



BICYCLES EAST, LLC

Release and Waiver of Liability and Indemnity Agreement

In consideration of being allowed to participate in a Bicycles East, LLC sponsored ride, the undersigned participant hereby acknowledges that he or she understands that bicycle riding is an inherently dangerous activity and participating in bicycle riding may be hazardous. Participant assumes any and all risks associated with his or her voluntary participation in bicycle riding and any and all activities incidental thereto.

Participant further agrees, by his or her voluntary participation in bicycle riding and any and all other activities on or about the premises, and on behalf of his or her personal representatives, assigns, heirs, and next of kin, that he or she shall release, discharge, hold harmless and fully forever waive any and all claims, demands and/or causes of action against Bicycles East, LLC, and all promoters, sponsors, agents, employees, members, managers, representatives and/or volunteers thereof (releasees), from any and all liabilities, damages, costs and expenses arising out of such participation, including without limitation, and of releasees' own negligence.

Bicycles East, LLC recommends that all participants, and requires that participants under the age of 16, wear an approved helmet in good condition. Participant agrees to abide by any and all state and local traffic laws and regulations, and shall further refrain from engaging in negligent or reckless conduct during such participation.

Participant grants to Bicycles East, LLC to utilize his or her image or likeness incidental to any promotional activities related to its events and/or activities.

This Agreement shall be constructed under the laws of the state of Connecticut and if any provision of this Agreement shall be deemed invalid for any reason, such invalidity shall relate only to the provision deemed invalid and shall not affect the agreement as a whole.

In signing the foregoing Release and Waiver of Liability, and Indemnity Agreement, I acknowledge and represent:

- a. That I have read the foregoing Release and Waiver of Liability and Indemnity Agreement, understand it and sign voluntarily;
- b. That I have not consumed alcohol or drugs which may affect my ability to ride a bicycle in a safe manner,
- c. That I do not suffer from a heart condition, high blood pressure or other medical conditions which may be aggravated by my bicycle riding;
- d. That I have taken notice of and will obey all traffic laws.

Signature_____

Date_____

Printed Name_____

Email_____

If under 18 Years Old:

Parent or Guardian_____
Signature

Parent or Guardian_____
Name