



Liability Waiver

Rules of the Trail

The Bicycle Tour is on a public trail, so please respect the trail rules and etiquette and the safety of walkers, runners and other participants.

Bicycle Tour Rules

1. This event is a tour NOT a race. The goal of the Bicycle Tour is to ensure a safe, fun ride for everyone.
2. Safety of all riders is our primary concern. Therefore, all riders are required to wear a ANSI or FNELL approved helmet. No exceptions.
3. To ensure the safety of all riders, No iPods, CD players or headphones are allowed on the course.
4. Again, for the safety of all riders, ride on the right side of the trail.
5. Ride at a safe speed and respect the riders and pedestrians around you. Remember, this is not a race.
6. Maintain a safe distance from the rider in front of you – at least one bike length is a good rule of thumb.
7. Before you pass a slower rider, announce your intention to pass. For example: Passing on the left.
8. The trail intersects with one road. A volunteer will be positioned at the intersection for your safety, but please use caution when approaching the intersection and allow all traffic to pass before crossing.
9. Ride within yourself and within your capabilities based on your condition level. Don't overdo it.
10. Cell phones are allowed on the trail. However, if you must use a cell phone please pull off the trail for your safety and the safety of others.
11. Ensure that you are properly hydrated. Drink plenty of fluids before, during and after the ride. Water will be available at trail stops.
12. If you have a flat tire or mechanical breakdown, pull off the trail immediately for repairs. Support riders will be on the trail to assist you.
13. If during the ride you feel like you can't go any further, please stop. Support will be available to take you back to the start.

Waiver and Release of Liability

I know that biking is a potentially hazardous activity. I should not enter and bike unless I am medically able to and properly trained. I also know that there will be traffic, hazards, debris and possibility of poor surface conditions on the course and assume the risk associated with this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, extreme cold, the conditions of the road and traffic on the course, all such risks being known and appreciated by me.

Having read this waiver, the published "Rules of the Trail," and knowing these facts, and in consideration of your accepting my entry to participate in the CBMC Fall Foliage Bicycle Tour, I, for myself and anyone entitled to act on my behalf, waive and release the organizers, course officials, CBMC, Southwest Iowa Nature Trails, the Iowa Natural Heritage Foundation, The State of Iowa and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby give my permission to the event organizers and sponsors to use my name and/or picture in any publication, broadcast, telecast or other account of this event without limitation or obligation of further compensation thereof.

I certify that I have read this waiver and release and fully understand its significance.

I have read and accept the "Rules of the Trail."

Signed

Print Name

Parent/Guardian (under 18)

Date