

# Massapequa Park Bicycle Club

## Ride Roster

Show & Go  
 Scheduled Ride

Date: \_\_\_\_\_ Miles: \_\_\_\_\_ Pace:  AA  AA+  A  A+  B  B+  C  C+

Day:  Sun  Mon  Tue  Wed  Thu  Fri  Sat Terrain:  Hilly  Rolling Hills  Flat  Mountain Bike

Meeting Place \_\_\_\_\_ Leader \_\_\_\_\_

Destination \_\_\_\_\_ Sweep/Trainee \_\_\_\_\_

Elevation Gain \_\_\_\_\_

**RELEASE AND WAIVER OF LIABILITY**

In consideration of being permitted to participate in any way in Massapequa Park Bicycle Club ("Club") 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 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 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 or that of the minor in the activity.

3. Hereby release, discharge, and covenant not to sue the club, the League of American Bicyclists, 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 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 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 inducements 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 a portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

	Rider's Name	Cell Phone #	Emergency Phone Number	MPBC Member	
	Signature & Email Address required for Non-Members	Email Address		Yes	No
1	-----	-----			
2	-----	-----			
3	-----	-----			
4	-----	-----			
5	-----	-----			
6	-----	-----			
7	-----	-----			

Please return completed roster to Email: [mpbcstats@massparkbikeclub.org](mailto:mpbcstats@massparkbikeclub.org)  
or mail paper copy to: MPBC Stats, 480 Parker Ave, Levittown, NY 11756

I have read the RELEASE AND WAIVER OF LIABILITY on the reverse side of this page.

	<b>Rider's Name</b>	<b>Cell Phone #</b>	<b>Emergency Phone Number</b>	<b>MPBC Member</b>	
	Signature & Email Address required for Non-Members	Email Address		Yes	No
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					



Massapequa Park Bicycle Club  
P.O. Box 231  
Massapequa, NY 11758-0231

Place  
Stamp  
Here

MPBC Stats  
480 Parker Ave,  
Levittown, NY 11756