League Of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA")
Release And Waiver Of Liability, Assumption Of Risk and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

(1) ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling 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 the 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 SUBSTANSIAL 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, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. (1-2007)

PLEASE PRINT CLEARLY TO RECEIVE MILEAGE FOR THIS RIDE – SBRA ID # (on your my account page when logged in)

Ride Leader: BILL GRAVITZ	Date: 1/28/22	Miles: 28	Class: C+
Sweep: Dennis Desmond	2nd Ride Leader:		
Ride Title (required): NeTTie's Baker	2nd Sweep:		

	SBRA ID #	Print Name CLEARLY for mileage stats	Signature	Emergency Phone#	Cell#	Member
1	7 1 1	Ride Leader Bill Gravitz	Bill Gravitz	(516) 356-7697	(631) 3563036	CIRCLE ON (Y) N
2	9 1 3	Dennis Desmond		(631) 949-2929	(631) 398-0606	CIRCLE ON (Y) N
3	9 9 8 0	Paula Bustamante		(631) 580-5068	(631) 290-8050	CIRCLE ON (Y) N
4	1 7 3	Lin Resnick		(631) 835-1452	(631) 835-1454	CIRCLE ON (Y) N
5	4 1 3	Dawson Geisterer		(631) 585-6417	(631) 879-7435	CIRCLE ON (Y) N
6				( )	( )	CIRCLE ON Y N
7				( )	( )	CIRCLE ON Y N
8				( )	( )	CIRCLE ON Y N
9				( )	( )	CIRCLE ON Y N
10				( )	( )	CIRCLE ON Y N
11				( )	( )	CIRCLE ON Y N
12				( )	( )	CIRCLE ON Y N
13				( )	( )	CIRCLE ON Y N
14				( )	( )	CIRCLE ON Y N
15				( )	( )	CIRCLE ON Y N
16				( )	( )	CIRCLE ON Y N

If there are more than 15 participants on this ride, it is recommended for safety to split into two groups with a second Ride Leader and Sweep.

Ride Leader Pre-Ride Announcements & Checklist

- Riders should have water, spare tube & patch kit, tools and pump
- Helmets are required on all SBRA rides
- Riders should carry identification and emergency phone number
- Ask for a volunteer sweep for all structured rides of more than a few riders
- Ride Leaders are not responsible for cyclists who ride ahead of the ride leader
- If a rider leaves the ride, ask them to inform the ride leader or sweep
- All Riders must sign the sign-in sheet and the leader should carry the sheet on the ride
- Stop for all red lights
- Ride single file. If someone calls "Car Back," ride as far to the right as possible. Use your mirror!
- Riders are prohibited from wearing any type of headphone device while on an SBRA ride.
- Do not block turn lanes or intersections
- Ride predictably. Signal for turns, slowing or stopping
- Announce yourself when passing
- Remember: Sharing the road applies to cyclists as well as to motorists. The way we behave as a group is a reflection on all cyclists
- As a non-member rider you are welcome to participate on (1) SBRA ride. After your first ride you are encouraged to join SBRA to continue participation on additional club ride

NOTE: SBRA does not allow the use of electronic programs for individual timed segments (ie: Strava and other such programs) on group rides.

123

Upon completion of the ride promptly forward this sheet(s) to club ride statistician. Scan & email all ride sheets to: statistician@SBRAweb.or

☐ Y ☒ N **An incident occurred on this ride.** ➲ **Ride Leader must enter the Average Speed this ride came in at:** 12.8 (mp
(Required information to receive ride leader cre

☐ **Minor incident (explain):** _____

☐ **Major incident/accident:** If someone is injured please fill out an "Incident Report Form." See SBRA website (left side navigation links): Rides > Sign-in Sheets

32 miles / C+ / 10:30