



AGREEMENT ASSUMING ALL RISKS AND RELEASING LIABILITY

I acknowledge:

- 1) That I am competent to perform a safety check, and will personally perform a safety check of the bicycle I will ride at all Bike Surgeon group rides prior to my ride.
- 2) That I am competent to safely ride the bicycle I will ride at the Bike Surgeon group rides, and will observe safe riding practices and obey all laws and guidelines.
- 3) That I will wear all appropriate safety equipment at all times, including a bicycle helmet.
- 4) That bicycling is inherently dangerous, presenting a great number of risks, such as the risk of falling, colliding with other riders, encountering hidden obstacles or varying terrain, or the risk of injury from any failure of the bicycle or any of its components.
- 5) That I freely and expressly accept all risks associated with bicycling on my demonstration ride, including all risks of injury or death. **ON MY OWN BEHALF, AND ON THE BEHALF OF MY HEIRS, ASSIGNS, AND PERSONAL REPRESENTATIVES, I HEREBY FULLY AND FOREVER DISCHARGE AND RELEASE THE BIKE SURGEON INC., NGJ, LLC dba BIKE SURGEON, AND THEIR OWNERS, VENDORS, SUPPLIERS, EMPLOYEES, AGENTS, SPONSORS, INSURERS, AND ALL OTHER PERSONS OR ENTITIES, FROM ANY AND ALL LIABILITY, CLAIM, DAMAGE, LOSS, COST OR EXPENSE, ARISING DIRECTLY OR INDIRECTLY FROM MY PARTICIPATION IN BIKE SURGEON GROUP RIDES AND/OR USE OF A DEMONSTRATION BICYCLE.**

I expressly agree that the forgoing agreement shall be construed to provide the parties being released with the broadest relief possible. If any portion is held invalid, the balance shall continue in full legal force and effect. This agreement shall be governed by the laws of the State of Illinois, and any litigation between the parties shall be filed in the Municipal or Superior Court of the County of St. Clair, State of Illinois.

Rider to complete ENTIRE section

Print Name: _____

Phone Number: _____

Address/City/State/Zip: _____

Signature: _____

Date: ____/____/____

Emergency Contact: _____ Phone: _____

If Rider is a Minor/under 18, Parent must sign below: Parental Signature:

_____ Relationship: _____

Bike Surgeon Group Ride Guidelines

- We're all here to **HAVE FUN**, so let's do just that!
 - Follow these guidelines and we can just about guarantee you a great experience.

These riding etiquette guidelines and common courtesies apply to all Bike Surgeon rides regardless of the number of riders, distance or pace.

- It's a **GROUP Ride**, not a Race. We want the group to ride together as much as possible. If you find the pace of the ride either too fast or too slow for you let us know and we can recommend another group. The same is true for our ride leaders, if they feel you would fit better in another group they will recommend which one, please follow their recommendation.
- Bike Surgeon rides feature a "**NO DROP**" policy. These are recreational rides not races. We will not leave anyone behind, but it doesn't mean that we can't hit the gas. There will be times for going fast and also times where the entire group will wait for a complete regroup; these are specified by the Ride Leader so pay attention.
- For insurance reasons, **only individuals who have accepted these guidelines and signed the group ride waiver may participate** in Bike Surgeon group rides. All riders **must wear a helmet** at all times during shop rides and must comply with all guidelines contained herein and all rules of the road. The Bike Surgeon and the ride leaders reserve the right to ask anyone who does not follow these guidelines to leave the ride. Our safety and reputation as cyclists within this community depends on you, thanks for helping out.
- **Please be punctual**, arrive at the ride start with your gear and equipment ready to ride. The ride rolls at its scheduled time every time, don't ever expect the ride to leave late just because you are.
- Communicate with the Group and Traffic Using Hand Signals and Verbal Warnings. Hand signals for turning and stopping are as follows: **Left arm straight out to signal a left turn**. For a **right turn, put your right arm straight out or put your left arm out and bent up**. And **Left arm out and down with your palm to the rear to signal slowing or stopping**. Along with hand signals, verbally warn cyclists behind you of your changes in direction or speed. Riders should call out "left turn," "right turn," "slowing," "stopping," etc. Announce turns well in advance of the intersection, so that members of the group have time to position themselves properly.
- When riding in a tight group, following riders do not have a good view of the road surface ahead, so it is important to announce large holes, grates, and other significant hazards. **Indicate road hazards by pointing down to the left or right, and by shouting "hole," "bump," etc.**, where required for safety. Everyone in a group should be made aware of significant hazards.
- Safe riding in a group requires much more attention to predictability than riding alone. Other riders expect you to ride straight, at a constant speed, unless you indicate differently so please do that.
- You should **only pass others on their left**. Say "on your left" to warn the cyclist ahead that you are passing. **DO NOT PASS ON THE RIGHT**. Announce your presence behind another rider with a friendly greeting so that rider is not later startled by your presence.
- **When drafting NEVER let the front of your front wheel go past the rear of the lead rider's rear wheel**. This is called overlapping wheels....don't do it.
- If you are not yet comfortable with drafting or riding in a tight group "**C**" group is for you! Learn these skills at a more relaxed pace then apply them to the faster paces of the "**B**" and "**A**" groups.
- When approaching intersections requiring vehicles to yield or stop, signal your intention to other traffic and riders with clear hand and verbal signals. Call out "slowing" or "stopping" to alert those behind to the change in speed. In the event the leading cyclist calls "CLEAR" remember each cyclist is responsible for verifying that there is no approaching traffic before entering the intersection.
- Since riders in front cannot see traffic approaching from the rear, it is the responsibility of all other riders to **call out "Car Back"**. This lets all riders know of the approaching car. **A call of "Line it Up" is used when single file is needed** to be courteous to other road users. **Use the warning "Car up" on narrow road to warn following riders of approaching traffic**.
- **A rear flashing red light is strongly recommended** for all riders to increase visibility.
- When waiting at the defined regroup area, move well off the road so you don't interfere with traffic. **DO NOT RIDE CIRCLES in the road**. It is best for the lead rider to pull forward in the stopping area and for other riders to pull in behind the rider in front of them. As a courtesy, during regroups wait until the last cyclist arrives and checks in before restarting.
- **Ride single file on busy roadways** around the shop and in towns or double file as appropriate to the roadway and traffic conditions. Even where riding double is legal, set a good example and be an ambassador for cycling, courtesy dictates that we single up when cars are trying to pass if the lane is not wide enough for them to safely do so. **If there are lines/stripes on the road we ride single file, if the road is not marked we allow a double paceline, NEVER RIDE MORE THAN TWO WIDE!**

_____(Initial) accept and commit to adhere to the above guidelines on all Bike Surgeon group rides.