

## RIDE TO RIVERSTONE FESTIVAL

**Date:** Saturday 16 May 2009

**Start:** 8:00 AM, Rooty Hill Railway station (alternate start locations listed below)

**Pace:** Slow

**Grade:** Most of the ride is on off-road cycleways

### Description:

- The Riverstone Lions Club and CAMWEST are holding a bicycle ride to coincide with the Riverstone Festival.
- It will start at Rooty Hill Railway station at 0800h and proceed along cycleways of the M7, Sunnyholt Road and Old Windsor Road to Junction Road at the Living Planet nursery.
- The route at bikely: <http://www.bikely.com/maps/bike-path/RootyHill-RiverstoneLoop1>
- There will be pick-up points along the way, the last being on the corner of Junction and Windsor Roads for families that might like to ride the last few km into the festival. Thus most of the ride is on off-road cycleways.
- The riders are invited to join the Festival Parade and afterwards there is valet bicycle parking for a gold coin donation so the riders can make the most of the Festival's many attractions.
- Children under 16 years old are welcome in the company of a responsible adult rider.
- All riders must observe the road rules including helmets, working brakes and bells etc.
- Each individual or group should also have basic tools for repairing punctures (pump, spare tube, patches, spanner, tyre levers as needed) though assistance will be available if needed.
- A shorter led ride back to the M7, and then Rooty Hill station (13km) will leave Riverstone in the afternoon. Alternate train or car pickup are to be arranged by participants.
- **Online registration** at <http://camwest.pps.com.au/cgi-bin/ride-form.pl>

### Start locations & distance:

Start Location	Registration	Start Time	Distance
Rooty Hill station northern commuter carpark	7:00 am	8:00 am	28 km
Quakers Hill station SW side	7:45 am	8:15 am	20 km
Shell Service station Sunnyholt Rd, Parklea	8:00 am	8:30 am	15 km
Ettamogah Pub carpark, Kellyville	8:15 am	8:45 am	10 km
Junction Rd opposite Living Planet Nursery	8:30 am	9:00 am	3 km

### Contact:

John Holstein on 0410 662 390 and Geoff Gibbons, Riverstone Lions on 9627 4011

### More information:

See <http://www.mylocalguide.net.au/Events/future.htm> — look for Riverstone Festival CAMWEST's ride page at <http://camwest.pps.com.au/rides/#riverstone200905>

## Official Ride Registration

Please note that as an alternative to printing and posting this, you may simply fill in the web form at  
<http://camwest.pps.com.au/cgi-bin/ride-form.pl>.

Date: **16 May 2009**

Ride: **Ride to Riverstone Festival**

**RISK WARNING:** As a participant in this recreational activity, you may be exposing yourself to a significant risk of harm. CAMWEST & Riverstone Lions, the ride organisers and leaders wish to warn you of the risks and hazards that are an inherent part of cycling, and to take care to prevent putting yourself, your fellow participants and/or others into danger.

**By signing this form, you accept the warning as to risk, and you agree to ride in a safe and responsible manner and to obey all Australian Road Rules and to obey all reasonable directions given by route marshals and officials.**

Name: (Please print clearly) \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Contact Phone Number in case of Emergency: \_\_\_\_\_

On-ride mobile Phone No: \_\_\_\_\_ Age if under 18: \_\_\_\_\_

Start location:    Rooty Hill    Quakers Hill    Parklea    Kellyville    Riverstone    (circle one)

**I have read the risk warning! Yes / NO** (Cross out one)

Other riders (Children etc.) Include any medical conditions and age if under 16.

Riders under 16 must be accompanied on the ride by a responsible parent or guardian.

	Full Name	Age	Medical Conditions
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

What to bring on the ride:

- a bike in good mechanical condition suitable for the ride
- an approved safety helmet which is adjusted to fit correctly and is properly fastened
- a water bottle filled with water
- sunscreen applied, and for re-application
- material for fixing a puncture consisting of spare tube(s), pump and patching kit
- appropriate clothes suitable to riding and the weather conditions
- any medication necessary to cover known medical conditions.

\_\_\_\_\_  
Signature(s)

Post to: (By Mon 11 May 2009)

\_\_\_\_\_  
Parent or Guardian, if under 18

CAMWEST  
Ride to Riverstone Festival  
54 Pye Ave  
NORTHMEAD NSW 2152.

\_\_\_\_\_  
Date