



Bicyclists of Iowa City Ride Sign-Up Sheet

<http://www.bicyclistsofiowacity.org>

RIDE HOSTS: Please take this completed sheet with you on the ride.

AGREEMENT AND RELEASE OF LIABILITY

I understand that bicycling involves potentially hazardous activity that may result in property damage, personal injury and death. I voluntarily choose to participate and assume the risks thereof. I understand that I am responsible for my personal safety, my physical condition and the condition of my equipment, and that I am **expected to wear a helmet**. In consideration of my participation in this bicycle ride sponsored by the Bicyclists of Iowa City, I, for myself, spouse, heirs, personal representatives, and next of kin, do waive and release Bicyclists of Iowa City, its members, agents and sponsors from all claims of any kind that I may have or that may accrue in the future arising out of or relating in any way to my participation in the event. I intend by my signature for this to be a complete and unconditional release of liability to the greatest extent allowable by law.

I HAVE READ THIS AGREEMENT AND RELEASE, UNDERSTAND IT AND VOLUNTARILY AGREE TO AND ACCEPT ITS TERMS. I UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL LEGAL RIGHTS.

Details of Today's Ride

Date:	Time:	
From:	To:	Distance: mi
Ride Host:	Ride Host Cell Phone:	

Rider's Name – Please print or sign legibly	Rider's Cell Phone #	Emergency Contact #
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