



Finding the Rhythm of the Trail An Introduction to Mountain Biking

The Chequamegon Area Mountain Bike Association presents its first adult instructional course in learning to ride off-road mountain bike trails, "Finding the Rhythm of the Trail."

When: Tuesday mornings from 9:00 a.m. to noon - June 12, 19, 26 and July 3.

Where: Hatchery Creek Park, Hayward

What: The course will include:

- Bike Safety, Fit and Maintenance
- Following IMBA's "Rules of the Trail"
- Bike handling theory
- Drills to promote bike handling skills
- A short trail ride at every session

Who: Open to riders with basic bicycle riding experience.

Basic Requirements: Participants will need a bike in good working condition and an approved helmet (required).

Cost: \$10.00 for CAMBA family members, \$25.00 for non-members.

REGISTRATION FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Emergency Contact: _____ Telephone: _____

Fee enclosed: _____ (Make checks payable to CAMBA)

PHOTO RELEASE: I hereby release and authorize the use of any photographic images taken of me during this program.

Signature: _____ **Date:** _____

A separate Release and Waiver of Liability and Indemnity Agreement must be signed prior to participation.

READ CAREFULLY THIS IS A RELEASE

**Finding the Rhythm of the Trail
An Introduction to Mountain Biking
June 12, 19, 26, July 3, 2007**

**RELEASE AND WAIVER OF
LIABILITY AND INDEMNITY AGREEMENT**

Finding the Rhythm of the Trail is an instructional course in learning to ride off-road mountain bike trails. The course includes bike safety, fit and maintenance, following IMBA's "Rules of the Trail," bike handling theory, drills to promote bike handling skills and a short trail ride at every session.

I HEREBY RELEASE, WAIVE, COVENANT NOT TO SUE AND DISCHARGE the promoter, participants, sanctioning organization or any subdivision thereof, officials, sponsors, advertisers, owners or lessees of premises used to conduct the event and each of them, their officers and employees, all for the purposes therein referred to as "Releasees," from all liability to the undersigned, my personal representatives, assigns, heirs and next of kin for any and all loss or damage and any claim or any demand on account of any injury to the participant included, but not limited to death, whether caused by the negligence of the "Releasees" or otherwise, while participating in the event in any capacity.

The undersigned expressly acknowledges and agrees that mountain bike riding can be very dangerous and involves the risk of serious injury and/or death and/or property damage.

I agree to wear an approved helmet and affirm that my bike is in safe operating condition. I further affirm that the I have basic bicycle riding experience and acknowledge that mountain biking has inherent dangers and risks involved. I accept these risks and agree to ride within my ability.

I agree to indemnify and save and hold harmless the "Releasees," and each of them from any loss, liability, damage or cost they may incur due to the participation in the event and caused by the negligence of the "Releasees" or otherwise.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT AND FURTHER AGREES THAT NO ORAL REPRESENTATIONS, STATEMENTS OR INDUCEMENTS APART FROM THE FOREGOING WRITTEN AGREEMENT HAVE BEEN MADE.

NAME OF PARTICIPANT (Print)

SIGNATURE

ADDRESS

DATE