

**Waiver and Release of Liability,
Assumption of Risk, and Indemnity Agreement**

IN CONSIDERATION of being permitted to participate in any way in the LOS ANGELES WHEELMEN BICYCLE CLUB ("LAW") and its sponsored bicycling activities

("Activities"), I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of the Activities and that I am qualified, in good health, and in proper physical condition to participate in any such Activity. I further acknowledge that such Activities will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that:

a. Bicycling and the Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death;

b. These risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "Releasees" named below;

c. There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in any Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE, the LAW, the League of American Bicyclists, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which any Activity takes place (each considered a "Releasee" herein), from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of any "Releasee" or otherwise, including negligent rescue operations, and I further agree that if, despite this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss liability, damage or cost which may be incurred as the result of such claim.

I HAVE READ THIS AGREEMENT, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Date: _____

Signature(s):

Printed Name(s):

Email address: _____

Emergency contact - name and telephone: _____