

the Elbow Valley Cycle Club presents the

Mabel Circuit Bicycle Tour

July 29 - Aug 2, 2000 5 Days Saturday thru Wednesday ~300 km
<http://ourworld.compuserve.com/homepages/lagrandeup/mabel00.htm>



Cost: \$0 No money will be collected for this tour. Participants are responsible for all expenses including campgrounds, transportation between home and tour area, and all food.

No Pre trip meeting. Bring completed registration form to mustering point at start of trip at 3 Valley Gap Chateau - 9AM Sat., July 29.



It Never Ends, Another New Tour!!

They don't ever end. This five day adventure happens on both loose surface and paved roads through some of the most beautiful terrain in British Columbia. This is a more leisurely tour designed to allow participants a chance to savour the summer ambience within the mountain environment in central BC. Though surrounded throughout the tour by the Monashee and Shuswap mountains, the route never ascends any passes. We wind our way through picturesque valleys, by lakes and rivers, and through forest, farm, orchard, and summer holiday playgrounds. The Mabel Circuit Cycle Tour is a closed loop that starts and finished at Three Valley Gap on the Trans Canada Highway, about twenty km west of Revelstoke.

Total distance is about 300km. We overnight on the east and west sides of Mabel Lake, on the bank of the Shuswap River and at Sicamous. Along the way we see Mabel Lake Prov Park, the Shuswap Falls, Lumby, Trinity Valley, Ashton Creek, Enderby, Grindrod, Mara Lake, Shuswap Lk and Craigellachie site of the railroad's "last spike".

Weather on this trip could be hot and sunny so bring your sun screen and shades.



Peter LaGrandeur
bicycle tour co-ordinator

Notes:

1. Mail original form (**no fax paper please**), with payment (payable to Elbow Valley Cycle Club), to P. LaGrandeur, *Mabel Circuit Bicycle Tour Co-Ordinator*, 105, 1513-26 Avenue SW, Calgary, AB T2T 1C4 Canada
2. Enquiries may be addressed to P. LaGrandeur at above address, also at e-mail address lagrandeup@compuserve.com or via telephone (403) 228-0269.
3. All participants must be current EVCC members
4. One form per participant.

Yes, please register me in the *Elbow Valley Cycle Club's "Mabel Circuit Bicycle Tour"*, July 29 - August 2, 2000. * Participants must be current EVCC members.*

please print

Name: _____ Member : Y

Snail Mail Address: _____
street / site address

city, province / state postal code

Phones: Home: _____ Work: _____ Fax: _____
Cel: _____ Pager: _____

Internet E-Mail Address: _____



Participant Registration Agreement

1. Risk Acknowledgement & Acceptance of Self Responsibility:

The *Elbow Valley Cycle Club* offers this trip on the understanding it is a **Common Adventure** where each participant conducts him/herself independently, makes his/her own judgements about safety and well being, takes full responsibility for his/her own actions, and contributes whatever he/she can towards the success of the trip. The *Tour Co-Ordinator* is not a leader or professional guide of any type and acts only to provide basic logistical arrangements for initiating and running the trip. The route, itinerary and all other aspects of this trip are only suggested and, as responsible tourists, each participant is expected to **research everything prior** to the trip to whatever extent he/she feels is necessary to determine that all is safe and suitable. Each participant is expected to possess any skills, equipment, tools, fitness, common sense, etiquette, knowledge of applicable legislations, etc., to enjoyably and safely be involved in this activity. Each participant is the sole and final judge about his/her capability to safely proceed with this tour. All participants recognize **financial loss, physical injuries and death** to be **real possibilities** facing anyone in the sport of bicycling and related activities and agree to assume all risks and consequences. All participants agree to absolve the *Elbow Valley Cycle Club*, its organizers, administrators and agents of any liability arising from *Club* activities. Any person who does not feel confident or self reliant about their abilities or who does not agree with this philosophy should not participate on this tour.

2. I recognize that there are many potential perils that may be encountered while participating in the *Mabel Circuit Bicycle Tour* including hostile animals, motorists, lack of electronic contact, non-ideal road conditions, remoteness from support services such as medical aid, rescue, etc.. I will educate myself and gain sufficient experience in whatever skills are required to capably handle any situation I may be presented with. These skills include bicycle repair, aggressive animal avoidance & disengagement, first aid, hot/sunny/cold/wet weather survival, route finding, etc..

3. I will wear, at all times, a bicycle helmet, properly fastened, approved by ANSI, SNELL, or CSA, while operating a bicycle on an *EVCC* sanctioned activity.

4. I will, at all times, ride courteously and abide by all applicable legislations while operating a bicycle on an *EVCC* sanctioned activity.

signature (parent/guard if <18 years of age)

date Y M D

emergency contact person & ph. # (please print)

I volunteer to contribute the following assistance or skills:
(e.g. first aid, photography, Cadence article, bike repair technician, car pool, etc.)