

Major Sponsors

- **Godfrey Hurst Carpets**
- **Coolrooms Galore**
- **Fry Builders**
- **Benalla Gliding Club**
- **Harley's Pizza**
- **Terry McKean, Builder**
- **Carrier Street Clinic**
- **Lavish Skin Therapy Clinic**
- **Decorating**
- **Avondel Motor Inn**
- **Mountain Bread Pty Ltd**
- **Benalla Rural City**
- **North East Water**
- **Momentum Health & Fitness**
- **Harrison Dobson & Cottrill**
- **St.Kilda RD Parkview Hotel**
- **M.D Edwards Cycles**
- **Aligned Engineering**
- **Anytime Fitness**

Sponsors

- Bill Sykes MP
- Chris Lowen Smash Repairs
- Laurie Lowen's Car Sales
- Ed Bishop Cabinet Makers
- Stewart Green Plumbing
- Retke's Carrier Street Meats
- John Spencer Cycles
- M & J Crossey
- Philip Messenger
- Thursday Night Riders
- The Gas Garage
- Claridges for Cars
- Benalla Veterinary Clinic
- Fruit 'N' Fare
- St Vincent de Paul Society
- Goulburn Murray Credit Union
- Corrective Exercise & Personal Training Studio
- West End General Store and Post Office
- H.D & C Securities
- Aldous, Rowe & Hill
- North Eastern Business Machines
- Top of the Town Motel
- Purple Gem Parcels Pty Ltd
- Mitre 10 Homeelectrix
- Rose City Vets
- Spot 4 Coffee
- North Eastern Physiotherapy Services
- Hook & Spoon
- Commercial Hotel
- Bowtell Design
- Ross Sessions Smallgoods Supplier

The Committee of Capability Building Inc would like to acknowledge the support of all the volunteers who donate their time and equipment to make Benalla's Better Bike Hike a safe and successful event. Thanks to:

- Graham Green (St John's Ambulance)
- Rotary Club of Benalla
- Benalla Hospital 'Push for Life' Group
- Benalla Triathlon Club Inc
- G Hall Welding

FOR FURTHER INFORMATION

Warren Phone: 03 5762 5448
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David Mobile: 0407 712 439

Visit: www.bbbhride.org.au

Benalla's Better Bike Hike

Sunday 9th October 2011



*"You've tried the rest,
now try the best"*

Come and ride through the beautiful backcountry of North East Victoria at the best time of year. This is a fun ride, not a race. Food supplied. Those with children need to ensure that they can manage the distance. Raising money to help kids with special needs to reach their full potential in sport, education and community participation.

Better Bike Hike 2011

The Benalla Better Bike Hike is a fun ride through the scenic valleys and rolling hills of the North East of Victoria. It was conceived as a serious bike rider's event, but also in the spirit of enjoyment, not competition.

The riders on the 125km and 60km rides will have a light lunch at Tatong.

Event Rules

Entry is restricted to people physically capable of completing the ride. All riders must have a water bottle for the ride.

Registration

Registration is essential for all participants, and is secured by returning the form on the facing page with your payment. Late registrations will be accepted up until 15 minutes before commencement of the ride.

Starting

All rides leave from and return to the carpark adjacent to Senior Citizens Hall near the Benalla Rural City Council building in Fawckner Drive, Benalla.

125km ride - starts at 8:00am

60km ride - starts at 10:00am

26km ride - starts at 11:00am

WAIVER: Must be READ and SIGNED by ALL riders

I WAIVE MY LEGAL RIGHTS:

I take sole responsibility for myself and my possessions during the ride and it's related activities. I acknowledge and agree to the full extent permitted by law that the ride organisers, Benalla Triathlon Club, local councils, Tatong Tavern, Vic Roads, sponsors, Capability Building Inc, state bodies and employees or subcontractors of these agencies shall not in any circumstances be liable in contract, tort or otherwise to me, my heirs and successors for any loss, damage or personal injury suffered directly or indirectly from any act of omission of the above parties.

I AM MEDICALLY FIT TO PARTICIPATE:

I recognise that the ride is difficult. I am physically fit to participate and I have no knowledge to the contrary.

I WILL OBEY THE RULES:

I will obey the Road Rules. I will abide by the rules of the ride and related activities. I will obey the lawful directions of those in authority during the ride.

I CONSENT TO MEDICAL TREATMENT:

If I cannot decide for myself at the time, and I am injured or fall ill during the ride and it's related activities, I consent to receive any medical treatment which is deemed advisable.

I CONSENT TO MEDIA USE:

I consent to the publication and/or use in any form of media of my name, image or statements in any context pertaining to the ride or otherwise before, during and after the event for any reason.

Please tick

Signature:

Signature of parent/guardian if under 18:

.....

ENTRY FORM

ENTRY FEES (non refundable)

Tick

125km ride: **\$60** (\$50 if entered by 6/10/11)

60km ride: **\$40** (\$30 if entered by 6/10/11)

26km ride: **\$20**

Donation: \$ (optional)

Surname:

First name:

Age: DOB:/...../.....

Postal Address:

.....

Telephone:

Email:

Entry Fee/Donation Enclosed:

\$

Please enclose cheque or money order made out to

Capability Building Inc.

and post to:

BBBH ride PO Box 90 Benalla Vic 3671