**Indemnification and Release of all claims**

(Adult Bicyclist Participant)

In consideration of my participating in the Bike Tour on November 10, 2018, I represent 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 a 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 6-mile round-trip route. I acknowledge that if I believe the event conditions are unsafe, I will immediately discontinue participation in the Activity.

I also 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 sponsor of this event, M-NCPPC, and its 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 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.

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Signature Date

Printed Name: