

## **ALMONTE UNITED CHURCH BIKE RIDE**

### **JUNE 11, 2011**

This year, we are offering fun and exciting bicycle excursions to encourage participants to try new destinations. We have three different routes to choose from, all starting and ending at Almonte United Church. For something different this year, we will be adding a 'rally' type component to all three routes. Each rider will be given, along with their map, a list of names and corresponding addresses. They will then be required to answer a question or find the 'secret' word pertaining to that person's address. Prizes will be awarded in various categories at the BBQ in the afternoon.

#### **Route 1 – THE MISSISSIPPI TOUR**

Check in at 8:00 a.m. at Almonte United Church. At 8:30 a.m. mount your bikes and set out on this challenging 80 km tour through the Mississippi Mills countryside. Return to Almonte United Church for a BBQ at 1:00 p.m. Map/instructions will be handed out on the day of the event.

#### **Route 2 - FAMILY FUN TOUR**

Check in at 9:30 a.m. and depart at 10:00 a.m. This shorter ride (30 km) is designed for families who will have younger children participating. Return to the church grounds for a BBQ at 1:00 p.m. Map/instructions will be supplied on the day of the event.

#### **Route 3 – ALMONTE TOUR (Bicycle or walk)**

Enjoy this route around our wonderful town of Almonte either by bicycle or on foot. The distance for this excursion is 12 km. Walkers are required to check in at 10:00 a.m. for departure at 10:30 a.m. Cyclists are to start at 12:00 p.m. Map/instructions will be provided on the day of the event.

**REQUIREMENTS:** You will need a bicycle in good running order, a refillable water bottle, a properly fitted helmet and a spare tube/repair kit.

**Ride goes ahead rain or shine.**

**For further information, contact Bill or Donna at 256-5181. Registration & waiver forms plus payment must be received by Sunday June 5, 2011**

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NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

**Cost: Adults \$10.00 / Children under 16 years \$5.00 / Families \$25.00**

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

(Parental permission required for children under 16)

The registration fee will be donated to the Likulezi Project in Malawi, Africa, helping local people meet local needs.

**WAIVER, RELEASE & INDEMNITY**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_

I understand and agree that my participation in this event (Almonte United Church 2011 Bike Ride) is conditional upon my execution of this document.

1. I am aware that cycling involves the possibility of injury or death.
2. I accept these risks and all other risks arising from this event, even if arising from the negligence, gross negligence or negligent rescue by those associated in any way with Almonte United Church, the venues at which this event takes place or by those organizing or participating in this event, including the officers, employees, agents, servants, volunteers and representatives (the Releases).
3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in this event.
4. I undertake and agree to remove myself if I sense or observe any unusual hazard or unsafe condition, or if, at any time, I feel unable or unfit to safely continue for any reason.
5. I give a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against Almonte United Church and all other Releasees from all liability for any loss, damage, injury or expense that I may suffer as a result of my participation in this event or my presence at any venue of this event, due to any cause whatsoever, including the forms of negligence set forth in paragraph 2 above.
6. I **AGREE NOT TO SUE** and I further agree **TO INDEMNIFY AND SAVE HARMLESS** the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever, arising from my participation in this event. I **HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY**. I am aware that by signing this agreement, I am waiving legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including giving up my right to sue.

**SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARENTAL CONSENT FOR MINOR PARTICIPANTS and INDEMNITY AGREEMENT:**

I have read and understood the above waiver, release and indemnity and have discussed the same with the minor person signing above. I am satisfied, the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward, I too agree to waive, release and indemnify the Releasees in the terms set out above.

I am aware, that by signing this agreement, I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

**SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_