



# Baltimore Cycling Club, Inc.

## RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

In consideration of being permitted to participate in any way in **BBC** 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 to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads 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 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 may be caused by my own actions, or inactions, the actions or inactions of other participants, the condition in which the Activity takes place, or the negligence of the "release's" 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, covenant not to sue, and agree to indemnify and save and hold harmless the **BBC**, their respective administrators, directors, agents, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers 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 "release's" or otherwise, including negligent rescue operations.

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 invalid the balance, notwithstanding, shall continue in full force and effect.

PARTICIPANT'S SIGNATURE	PRINTED NAME	PHONE NUMBER	ZIP CODE	BBC MEMBER (Y/N)	WOULD YOU LEAD/CO-LEAD A RIDE? (Y/N)
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
13.					
14.					
15.					
16.					
17.					
18.					

*RIDE LEADER — HAVE YOU READ THE OTHER SIDE OF THIS FORM?*

	/ /	( )		
SIGNATURE OF RIDE LEADER	DATE	PHONE NUMBER	RIDE CATE GORY	DISTANCE

## **RIDE LEADER — MAKE YOUR RIDE A SUCCESS AND HELP THE BBC BY:**

1. Reading and following the ride leader checklist.
2. RIDING AT THE ADVERTISED PACE.
3. Sending your completed waiver and a copy of your cue-sheet to the BBC. (see below)

### ***RIDE LEADER CHECKLIST:***

#### **Before the Ride:**

- Make sure the cue-sheet is accurate and up-to-date.
- Plan food and rest stops.
- Get permission if necessary for car parking.
- Include the BBC name and phone number on the cue -sheet.
- Invite several friends to help make your ride a success.

#### **The Day of the Ride:**

- Show up at least 15 minutes before the start time.
- Identify yourself as the ride leader.
- Have cyclists sign the waiver before they get a cue-sheet.
- Make sure everyone wears a helmet.
- Be friendly — welcome new riders — you represent the BBC.
- Explain the route and identify potential problems — discuss regrouping, rest, and meal stop(s).
- Encourage hand and verbal signals, riding single file, and courtesy toward motorists and other cyclists.
- Keep track of the riders in the back or that get dropped.
- Make sure everyone is back before you leave the start/finish location.

#### **After the Ride:**

- Report injuries or other significant incidents to the BBC ride coordinator or the BBC president.
- Mail this waiver, with all information complete, along with a copy of your cue-sheet to:  
Baltimore Bicycling Club  
c/o Tech Team  
1941 Greenspring Drive  
Timonium, MD 21093