

# Release and Waiver of Liability,

*Assumption of Risk and Indemnity Agreement*

*League of American Wheelmen D/B/A League of American Bicyclists (LAB)*

IN CONSIDERATION of being permitted to participate in any way in the Mid-Valley Bicycle Club (Club) sponsored Covered Bridge Bicycle Tour Cycling Activities (Activity), I, for myself, my personal representatives, assigns, heirs, and our next of kin:

1. **ACKNOWLEDGE**, agree, and represent that I understand the nature of this Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity 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 ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH (RISKS);** (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 conditions 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 may incur as a result of my participation in the Activity.

3. **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the **RELEASEES** 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 THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS.** And, I **FURTHER AGREE** that if, despite this **RELEASE AND WAIVER 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 any may incur as a result of such claim.

**I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOT WITHSTANDING, SHALL CONTINUE IN FORCE AND EFFECT.**

PARTICIPANT  
NAME: \_\_\_\_\_  
(Printed) \_\_\_\_\_ Date

PARTICIPANT SIGNATURE: \_\_\_\_\_  
(18 or over)

Minor Participants require a Parental Consent Agreement  
See [www.CoveredBridgeTour.org](http://www.CoveredBridgeTour.org)

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Mid-Valley Bicycle Club  
Covered Bridge Bicycle Tour  
P.O. Box 1373  
Corvallis, OR 97339-1373  
<http://www.coveredbridgetour.org>

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# 32nd Annual Covered Bridge Bicycle Tour “The John Aeby Tour”



MID-VALLEY BICYCLE CLUB

**Sun, Aug. 8, 2010**  
**Linn County Fair Grounds**  
**Albany, Oregon**

# Sunday, August 8th, rain/shine!

Join the Mid-Valley Bicycle Club (MVBC) for its 32nd Annual Covered Bridge Bicycle Tour starting from the Linn County Fairgrounds just off of I-5 in Albany, Oregon. Explore the rural roads and depending on the route, cross up to 5 historic covered bridges in the Mid-Willamette Valley. You'll experience scenic views, open fields, rolling hills and only a few traffic lights. There are a choice of routes, so whether you're looking to spend a morning relaxing with friends on the family route or hammering out every mile possible to get ready for a week-long tour, we've got an option for you. The MVBC will spoil you with our hospitality, well stocked rest stops, and top shelf "SAG" support. Linn County Amateur Radio Emergency Services will provide continuous, on course communications. On the longer routes you'll also get a "real" lunch to keep you fueled. Bring your friends and enjoy a fine August day on your bike in the Willamette Valley with the MVBC as your host.

## Route Choices

The Covered Bridge Bicycle Tour has something for everyone, whether you are a *flatlander*, or a *mountain goat* or a family.

### Family Tour - 40 miles

2 bridges, mostly flat and breezy. Snacks provided. What a bargain! The entire family can ride for just \$20 (if you sign up by July 26<sup>th</sup>).

### Metric Century+ - 68 miles

4 bridges, one steep hill & plenty of rollers. 1900 feet of climbing.

### Almost a Century - 85 miles

5 bridges, steep hills & rollers, approx. 2600 feet of climbing.

### Full Century - 101 miles

5 bridges, hills - steep and sustained. Approx 3500 feet of climbing.

## T-Shirt Info

100% cotton shirts are \$15 with short sleeves or \$20 with long sleeves, if ordered before July 26. Limited quantities at \$5 extra available on day of event.

### For More Information:

Tim Corbett • 541-207-7925 • megamiles@comcast.net  
<http://www.coveredbridgetour.org/>

## What you get

- Well stocked rest stops.
- Long rides also get a hearty **Lunch**.
- A root beer float at the finish until course closes @ 5 pm
- A large portion of your entry fee goes to supports Albany and Corvallis Bicycle Education programs through the *Bicycle Transportation Alliance*.

## What to bring

Bring a helmet, spare inner tube(s), patch kit, frame pump, and tools for minor repairs. Bring two water bottles, rain clothes for showers, and sunscreen for sun protection.

You are responsible for the safe condition of your equipment, but SAG wagon volunteers will patrol the course throughout the day to provide assistance.

## What to leave

MP3 Players and ear buds



## This year we are honoring fellow cyclist and humanitarian, John Aeby.

Shortly after the 2009 Covered Bridge Bicycle Tour our long time friend, John Aeby, died in his sleep while participating in Cycle Oregon. As one of our many behind-the-scenes volunteers, John created the map we currently use for the Covered Bridge Bicycle Tour and has provided regular updates over the years. His map has become a symbol of the high quality and well organized bike tour we strive to be.

But as much as John was a cyclist, he was also a humanitarian. He worked for Holt International, the adoption agency based in Eugene OR. For more than 50 years, Holt has helped orphaned, abandoned and vulnerable children around the world find security, belonging and love through permanent, family-centered programs. This year, MVBC will make a special donation to Holt International to honor John and we encourage you to do the same at:

<http://www.holtinternational.org>

## Single-File/Safety

**Per State of Oregon Vehicle Code, Cyclists Must Ride single file when motorists approach.**

**This rule will be enforced.** Riders refusing to comply will be asked to leave the event.

CPSC, ANSI or Snell approved helmets required. Obey all applicable laws, and ride in a safe and courteous manner. Watch for slower riders and warn others when passing.

A parent or guardian must accompany riders under the age of 18. Tour staff have the authority to disqualify any unsafe rider from the tour.

## Directions

**Linn County Fairgrounds Albany, Oregon**

**From I-5 Southbound:**

- Take Exit 234A. Turn right after STOP toward Armory (north)
- R at next STOP toward Armory (east). Pacific Blvd becomes Knox Butte Av. Follow signs to Fair & Expo Center.
- R at Expo Parkway (south). Proceed to parking lot. Note CBBT Start/Finish on right at Expo Center veranda.

**From I-5 Northbound:**

- Take Exit 234.
- R (east) on Knox Butte Av toward Fair & Expo Center.
- R at Expo Parkway (south). Proceed to parking lot. Note CBBT Start/Finish on right at Expo Center veranda.

## LONG TOURS: 68, 85 or 101 miles

One rider per form, please. (OK to photocopy this form.)

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
 (Please Print clearly)

- OR -

## FAMILY TOUR - 40 miles, no lunch

**Important! Lunch is reserved for Long Rides, but on this ride you will get some hearty snacks.** Big families, copy this form and continue listing riders.

Adult: (Print!) \_\_\_\_\_ Age: \_\_\_\_\_  
 Rider 1: \_\_\_\_\_ Age: \_\_\_\_\_  
 Rider 2: \_\_\_\_\_ Age: \_\_\_\_\_  
 Rider 3: \_\_\_\_\_ Age: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone:(\_\_\_\_\_) \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact's Phone:(\_\_\_\_\_) \_\_\_\_\_

<input checked="" type="checkbox"/>	Check Your Ride	Miles	Postmarked by July 26	Registration After July 26
	Family Tour	40	\$10 single \$20 family	\$15 single \$30 family
	Metric Century+	68	\$25 each	\$30 each
	Almost a Century	85		
	Full Century	101		

Write in your Registration Fees → \$ \_\_\_\_\_

**Order a T-Shirt** (priced as noted before July 26<sup>th</sup>)

s M L XL XXL (note size/sleeve length)

Short Sleeve \$15  Long Sleeve \$20

Write in your T-Shirt & fee(s) before July 26<sup>th</sup> → \$ \_\_\_\_\_

**Total Payment Enclosed:** \$ \_\_\_\_\_

Make checks payable to: *Mid-Valley Bicycle Club*

Mail to: *Covered Bridge, Box 1373, Corvallis, OR 97339-1373*

Sign Release & Waiver on Reverse

1 REGISTER NAME AND CONTACT INFO

2 CHECK RIDE

3 FEES

4 TOTAL

On-line registration available at ORBike via above link