

CAPITAL CITY CYCLISTS
P. O. BOX 4222
Tallahassee, FL 32315-4222

Ride Name _____ Date _____

Ride Leader _____ Scheduled Time _____

1. A rider wishing to participate in a ride or event of the Capital City Cyclists (the "Club") must sign the Rider Sign-In Sheet. The Sign-In Sheet is an application and release. The acceptance of the application by the Club evidenced by its permitting the rider to participate in the Club event creates a contract having legal consequences. The Sign-In sheet also helps the Ride Leader to determine whether riders have returned at the end of the event.
2. For safety reasons, the following precautions must be followed:
 - a. **HELMETS MUST BE WORN BY ALL RIDERS ON CLUB RIDES NO HELMET, NO RIDE!**
 - b. "NO PERSON SHALL OPERATE A BICYCLE WHILE WEARING A HEADSET...". Reference Florida Statutes: Section 316.304(1).
 - c. THE USE OF AEROBARS (TRIBARS) IS NOT PERMITTED ON CLUB RIDES.

NOTICE: THIS APPLICATION AND RELEASE IS A CONTRACT WITH LEGAL CONSEQUENCES. READ IT CAREFULLY BEFORE SIGNING.

In consideration of the acceptance of my application for entry in the event referenced herein, I hereby freely agree to the following terms and conditions and make the following representations:

I fully realize the dangers of participating in a bicycle related event and fully assume the risks associated with such participation, including, by way of example and not limitation, the following: the dangers of collision with pedestrians, motor vehicles, other cyclists, animals and fixed or moving objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and mental trauma or injury.

I agree to waive, release and discharge for myself, my heirs, executors, administrators, personal representatives, legal representatives, assigns and successors in interest (hereinafter collectively "successors") any and all rights and claims which I have or which may hereafter accrue to me against the Capital City Cyclists, Inc., a Florida corporation (hereinafter the "Club"), its officers, directors, organizers, employees, independent contractors, sponsors, official agents, assigns and successors in interest (hereinafter collectively the "club and its officials", or alternatively, the "Released Parties") for any and all damages which may be sustained by me directly or indirectly in connection with, or arising out of, my participation in or association with the event, or travel to or return from the event, including injuries which may be suffered by me prior to, during or after the event. I understand that this waiver and release includes any claims based on tort, contract or any other theory of recovery, and includes, without limitation, claims for bodily injury or personal injury to me, claims of my successors for wrongful death, or claims for loss of consortium, companionship, services or other derivative claims, which may result from any act or omission of any sort attributable to those parties herein released.

I agree to follow all applicable traffic laws and generally conduct my cycling activities in a safe and prudent manner. I agree that it is my sole responsibility to be familiar with the route of the event, traffic laws, safe cycling practices appropriate for various conditions, and any special requirements of the event. I understand and agree that situations may, and most likely will arise during the event, which are beyond the control of the Club and its officials. I agree that it is my responsibility and obligation to ride in a manner that will endanger neither myself nor others. I accept responsibility for the condition and adequacy of the equipment I use. I agree that I shall wear a helmet which can protect me against serious head injury. I assume all responsibility for selection of such a helmet.

I have no physical or medical condition which, to my knowledge, would endanger myself or others if I participate in the event, or would interfere with my ability to participate in the event.

I agree, for myself and successors, that the representations above are contractually binding and are not mere recitals, and that should I or my successors assert any claim or contravention of this agreement, I or my successors shall be liable for expenses (including legal fees and costs) incurred by the Released Parties, individually or collectively, for any liability incurred as a result of such a claim. This agreement may not be modified orally, and a waiver of any provision shall not be construed as a modification of any other provision herein or as a consent to any subsequent waiver or notification.

PARENT OR GUARDIAN OF A MINOR: I, as parent or guardian of the minor named herein, hereby give my permission for any child or ward to participate in the event and further agree, individually and on behalf of my child or ward, to the terms and conditions stated above.

CYCLING CAN BE DANGEROUS
TAKE RESPONSIBILITY FOR YOUR OWN SAFETY
RIDE DEFENSIVELY
DON'T ENDANGER OTHERS BY ATTEMPTING TO RIDE
BEYOND YOUR OWN LEVEL OF SKILL AND ABILITY

