

THE MASSAPEQUA PARK BICYCLE CLUB PRESENTS
2010 TOUR OF THE HAMPTONS Sunday, September 26, 2010, RAIN OR SHINE
Register Early! Participation is Limited

The Tour

The Tour of the Hamptons begins in Southampton and travels through mostly flat terrain and rolling hills on the south fork of Long Island, passing farmlands, beaches, mansions and historic towns such as East Hampton, Amagansett and Montauk before returning to Southampton. The tour has routes of 25, 50, 69, 100 miles and two 25 mile Guided Rides. Proceeds from the tour fund a generous contribution to the Make-A-Wish Foundation of Suffolk County and to the Massapequa High School and Southampton High School Scholarship Funds.

Registration

Prepaid registration is \$30. Tour-day registration is \$40. Registration may be done online at www.active.com, www.massparkbikeclub.org or by mail. Prepaid registrations completed online, or postmarked by August 27, 2010, will receive a free commemorative T-Shirt. To register by mail, complete, sign, detach and send the registration form below with a \$30.00 check or money order, payable to the **MPBC**, to:

TOH, c/o Ed Major, 76 Miller Blvd, Syosset, NY 11791

Starting Place And Directions

The Tour starts at Southampton High School, Southampton NY. Coming from the north, take the Long Island Expressway (495) east to exit 70 and follow Route 111 south to Route 27 east. Continue on Route 27 east to Hampton Road. Turn right onto Hampton Road and take the first left onto Narrow Lane. Southampton High School is on the right, 141 Narrow Lane Southampton, NY 11968. Coming from the south, take the Southern State Parkway to exit 44, Route 27 east. Follow the directions from Route 27 east given above.

Suggested Starting Time: 100-m tour, 7:30am. 50- and 69-m tours, 8:00am. 25-m tour, 9:00am. 25-m Guided Rides, 9:00am and 11:30am

Support: SAG wagon, route sheets, road markings and rest stops with refreshments are provided for all routes. We suggest you bring a spare tube, extra cash and a cell phone. SAG support stops at 4:30 pm and the last food stop closes at 5:00 pm. **Raffle:** Day of event raffle, a Trek 2.1 Road Bicycle, Retail Value \$1,300, courtesy of The Bicycle Planet

Helmets are Required for All Riders Regardless of Age. The Tour Closes at 5:00PM

-----Detach Here-----

Please be certain to SIGN the registration form

Name _____ Home Phone _____ Cell Phone _____

Address _____ City _____ State _____ Zip _____

Emergency Contact _____ Phone _____

Release and Waiver of Liability

In consideration of being permitted to participate in any way in Massapequa Park Bicycle Club ("Club") sponsored 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 proper physical condition 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 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 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 Club, the LAB, their respective 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 part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this 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's fees, loss, liability, or cost which any may incur as the 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 invalid the balance, notwithstanding, shall continue in full force and effect. I further understand that I must be at least 18 years of age or otherwise accompanied by a parent or guardian and do hereby agree to wear an ANSI or SNELL or CPSC approved helmet during the Activity.

Signature of rider _____ **Date** _____

Signature of parent or guardian (if rider is under 18) _____ **Date** _____

I will Ride (check one): 25 Miles _____ 50 Miles _____ 69 Miles _____ 100 Miles _____

25 mile Guided Ride, 9:00 am _____ 25 mile Guided Ride 11:30 am _____.

My T-Shirt size is (check one if postmarked by August 27, 2010) S _____ M _____ L _____ XL _____ XXL _____

Check here if you want information about becoming a Massapequa Park Bicycle Club Member _____.