

MEMBERSHIP AGREEMENT AND RELEASE OF LIABILITY — READ THOROUGHLY BEFORE SIGNING

In being granted membership in the Ann Arbor Velo Club, Inc. ("AAVC" or the "Club"), I agree to abide by all the rules of the Club and of USA Cycling, Inc. ("USAC"). I understand that as a member of the AAVC I may represent only the Club and its sponsors in open competition, except under special rules of USAC or upon a special release by Club officers. I agree to represent the Club and its sponsors in a responsible, courteous, and professional manner at all times, including competition and training.

I realize that bicycling and bicycle racing requires physical conditioning. I represent that I am in sound medical condition and that I have no physical or medical condition that would endanger either myself or others. I understand and agree that it is solely my responsibility to follow instructions and to be familiar with all tasks, safety procedures, traffic laws and the terrain on which Club activities are held.

I understand that bicycling can be a **HAZARDOUS** activity that has many dangers and risks, including injury, permanent disability, paralysis or death resulting from accident or physical exertion. I understand that injuries are a common and ordinary occurrence of the sport. I further understand that Club activities will be conducted over public roads and facilities open to the public and upon which the hazards of traveling are to be expected. I acknowledge that the AAVC has no responsibility for the condition or maintenance of the roads or facilities upon which the Club's activities are conducted. I agree accept responsibility for the condition of my bicycle, and **I also agree to wear a securely fastened helmet that meets US DOT helmet standards or the U.S. Consumer Product Safety Commission (CPSC) standard for bicycle helmets** during all Club rides and races, and on any ride while wearing my AAVC uniform, or any part of it.

I recognize that the Club is an organization formed to advance the sport of bicycle racing, the efforts of which directly benefit me. As a consideration of, and in consideration for, being granted membership in the AAVC, I freely and expressly assume and accept any and all risks of personal injury or death, or property loss or damage. This includes personal injury, death, loss or damage attributable to the negligence of the AAVC, USAC, or their sponsors or promoters, including their respective agents, directors, officers, employees or affiliated organizations (the "Released Parties").

I agree to release and forever discharge the Released Parties from any and all responsibility or liability for injuries or damages that result, either directly or otherwise, from my participation in or attendance at any Club activities, including travel to and from any Club activities. I agree not to make a claim against or sue the Released Parties for injuries or damages relating to bicycling or other Club activities.

I agree to indemnify and hold harmless the Released Parties for all medical, legal, or other expenses or damages that come about due to my acts, or the acts of others that cause injury to me, including acts of negligence. I agree to hold harmless all others, even if it is the negligent acts of others that caused my injury or death.

I am aware that this is a release of liability and a contract between myself and the AAVC and I am signing it freely and of my own accord and I recognize and agree that it is binding upon myself, my heirs, assigns and personal representatives, and in the event that I am signing it on behalf of any minors, I have full legal authority to do so, and realize the binding effect on this contract on them, as well as on myself.

I, THE UNDERSIGNED, HAVE CAREFULLY READ THIS RELEASE OF LIABILITY AND FULLY UNDERSTAND AND AGREE TO ITS CONTENTS.

Signature _____ Date _____

Emergency contact _____ Phone _____

Parent or Guardian of Minor: I, as parent or guardian of the above member, give my permission for my child or ward to become a member of the Ann Arbor Velo Club, Inc. and agree on behalf of my child or ward to the terms of the above Agreement.

Signature of Parent or Guardian _____ Date _____

Name of Minor _____ Age of Minor _____