

Indemnification and Release of All Claims

(Adult Bicyclist Participant)

In consideration of my participating in the Historic Preservation Heritage Days Bicycle Ride on Sunday, June 24 (“Activity”), I represent and warrant that I understand the route and the nature of this Activity.

I will be riding my own bicycle, or one in which I am familiar, and I will wear an appropriate helmet. I am in the proper physical condition to pedal at a slow to moderate pace and travel up and down hilly streets with some traffic possible during the 30-mile route. I acknowledge that if I believe the event conditions are unsafe or do not feel physically capable, I will immediately discontinue participation in the Activity.

I fully understand that inherent in this Activity is risk of serious bodily injury, including permanent disability, paralysis, and death. I hereby release and discharge the co-sponsors of this event, M-NCPPC, and their respective officers, volunteers, and employees, other participants, any advertisers, and owners and lessors of property or premises on which the Activity takes place (each considered one of the “Releasees” herein), from, and covenant not to sue any Releasee for, any and all liability claims, demands, losses, or damages on my account caused or alleged to be caused in whole, or in part by the omission or negligence of the Releasees.

I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify and hold harmless each of the Releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have carefully read and understand the above statement and my signature confirms its full acceptance.

Signature

Printed Name:

Date