



Elmhurst Bicycle Club Member Activity Sheet

EBC Release & Liability Waiver

For liability protection and insurance purposes, it is the policy of the Elmhurst Bicycle Club ("EBC") to require all of its members to sign the Release and Liability Waiver which is a part of the EBC Membership Application. Guests of the EBC (which term includes all non-members of the EBC) who wish to participate in any EBC activity **must** sign the equivalent release and liability waiver contained on the **Guest Activity Release & Waiver** before the activity starts.

Any guest refusing to sign the release and liability waiver may **not** participate in the activity.

Should the activity continue, however, with the participation of the non-signing guest, the activity will no longer be considered to be an EBC-sponsored or sanctioned activity.

Activity Participants must:

- wear helmets on every ride;
- not wear headphones or ear-buds, as this is prohibited by Illinois Vehicle Code;
- not ride more than 2 abreast except as traffic and road conditions permit;
- PRINT their name, along with an In-Case-of-Emergency (I.C.E.) contact number, on this form.

Activity Leaders must:

- scan and e-mail this form to: MemberMiles@ElmhurstBicycling.org within 7 days of the event;
- limit this sheet to one (1) event only.

Activity Name: _____ Date: _____

Leader: _____ Miles: _____

PRINT Name		I.C.E. Name I.C.E. Phone#	...or ID location	PRINT Name		I.C.E. Name I.C.E. Phone#	...or ID location
1		-	-	13		-	-
2		-	-	14		-	-
3		-	-	15		-	-
4		-	-	16		-	-
5		-	-	17		-	-
6		-	-	18		-	-
7		-	-	19		-	-
8		-	-	20		-	-
9		-	-	21		-	-
10		-	-	22		-	-
11		-	-	23		-	-
12		-	-	24		-	-