

Delaware Valley Bicycle Club

JULY 2010



P.O. Box 156
Swarthmore, PA,
19081
www.dvbc.org

The Key to Our Success

By Dominick Zuppo, DVBC President

As required by our constitution, every ten years the United States conducts a census of its citizens. While not required under our bylaws, the Delaware Valley Bicycle Club uses a number of methods to gauge the wants and needs of our members. For example, you might share your thoughts with a Board member during a ride. Others have called or sent an email and requested tips about leading their first club ride. A few years ago we asked for feedback by mailing a two-page survey to our members' homes. We also glean some of your interests by reading the comments you post on the club's email list-serve.

You should always feel free to voice your opinion with conviction and civility. And in the coming weeks I plan to offer one more method to share your ideas, by reaching out to all of you and asking a few questions, the most important being: Why did you join the DVBC?

Members come and go. I guess it's part of being human, that our interests or situations change. But a challenge shared by many of the bicycle clubs in the tri-state area is the need to attract new members—people who want to return to our sport after a long hiatus or agree that cycling can improve their health and simplify their life—and retain current ones.

Honestly, our membership has stagnated between 200 and 250 members/households for a number of years. And I know that, contrary to all the other areas in the greater Philadelphia region, the last census predicted a decline in the

population of Delaware County, one of the oldest around. But we shouldn't allow statistics or apathy to govern the success of an organization that is close to celebrating its 40th anniversary. We need to do a much better job of reaching out to our neighbors by letting them know the DVBC is here to help.

And that's where you come in. I need your opinion about the use of social media, websites, flyers placed local bike shops, community bulletin boards, mall events, college campuses, even that pack of business flyers we get in the mail. How did you learn about the DVBC? What is the best way to advertise our club, our fund-raising tours, and the importance of bicycling? What kind of riding do you enjoy? Do we need to restore general membership meetings, and if yes, where should they be held?

Lots of questions, and we need the answers. And yes, YOU are the answer, even if your initials aren't A.I. You, our membership, are the key, the heart, mind, and soul of the DVBC, the reason for our success and our very existence. You know why you ride, and maybe you understand why others do not.

The collective knowledge and experience of our members is a powerful tool that should be used to promote and grow our club. I hope you will answer the call. Thanks, and be safe out there!

Kent County Spring Fling

by Mary Huis

This year, 11 DVBC members (Deb C., Alex M., Bob and Nancy T., Doug B., Nancy N., Ed S., Woody K., Mel S., Ira

J., and yours truly) participated in the Baltimore Bicycle Club (BBC) "Kent County Spring Fling," held every Memo-



rial Day Weekend from Friday through Monday at Washington College in Chestertown, Maryland.

As in the past, the highlight of the trip was joining Ed S. on the journey south. This year, Ed had a record number of riders, and luckily, the weather cooperated. Ed completed a century by his usual means: riding before the ride down to Chestertown started. Woody, Ira, Mel and Alex rode the entire way down (85 miles) and Deb and I did two-thirds of that route. It was a wonderful ride with minimal traffic. I missed the first leg since I drove my car, so I was (thankfully) fresh for the 58 miles remaining on legs 2 and 3. Deb rode the really hilly first leg (at average of 15.4 mph) so she greatly appreciated her res-

(Continued on page 5)

Delaware Valley Bicycle Club

P.O. Box 156
Swarthmore, PA 19081
www.DVBC.org

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15th of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC.

Monthly board meetings are open to all. Contact the President for exact time and location.

Contents © 2010 by DVBC

Club Affiliations

League of American Bicyclists
Bicycle Coalition of Greater
Philadelphia
Adventure Cycling Association

Upcoming Club Events

Club Picnic Date and Place TBA

Brandywine Tour Sunday, September 5

Volunteers are needed for both the picnic and the Brandywine Tour, and for other club activities. Ride leaders are especially needed! Contact Dom Zuppo (see email at left) to offer your services!

Each year money raised from the club's two tours is donated to organizations working to benefit the local cycling community. Over the years DVBC has donated thousands of dollars that help make cycling a more pleasant and safer pursuit for everyone in the region.

Board of Directors and Volunteer Staff

Dominick Zuppo, *President*
484.483.7456 or president@dvbc.org

Debbie Chaga, *Vice President*
610.494.3033 or dreamerdeb@gmail.com

Frank Jackson, *Secretary*
cyclingfrankrides@hotmail.com

Mike Broennle, *Treasurer*
treasurer@dvbc.org

Larry Green, largreen@earthlink.net

Peter Schmidt,
pschmid1@swarthmore.edu

Nancy Ness, nessnancy@verizon.net

Doug Bower, doug_bower@verizon.net

Arjunan Ganesh

Mary Huis, familymail233@comcast.net

Antonio Rocha, *Web Page & Listserve*
484.802.8374 or myweb@crafttech.com

Dom Zuppo & Jo Ann Fahey,
Ride Coordinators
484.483.7456 or rides@dvbc.org

Adam Levine, *Newsletter Editor*
610.891.0780 or adambomb99@gmail.com

RIDE GUIDELINES & CLASSIFICATIONS

1. Arrive early and **be ready to leave on time**.
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

Class D: For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.

Class C-: For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.

Class C+: Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B-: For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class B+: For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Class A: For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

Delaware Valley Bicycle Club

Serving Delaware County and the Western Philadelphia suburbs

July 2010 Ride Calendar

Check the ride calendar at www.DVBC.org for late additions to this list. You will also find occasional ad hoc rides posted on the DVBC listserv. Please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on. For tours and rides sponsored by other clubs and organizations, check out the event calendar at www.suburbancyclists.org

*****Recurring Weekday Rides*****

| | |
|--|---|
| Tuesdays 6:00 pm Miles:20+/- Class:C 320 Produce | We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: EFfrench@wilmingtonTrust.com |
| Wednesdays 9:30 am Miles:30-60 Class:B-/C+ Docs' Ride | Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or temperature below 45F cancels the ride. Contact Larry Green at 610-544-5799 or largreen@earthlink.net or Woody Kotch at 610-566-2736 or hrkotch@comcast.net |
| Wednesdays 6:00 pm Miles:22+/- Class:C Rose Tree Park-n-Ride | We'll continue to meet at Rose Tree Park, Rte. 252 near Media PA (hopefully summer traffic will be lighter) for an easy ride through Ridley Creek State Park and/or the surrounding area. We'll stick to the advertised pace and regroup as needed. Rain or the threat of rain cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: domzdvbc@comcast.net |
| Wednesdays 6:00 pm Miles:20+/- Class:B- Wed Nite Road Crew | PLEASE NOTE NEW START LOCATION. Meet at Springton Lake Middle School, Sycamore Mills Rd Entrance, Media PA. This ride is meant to be fun and challenging with some breakaways. Expect hills. Average speeds will be about 14.5 mph in the first couple weeks and climb steadily to around 15.5 mph at season's end. The route will change weekly and cue sheets will not be provided. Any rider going off the front is on their own. Start time is promptly at 6:00 pm. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 Email: dreamerdeb@gmail.com |
| Sun, Jul 4 8:00 am Miles:55 Class:C+ Firecracker Fifty-Five | It's time to celebrate the 4th so decorate your bike with flags and streamers and put on your red, white and blue. See you if can out do last year's winner John. We'll ride from Planet Fitness, Pennell & Weir Rds, Aston PA out to Northbrook. If we're lucky we'll time it right and get caught in the local parade on Country Club Lane on the way back home. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com |
| Sat, Jul 10 8:30 am Miles:62+/- Class:C+ Kennett Square Metric | Let's meet in Rose Tree Park for a fun metric out to Kennett Square at an average speed of 13 to 14 mph - faster on flats and slower on hills. We will enjoy the beautiful scenery and all our favorite hills - Thornton, Montchanin, Brinton's Bridge, Sweetwater, Sycamore Mills and maybe a couple surprises. Bring \$ for a food stop at Country Butcher - the Cycling Gourmet's favorite place. Inclement weather will cancel. Contact Mary Huis at or familymail233@comcast.net |
| Thurs, Jul 15 6:00 pm Miles:31 Class:B- Pool Boy Loop | Join me on Pool Boy's loop for a quick ride around the back roads of South Jersey. Lots of great roads and I'm happy to report that the new bridge on Mill Rd is finished. Ride starts at Kings Way High School, Rts 322 & 551 just over the Commodore Barry Bridge. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 or dreamerdeb@gmail.com |
| Sat, Jul 17 9:00 am Miles:30 Class:C Highland Orchards | Meet at Chadd's Ford Elementary School - please park in the lower stone parking lot. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or spbert465@hotmail.com |
| Sun, Jul 18 8:00 am Miles:40+/- Class:C+ Kountry Kitchen | Join me for an old DVBC favorite ride to our favorite diner in South Jersey. It is a C+ pace ride, over mostly flat terrain. Bring money for breakfast at the Kountry Kitchen. Route sheet will be available for a shorter ride (total 35) back to cars for anyone not wanting to do 40+ miles. Meet at Kingsway High School, Route 551(Kings Highway) Swedesboro, NJ, just over the Commodore Barry Bridge. Contact Betsy Ffrench at 610-324-8207 or EFfrench@wilmingtonTrust.com |

| | |
|--|---|
| Sat, Jul 24 8:30 am Miles:55+/- Class:C+ Northbrook Ride | Let's meet at Rose Tree Park and for a scenic and pleasantly-paced ride. We'll try some new roads and have a great food stop at Northbrook. Bring \$ for the food stop. If we're feeling energetic, we may even go for a metric. Contact Mary Huis at or familymail233@comcast.net |
| Sun, Jul 25 8:30 am Miles:35 Class:C&B Art Museum | Celebrate the last day of the Tour de France with a ride into the city. We can pretend we are riding into Paris on the Champs-Elysees. Two groups, one C, one B or B-. True C gang will follow Juror #6 on a flat route. B's will tackle the famous "Martin mile"(hopefully with Mr. Martin). Post ride meal at Ming's. Meet across the street from the Drexel Hill Cyclery in the Rite Aid lot. Contact Dan Dillon at 610-494-4949 or Grey48Wolf@verizon.net |

The Road is a Two-Way Street

by Deb Chaga

Many cyclists display "Share the Road" stickers proudly on their bumpers and car windows and ride doing just that. They share the road with motorists and pedestrians they encounter along the way. That's the way it should be. However, it's not always that way. As a cyclist I definitely get upset when cars cut me off or drive way too close to me. Unfortunately, too many

times while on recent rides with our club and another, I've seen cyclists not sharing the road back with motorists. Riders have ridden two and three abreast and do not move into single file when someone shouts "car back." How can we expect motorists to share the road if we don't oblige likewise? Isn't there enough road rage out there without inciting motorists by these kinds of actions on roads that we frequent. It is a two-way street out there and we'll all be happier and safer if we and they treat each other with respect and really share the road.

Bike Dirt

By F.X. Pedrix

The lovely **Babs** and I were picnicking under a tree on **Lemon Hill** during the **Philly Pro Bike Race** when we spied **Dreamer**, **Alex Bakerman**, and **Smitty** arrive at the Bicycle Club of Philadelphia CP tent. We amused ourselves when the peloton wasn't coming through by watching them get plates of food, drink beer, and try on jerseys. **Ira** arrived a little later and so did **Christine Martha**. I overheard Smitty kidding her asking for his \$500 back for her return from Scotland per the bogus email request that went out on the List Serve. **Paul Fairweather D.** was there too taking pictures of the riders and hanging out with his racer friend, **Anthony**, at the **Human Zoom** tent. Then **Juror #6** arrived about the time BCP's supplies were running low and we chuckled as we saw him go from tent to tent get free beer, pizza and other goodies. **Patty W.** from **Action Wheels** was there with her husband and was chatting up Dreamer and telling all about AW's Spain trip this year when they got stuck in Barcelona because of the volcanic ash in Europe. It was a good cycling day in the City of Brotherly Love for sure.

On Memorial Day, **Grey Wolf** managed to win 1st Place in his age bracket for the 2nd year in a row at the Lansdowne 5K despite hot humid weather and poor air quality. GW was joined by **Jit-tary Jo**, **Smitty**, and **Mr & Mrs Pool**

Boy while **Misty** cheered them on. The **Wolf** was also spotted a few weeks later running in the Media Five Miler—no word on his results in that race.

Steve Crashrock just got a beauty of a full suspension mtb and broke it in by crashing on some rocks and landing on his knees. The bike is fine and Crash is sore and mending. GW said he's ordered some knee pads to wear the next time. God bless him, he keeps coming back for more.

Buckeye actually led his **Eichele Hill-Annamarie Ride** without a drop of rain falling. Alex and **Jon Rubin** were the only two that day to conquer that extra steep monster without stopping or walking. The others who attempted it were **John H.**, Buckeye and Dreamer. After Eichele everyone enjoyed the gigantic pancakes at Annamarie's.

New **Wed Nite Road Crew** rider, **Steve J.**, a 19 yr old racer, has been pushing the pace to the max and wearing out the regulars. Fairweather has been calling him names like the Nuclear Rocket. Look for Steve on the local crit circuit. After one of those Wed rides, **T4 (Tony F.)** and Dreamer both yelled out at the same time "Nice rack!" when new rider **Beth** drove past them. Laughing at how that sounded they both agreed that Beth did in fact have a really nice yellow Thule bike rack on her car.

Plastic Boy is ecstatic that his **Polish Princess, Alex**, is back in the US. We're happy for you but don't forget your buddies and come out and ride sometime.

If anyone is looking for a good deal on a nicely kept **Honda Goldwing** with matching bike rack, keep your eyes on eBay. Word is Buckeye may list it soon. I heard he's thinking of spending his time raising **Alpacas**.

After a lapse of several years, the **Wooden Man** re-instituted the DVBC Shore Ride on June 12. Five riders did the 128-mile Swedesboro-Ocean City-Swedesboro ride and worked nicely together as a group. Aside from the **Wooden One**, **Music Man**, Polish Prince, **Len Davis**, and **A. Ganesh** participated. Since our **Ride Leader Extraordinaire** passed away a few years ago shore rides have been few and far between.

Smitty was joined on his latest 3 Parks ride by **Cliff E.**, **Motorola Dave H.**, **Mike F.**, **Jim M.**, and **Don L.** The guys had a splendid time which included climbing **Diamond Rock Road**, ice cream in Manayunk, passing by **Eagles Cheerleaders** and getting back just before it poured. Doesn't get much better than that.

The Cycling Gourmet's latest ride was split in two just like the muffins it was named after. CG took the hard way to **Pure Bread** by climbing up **Twaddell Mill** which had been recently paved. The fast boys (**Motorola**, **Ride Away**, **Steve J.**, **Pete H.**, **Mike F.**, **Ira**) all took off ahead of the ride leader thereby missing the turn onto Route 1 in Chadds Ford. CG was then educated on how to repair a tire using trash from the side of the road when she got a flat and then a bubble in the same tire. Jim I. did the work while Dreamer found a discarded **Wawa coffee cup** to use, and **John S.** watched.

DVBC was represented well at the

(Continued on page 5)

Tour de Cure when **Doc Larry**, Cycling Gourmet, Alex, and Dreamer all volunteered as ride marshals. It was a long day but worth it for the cause and to the great food at the end of the ride per CG.

A spy called me last week to report that **The Officer, Lou V.** should be out soon on the Wed night rides. We're looking forward to it. We need a you out there Lou. Just two weeks ago **Yuri C.** fell at the intersection of Rose Tree Rd and Rt 252. Fortunately Yuri only got a bad case of road rash but it could have been much worse considering he fell just before the SUV he was next to started moving. This near miss caused talk about moving the start of these rides out of RTP. Dreamer is moving her ride beginning the first week of July to **Springton Lake Middle School**. Be careful out there.

Juror #6 tied for second place in a chess tournament recently against **Jeremiah**, one of Dreamer's coworkers. Small world for sure. #6 may get Dreamer to bug the desk of his competition before the next bout to find out the other guy's strategy.

Some of my spies have been lying down on the job lately. Keep sending your innuendos, truths, outrageous stories and outright lies to **FX Pedrix at DVBC.org**.

)(
(-((-(-)-)-)-)

(Kent County, continued from page 1)

pite on leg 2 while driving my car. As usual, Ed mapped out a fantastic route and he did his usual great job of keeping us moving in the right direction. There were numerous breakaways but we all arrived in Chestertown by mid-afternoon. There we met a group from Buck Ridge Ski Club, to which a number of DVBCers also belong.

The weekend's organizers offered many scheduled rides (led by BBC members) and many cue sheets to choose from. Rain fell early on Saturday but by 9 a.m., the weather had cleared enough to start riding and luckily we had no more rain the rest of the day. I joined Deb, Alex, Doug, and Nancy on the "Rock Hall the Hard Way" ride, a 65 miler that meandered around Kent County north of Chestertown, with the highlight being lunch at Waterman's in Rock Hall. The scenery varied from open corn fields, dairy farms, woods and small towns, and we encountered some rolling hills with a couple medium climbs—nothing we DVBCers could not handle! It was hot and humid and we all



Dear Gear Grrrl,

Help! What can I do to prevent and treat saddle sores? This is the first year I've ever gotten any. They are a real pain in the butt. Ugh!

In Agony, Sad and Sore in Springfield

Dear InASinS,

Ah yes, the deadly saddle sore. They can make a grown cyclist cry. Sores develop for a number of reasons and once you've got one it makes your life on the bike miserable. Riders notice them more as the days get hotter and they ride longer and for consecutive days. All that heat and sweat make bike shorts a breeding ground for bacteria. First, be sure your shorts fit. If they are too big they will rub delicate areas and create friction. It's good to stand every once in a while to

enjoyed the summer weather. In addition to a bike ride they did on Saturday, Ed and Woody enjoyed a boat ride with friends of Woody's on the Chesapeake. On Saturday night, there was square dancing and bluegrass music at the college in addition to a dessert and cordial buffet.

On Sunday, Deb, Alex, Doug, Nancy and I rode 34 miles which included a stop at Betterton Beach on the Sassafras River before heading to the Spring Fling picnic. Bob and Nancy joined us for the ride back to Chestertown from the picnic—Nancy on her brand-spanking new beautiful green Gary Fischer road bike. Among the many fun events during the weekend, one of the most enjoyable is a "Wacky Boat Race" where participants create a crazily designed boat and race on the Chester River. Most DVBCers headed to town for this event, but I headed to Centreville to see a garden shop and when I returned, decided to ride another 28 miles so I could say I rode a metric that day.

Dear Gear Grrrl

DVBC's own Q&A Expert,
a freewheeling liberated grrl,
answers your trickiest
bicycling etiquette
questions

relieve pressure and hopefully you've got a saddle that's right for you. I suggest that you begin using a chamois cream or other protective cream such as Bag Balm or Udder Butter which are a lot cheaper and work very well. I also recommend that you strip off your bike shorts as soon as you can after the ride and never wear the same shorts more than once without washing them. Once you've got a sore, you'll want to treat it to soothe and relieve the pain. I heard of people using all of the following: Noxema (pain relief, anti-inflammatory, soothing), Desitin (protects and promotes healing), Tea Tree Oil stick (antiseptic, anti-bacterial, anti-fungal), Preparation H (anesthetic, reduces swelling), Neosporin, Polysporin. Unfortunately, what works for one person may not work for you. Good luck and take care of that bum!

The dinners every night included ample courses with the choice of many desserts. On Sunday night, Deb, Alex, Doug, Nancy, and Bob and Nancy and I headed to Waterman's for the sunset. Although we missed it, we had some great conversation and many laughs over well-deserved cocktails and beer. On Monday, Ira, Mel, Ed and Woody rode back via Ed's 85 mile route, while Deb and Alex decided to bike back following Alex's shorter route, a direct 72 miles back to Glen Mills. Doug and Nancy headed out for a 40 miler as they were planning to stay all day and meet friends for dinner. Bob and Nancy headed directly home after breakfast as Bob had a business trip, and I headed directly home.

It was truly a wonderful bike trip—lots of riding, great rides, great fun with lots of laughs, great camaraderie, and last but not least, great food. If anyone is interested in attending this event next year, the suites fill up fast, so booking in the January/February timeframe is highly recommended.



Delaware Valley Bicycle Club
P.O. Box 156
Swarthmore, PA 19081
www.dvbc.org

APPLICATION FOR DVBC MEMBERSHIP (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.
Your membership also helps influence local government decisions concerning bicycle issues.

Annual membership: \$15 per household

Circle one: *New Member* or *Renewing Member*

Please print clearly and use your 9-digit zip code, if known:

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIP: _____

PHONE: _____ Birth Date: _____

EMAIL: _____

The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ _____

AMOUNT ENCLOSED:

\$15 membership + _____ Safety Fund = \$ _____

I will volunteer for (circle all interests)

Ride Leader *Tour Volunteer* *Newsletter*

Other: _____

Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081

In consideration of the acceptance of my application for entry into the DVBC, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the DVBC. In addition, this release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature

Signature of parent or guardian (if under 18 years)