



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY (“AGREEMENT”)

IN CONSIDERATION of being permitted to participate in any way in Inspire Cycling sponsored Bicycling Activities (“Activity”) I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads, trails, and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe the conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (“RISKS”); (b) these Risks and dangers maybe caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE THE PETUNIA MAFIA CYCLING CLUB, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE “RELEASEES” OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVLAID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT NAME (print please): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

(City) \_\_\_\_\_ (State) \_\_\_\_\_ (ZIP) \_\_\_\_\_ PHONE: \_\_\_\_\_

PARTICIPANT’S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

By signing this waiver, you are verifying that you are 18 years of age or older.



Bicycle safety is your responsibility and a priority for the Inspire Cycling club. All club riders will ride in accordance with local and state traffic and access laws. Be predictable, alert and responsible! For more suggestions beyond these guidelines, visit our Safety and Etiquette web page.

**Riding guidelines for Inspire Cycling include but are not limited to the following:**

- Ride courteously and predictably. Riding as if you were part of the normal flow of traffic is the safest way to ride.
  - Ride on the right side of the road with the flow of traffic, never against it.
- RIDING ON THE RIGHT IS THE LAW.
- Obey all traffic signs, signals, traffic control devices, and posted trail rules. Come to a complete stop at stop signs and red lights and observe the right of way for the traffic around you.
  - Yield to overtaking traffic and signal prior to turning or changing lanes. Mountain bikes yield to equestrians, runners/hikers, and uphill cyclists.
  - Ride single file unless the law and traffic conditions allow you to ride two abreast. If on curving canyon or mountain roads or roads without bike lanes or shoulders always ride single file.
  - Yield to other vehicles and pedestrians when required to do so by traffic laws.
  - Be as highly visible as possible. Wear light, bright clothing during the day. Use a bright white headlight and a rear red light even during daylight. Make yourself more visible as necessary with reflective clothing and accessories.
  - Always check traffic before changing lanes or turning. It is your responsibility to see that the way is clear before turning out into traffic. In a group setting, it is your responsibility to check for traffic, don't assume your path is clear because others have checked.
  - Maintain your bicycle so that it is safe to ride and dependable. Always keep tools and accessories with you to repair flat tires and other small mechanical problems.
  - Choose your route carefully, using a map and experienced advice if unsure of your surroundings. Ride on wide roads with less traffic and slower speeds and bike lanes when available. Always choose routes that are within your skill and confidence level (training, fitness, experience, competence).
  - Give your full attention to traffic and road surfaces. Beware of road hazards such as rocks, potholes, gravel and animals, and alert your fellow riders to these hazards.
  - Indicate your intentions to turn, slow or stop with hand signals.
  - Communicate your level of comfort riding in a group to the group ride leader or other group members.
  - Riders should always carry an ID and emergency contact information with them on every ride.
  - Using aero bars during a group ride is prohibited unless specifically approved by the group ride leader.
  - When passing other cyclists or pedestrians, always announce yourself before starting to pass. Always pass to the left and be sure that you and the other rider/pedestrian are not in danger due to your passing.
  - ALWAYS WEAR A HELMET (ANSI approved or equivalent). A helmet and gloves will protect you if a crash or fall cannot be avoided with the precautions listed above.
  - Group ride leaders may, at any time, request that a member or guest not participate in a group ride if the ride leader feels that the safety of the individual or others is in jeopardy.

By signing this document, I confirm that I have read the safety rules above and agree to follow them at all times and understand that disregard to safety during club rides may result in disciplinary action or expulsion.

PARTICIPANT NAME (print please): \_\_\_\_\_

PARTICIPANT'S SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_