as a result of, or arising out of, whether directly or indirectly, my arrival and departure there from, attendance at registration, prize- giving or other function thereof, any loss or damage to bicycles or other equipment, however such loss or damage may arise regardless of whether or not the same shall have been caused directly or indirectly by the negligence, albeit gross, of one or more of all the aforementioned parties as set out.

### **6. Medical Information**

I consent to the release by any third party to releasees and their insurance carriers of my name and medical information that may relate solely to any injury or death I may suffer arising from the event.

### **7. Photographic Material**

- 7.1 I hereby grant permission to the rights of my image, likeness and sound of my voice as recorded on audio, video or photograph without payment or any other consideration. I understand that my image may be edited, copied, exhibited, published or distributed and waive the right to inspect or approve the finished product wherein my likeness appears. Additionally, I waive any right to royalties or other compensation arising or related to the use of my image or recording. I also understand that this material may be used in within an unrestricted geographic area.
- 7.2 By signing this release, I understand this permission signifies that photographic or video recordings of me may be electronically displayed via the Internet or in a public setting.
- 7.3 There is no time limit on the validity of this release nor is there any geographic limitation on where these materials may be distributed.
- 7.4 This release applies to photographic, audio or video recordings collected as part of the event that I am entering.
- 7.5 By signing this form I acknowledge that I have completely read and fully understand the above release and agree to be bound thereby. I hereby release any and all claims against any person or organization utilizing this material.
- 7.6 By taking part in this competition I accept that Nedbank Namibia may contact me within the next 12 months for promotional purposes.

### **8. Minors**

I attest that I am eighteen (18) years of age or older (or that if I am younger, my parents or legal guardian have executed this waiver below), and that I am physically fit and sufficiently trained to participate in all activities associated with the program or events and my participation in such program or events is voluntary.

### **9. Age Consent And Release Of Parent\Legal Guardian**

- 9.1 I am the parent or legal guardian of (child). My child is fit for the event, and I consent to my child's participation.
- 9.2 I have read and I understand the above contract.
- 9.3 In consideration of allowing my child to participate, I consent to the contract and agree that it's terms shall likewise bind me, my child, and our heirs, legal representatives, and assignees. I hereby release and shall defend, indemnify and hold harmless the releasees from every claim and any liability that I or my child may allege against the releasees (including reasonable legal fees and costs) as a direct or indirect result of injury or death to me or my child or loss or damage to my or my child's property because of my child's participation in the event, whether caused by the negligence of the releasees or others to the maximum extent permitted by law.
- 9.4 I promise not to sue releasees on my behalf or on behalf of my child regarding any claim arising from my child's participation in the event.