

Guests: Read, complete, and sign the "Release and Waiver".

THE FOLLOWING IS A RELEASE AND WAIVES YOUR RIGHTS IN THE EVENT OF YOUR INJURY AND/OR DEATH.

By participating on this Elmhurst Bicycle Club activity, including, if applicable, transportation to and from same, I do hereby for myself, my heirs, executors, and administrators, RELEASE, WAIVE, & FOREVER DISCHARGE, the Elmhurst Bicycle Club, it's officers, and members from any and all claims, demands, actions, or liabilities on account of any injury to me which may occur from any cause whatever, including negligence, on the part of anyone released hereunder, during my participation in or transportation to or from this ride. **I ACKNOWLEDGE THAT I AM AWARE OF THE RISKS AND HAZARDS INHERENT UPON ENGAGING IN THIS ACTIVITY AND DO SO ENTIRELY UPON MY OWN INITIATIVE, RISK, AND RESPONSIBILITY. I FURTHER UNDERSTAND THAT THE CLUB DEPENDS ON ITS MEMBERS TO HELP IT PROVIDE AND LEAD CLUB ACTIVITIES AND THAT THOSE MEMBERS ARE RELYING ON THE PROTECTION AFFORDED HEREUNDER.** I hereby further agree to participate in a manner that is safe to me and those around me, to observe all applicable safety regulations, and to conduct myself in a manner that will be complimentary to this activity. **I FURTHER ACKNOWLEDGE THAT I HAVE READ THE FORGOING RELEASE AND WAIVER, UNDERSTAND IT, INCLUDING THAT IT IS INTENDED TO COVER OCCURENCES WHICH MAY NOT YET HAVE OCCURRED, AND WHICH ARE UNKNOWN TO ME, AND NOTWITHSTANDING THE FOREGOING I SIGN IT VOLUNTARILY WITH THE FULL INTENT THAT IT IS FOREVER ENFORCEABLE.**

RIDERS MUST WEAR HELMETS ON EVERY RIDE.

- Riders should ride no more than 2 abreast except as traffic and road conditions permit.
- Illinois Vehicle Code prohibits the use of headphones while bicycling. Therefore, wearing either headphones or ear-buds is not permitted on **EBC** rides.

Print Guest Name Signature Below	Address	Home Phone (H) Cell Phone (C)	Email	Emergency Contact Name	(ICE) Phone Number

Event Leader: Scan and e-mail to: **MemberMiles@ElmhurstBicycling.org** within 3 weeks of the event.

Note: Only one (1) event per Sign-In Sheet.