



# PEDAL POWER



Bay View Bicycle Club (BVBC) Newsletter

VOL. 21 NO. 5

[www.bayviewbikeclub.org](http://www.bayviewbikeclub.org)

May/2009

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## Words of Wisdom from the Prez

May is here—prime riding season. I just got back from the Cedarburg ride. It didn't rain. It was a little cool, but the roads and countryside up there were great. Not many cars, good pavement. I was late—as is frequently the case. (Except for last week when I was an hour early) I forgot my shoes and had to go back for them. If you do come late to a ride—remember ride leaders usually leave some copies of the cue sheets on the back of a car. Trust me, there're always easy to find. I'm considering mounting cleats on all of my shoes to avoid this problem in the future.

This Saturday May 16<sup>th</sup> is the Past President's Day Ride. Members only---so if you're not a member---come anyway and join at the picnic. This is also a great event to bring friends and family that don't like to ride that much. They could do the ride because it's pretty short—or just hang out at the Park. Bring some food to share. E-mail Mike Dix by Saturday morning to RSVP.

Speaking of non-riding friends and family. Remember volunteering for the classic is a great way to spend time with them. The classic does support our club—but we also donate thousands of dollars to charities every year. So—enlist the help of the kids, grand kids, parents nieces and nephews. They'll have fun and be helping to support many worthwhile charities.

See you down the road. Mike Dix

## WHEELY COOL WEBSITES

[www.bikeleague.org](http://www.bikeleague.org) – This site fights to keep America's roads open for cycling; joining them helps ensure the future of cycling.

[www.ciclismoclassico.com](http://www.ciclismoclassico.com) – Dream of a cycling vacation in Italy? Ciclismo Classico is just the ticket. Visit their website for slideshows of the many wonderful escapes offered.

## BVBC Board Members

Role	Name	Email
President	Michael Dix	mike@bayviewbikeclub.org
Vice President	Clare Beachkofski	clarebeach@yahoo.com
Secretary	Jeff Schmidt	<a href="mailto:Bentguy61303@aol.com">Bentguy61303@aol.com</a>
Treasurer	Dan Gannon	danielg@warshafsky.com
Ride Chair	Pat Peterson	pat@bayviewbikeclub.org
Social Committee Chair	Corrado Cirillo	ccirillo@wi.rr.com
Membership Chair	Debra	debra@bayviewbikeclub.org
Classic Ride Chair	Norm Wojtal	Norm@bayviewbikeclub.org
Newsletter Editor	Colleen Bear	nashotah@hotmail.com

## Standing Committees

Role	Name	Email Address
Web Master	Ron Santoro	bikerron@bayviewbikeclub.org
Nominating	Dick Knepper	rknepper@aol.com
Nominating	Gil Krueger	MRGGK@hotmail.com

## May Board Meeting

**When:** Tuesday, May 12<sup>th</sup> 2009

**Where:** Bay View Library on Kinnickinnic Avenue

## May Club Meeting

**When:** 7 P.M. on the third Monday of each month

**Where:** Beulah Brinton Center, 2555 S. Bay St., Milwaukee (Bay View).

**Next Meeting:** Monday, May 18<sup>th</sup> 2009 at 7pm

Open to the public, everyone is welcome!

## BVBC Hotline

For up-to-the-minute information about rides, special events and meetings call the **BVBC**

**Hotline: 414-299-0317.** Hotline Manager Linda Roessl [roessl@hotmail.com](mailto:roessl@hotmail.com)

## May Social Event

Bay View Bike Club May Social is a late Cinco d Mayo get together (Hey, they even had to delay the celebrations in Mexico!)

Where:

**Habanero's Mexican Kitchen**

869 North Mayfair Road  
Wauwatosa, Wisconsin  
(414) 607-9025

When:

May 23, 2009, Saturday @ 6:30 pm

Please RSVP Corrado Cirillo at [ccirillo@wi.rr.com](mailto:ccirillo@wi.rr.com) or (920) 449-5148 by May 21, 2009.

## June Social Event

The June Social, by special request from a long standing BVBC member, will be:

Where:

**St. Francis Brewery & Restaurant**

3825 S. Kinnickinnic Avenue  
St. Francis, Wisconsin  
(414) 744-4448

When:

June 13, 2009, Saturday @ 6:00 pm

The St. Francis Brewery & Restaurant does NOT take reservations on Fridays or Saturdays, therefore you do not need to RSVP to Corrado Cirillo for the June Social, but please contact him at [ccirillo@wi.rr.com](mailto:ccirillo@wi.rr.com) or (920) 449-5148 and let him know if you plan to attend.

## Membership Report

**URGENT!!** Memberships expired on March 31, 2009. Please renew as soon as possible. This will be your last newsletter unless we receive your renewal by the end of May 2009. Renew your membership so you're eligible for ride information, members' only events, the newsletter, awards at the annual banquet, discounts at local bike stores, and a listing in the club roster. Use the renewal form included with this newsletter or down load from [www.bayviewbikeclub.org](http://www.bayviewbikeclub.org).

The club roster will be available at the June membership meeting.

**NEW MEMBERS:** Please welcome the following new members:

- Joe, Sarah, Matthew Kepper
- Dean Weiner, Laura Hartnett-Weiner, David & Emily Weiner
- Jill Fox



## May Birthdays



Name	Birth Date
David Katzfey	May 1
Joe Kepper	May 9
Dennis Euting	May 13
Kristin Hewitt	May 14
Pat Peterson	May 15
Maribeth Mliner	May 20
Joan Benedict	May 23
Kelly Kuhs	May 24
Penney Haney	May 25
John Mallman	May 28
Bruce Fulton	May 29

# GO BY BIKE



We know club members love to ride their bikes for fun and fitness. But how many of us use our bikes for transportation? 40% of car trips are under 2 miles, a distance easily covered by bike. Whether it's for the health of our body, our community or the environment, cycling is a great way to get around. Make a commitment to make at least one commute, errand or short trip a week by bike.

[WHEELANDSPROCKET.COM](http://WHEELANDSPROCKET.COM)

## Classic Update - Volunteers Needed

Preparations for the Classic continue; we sent out an email reminder to last year's participants. Mail-in registrations have started to come in, as well as, registrations through *Active.Com*. We've arranged to have *First Congregational Church* provide the lunch.

We still need volunteers for all areas. Please contact me ([norm@bayviewbikeclub.org](mailto:norm@bayviewbikeclub.org)) if you want to volunteer. Also, contact Dan Gannon ([danielg@warshafsky.com](mailto:danielg@warshafsky.com)) if you can provide baked goods for the rest stops.



## ***SHOW 'YOU GOT SKILLS' – YOU CAN BIKE AND BAKE!***

### **Our Classic Ride Rest Stops need you!**

We follow tradition again this year by offering riders in our Lake Country Classic Ride a taste of homemade bakery prepared by our very own club members. Rider reviews always rave of the great food we provide at our rest stops. We want to keep them happy, so we hope that all of you will volunteer to provide some of your home-baked goodies for our Classic Ride.

Thankfully, many of you volunteer bakers are also the wonderful people that volunteer to work on the day of the Ride. For that reason, the easiest method this year for gathering the bakery while it is fresh is to have you bring it with you to our Ride Start in Oconomowoc on the morning of the Ride. If you are unable to volunteer to work on Ride day, please give your bakery to a member that you know will be there on Ride day. If you do not know of anyone in particular to bring your bakery items for you, please call Sam Gannon and she will make arrangements to get them from you.

We could buy store-bought bakery, but that is not what we are promoting. We are promoting home-baked goods, which are something riders cannot get at every ride.

The most popular items are:

- Cookies
- Brownies
- Rice-krispie treats
- Muffins
- Breakfast breads (banana nut, pumpkin, etc.)

You may use ziplock bags, or plastic containers for their storage. Please divide them up equally in four bags/containers to make them easier to sort for distribution to our four Rest Stops. YOUR EFFORTS IN BAKING ARE APPRECIATED BY THE CLUB, BUT EVEN MORE SO BY THE RIDERS THAT ENJOY THE BAKED GOODS. Let's all show them once again that our Ride is special and our members are proud of it.

Feel free to email, or call Sandra (Sam) Gannon: [sandrag@warshafsky.com](mailto:sandrag@warshafsky.com)

Home phone: 262-673-7686. Work phone: 414-276-4970

## **Miller Lite Ride for the Arts - Absolute Last Chance to be a Ride Marshalls**

Sign-up is underway for ride marshalls for the annual **Miller Lite Ride for the Arts on Sunday, June 7, 2009**. Ride marshalls are needed for all routes (5, 15, 25, 50, 75). If you're interested, email Clare at [clarebeach@yahoo.com](mailto:clarebeach@yahoo.com) by **no later than May 12** with your name, t-shirt size, and phone number. The Miller Lite Volunteer Coordinator will be attending the May 18<sup>th</sup> BVBC meeting to distribute t-shirts, information packets, and get signatures on the release forms, so please plan to attend that meeting.

## **May 18<sup>th</sup> Meeting – Miller Lite Ride Marshalls and the Scoop on Sunglasses**

Join us on **Monday, May 18 at 7pm** at the **Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View)) for double-header speakers:

- Steve Halmo, Miller Lite Volunteer Coordinator, will explain the duties of ride marshalls for the 2009 Miller Lite Ride for the Arts and distribute t-shirts and information packets to members who signed up to be ride marshalls. **Volunteer marshalls: You must attend the May 18<sup>th</sup> meeting to receive your t-shirt information packet, and sign the release forms.**
- Sunglasses are an important biking accessory. Not only do they protect your eyes from the harmful effects of the sun, they also shield you from wind, bugs, and other flying objects you might encounter on the road. An **Aurora Advanced Healthcare optician** will talk to us about eyewear safety and the benefits of activity-appropriate eyewear, give tips on selecting sunglasses, and show examples of the latest in sunglasses.

The meeting is free and open to the public. We look forward to seeing you on May 18<sup>th</sup>!!

## **June 15<sup>th</sup> Meeting – My Aching Body! Symptoms and Treatment of Arthritis**

Did you know that arthritis refers to more than 100 different diseases that affect areas in and around the joints? Did you know that arthritis affects people of all ages? Find out more on **Monday, June 15 at 7pm at the Beulah Brinton Center** (2555 S. Bay St., Milwaukee, WI (Bay View)) at the BVBC meeting. A representative of the Arthritis Foundation will tell us of recent breakthroughs in the treatment of arthritis, and how their group helps people who are affected. If you or your family members have daily aches and pains, come to the June 15 meeting to learn about treatment and resources for managing the pain of arthritis.



### **Glendale MilwaukeeMenomonee Falls**

Show your BVBC membership card and receive 15% discount on regular priced accessories and labor.

Look for info and coupons at [www.emerys.com](http://www.emerys.com).

**Buy local!** Our prices are competitive with the Internet and mail-order!

## Pat Peterson, Ride Chair

The first picnic ride of the season is the Presidents Ride on May 16<sup>th</sup>. Bring a dish to pass along. If anyone is interested in having a picnic ride please let me know I will work it into the schedule.

If anyone is interested in being a ride leader also please contact me at the meeting or at a ride. I will need volunteers for June.

See you out on the road.

Pat

Contact me at [pat@bayviewbikeclub.org](mailto:pat@bayviewbikeclub.org)

1-414-771-5526 or out on the ride or at the bike club meeting

## BAYVIEW BICYCLE CLUB RIDER POINT TOTALS

1-Oct-2008 through 8-May-2009

Roessl, Linda	386	Lucas, Mary	105
Schmidt, Jeff	365	Sericati, Tom	105
Peterson, Pat	281	Gresl, Lois	105
Soriano, Joseph	264	Meilicke, Dennis	102
Santoro, Ron	244	Tumey, Carol	102
Tuckwood, Debra	244	Karr, Nancy	101
Bear, Colleen	241	Pier, Barb	101
LaFave, John	237	Nelson, Tom	100
Beachkofski, Clare	226	Gannon, Sandra	100
Dix, Michael	220	Katzfey, David	100
Peterson, Beth	216	Gannon, Dan	90
Craig, Michael	211	Peterson, Jenny	89
Wojtal, Norm	198	Labinski, Dennis	85
Wojtal, Prati	198	Butters, Gary	84
Krueger, Nancy	129	Katzfey, Delvina	80
Krueger, Gil	129	Krall, Dan	76
Polk, Bob	128	Michalets, Ellen	70
Mallman, John	117	Earle, Sandy	66
Kelly, Kent	111		

## **Ride Schedule**

**Ride Start Times:** 10am - April, May and October  
9am - June through September

### **Saturday, May 16, 2009 - Past Presidents Day Ride - 25 miles**

Easy ride with a few rolling hills thru scenic farmland in NE Racine Co. Club members only, bring a dish to pass. Call or e-mail Mike Dix to RSVP - Starts at Gorney Park in Caledonia. Take I-94 south, exit at Ryan Rd. Go left, east 2.5 miles to Nicholson Rd. Turn right, going south for 2.5 miles to park on the left. Approximate drive time: 30 from Zoo.

### **Sunday, May 17, 2009 - Beaver Lake - 30, 62 miles**

Old TREK 100 routes. They go around Pewaukee, Beaver, Pine and Nagawicka Lakes. Challenging. - Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo.

### **Sunday, May 17, 2009 - Chocolate City Bike Ride - 19, 33, 62 miles**

Annual fund raiser for Burlington Kiwanis Club (registration required). - Starts at Bobs Pedal Pusher - 466 S. Pine St. (HWY 83) Burlington WI. Take I-43 to South to 164 South to HWY 36/83 South to Hwy 83 (Pine St.). Online registration [www.signmeup.com/24841](http://www.signmeup.com/24841) or call (262) 763-7794.

### **Saturday, May 23, 2009 - Gils Ride to Rome - 23, 41, 50 miles**

Scenic ride through farming country to Rome and back. - I-94 west exit Hwy 67. Go left 3.4 miles to Sunset (Hwy 18). Turn right on Sunset, go half mile to Main St.. Turn left on Main .8 mile to Dousman Public lot. Use parking lot on east side of Main St. Approximate drive time: 40 minutes from Zoo.

### **Sunday, May 24, 2009 – Charlie's Memorial Ride - 24, 40 miles**

Scenic ride through Hales Corners, Muskego, Big Bend and Mukwonago. Long route has numerous hills. Passes near Charlie's gravesite. - Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

### **Monday, May 25, 2009 - Menomonee Falls/Neosho - 29, 49, 59 miles**

Ride west from Menomonee Falls to Neosho and back. Scenic and very challenging in spots. - Starts at Village Park in Menomonee Falls. Take I-94 west to US 45. North on 45 to Appleton Ave. Northwest on Appleton Ave to Garfield Dr. (across from bank in downtown). Left on Garfield Dr. to Village Park on left. Approximate drive time: 20 minutes from Zoo.

### **Saturday, May 30, 2009 - South Hills - 23, 35, 52 miles**

Easy ride from South Hill golf course in Racine. Long route goes west towards Burlington and Eagle Lake. Short route east to Franksville. - Starts at South Hills Golf Course . Take I-94 south to County K, exit on K, take east frontage road 1.5 miles south to golf course. Approx drive time: 25 minutes from Zoo.



**Sunday, May 31, 2009 - Dousman Ride - 20, 37 miles**

Very scenic rural ride around Dousman area with some rolling hills. - Starts at Bicycle Doctors parking lot. Take I-94 west to WI 67 (Oconomowoc exit), south on WI 67 approximately 3.4 miles, right on Sunset/(WI 18) 1/2 mile, left on Main St. 1.2 miles to Bicycle Doctors parking lot on right side of street or Glacial Drumlin parking on left side of street. 30 minutes from Zoo.

**Saturday, June 06, 2009 -Trek 100 - 25, 62, 100 miles**

Annual fund raiser (preregistration required). - Starts at WCTC in Pewaukee. Take I-94 west, right on WI 16. Exit at WCTC/Main St. Turn left across bridge, go straight in to WCTC parking lot. Approximate drive time: 15 minutes from Zoo. Register online @ [www.maccfund.org](http://www.maccfund.org) (800) 248-TREK.

**Saturday, June 06, 2009 - Ozaukee Interurban Trail - 30 miles**

Easy ride on the Ozaukee County Interurban. Starts at Logemann Community Center, 6100 W Mequon Rd. Take I-43 north to Mequon Rd (Exit 85). West on Mequon Rd just over 3 miles and turn Right into the Community Center.

**Sunday, June 07, 2009 - Miller Lite Ride for the Arts - 5, 15, 25, 50 and 75 mile routes.**

Annual fund raiser for the Arts. Sign-up with the BVBC to be a ride marshall. - Starts at the Center For Performing Arts in downtown Milwaukee. See brochure for details.

**Sunday, June 07, 2009 - Grant Park - 13, 28 miles**

Easy ride through Oak Creek Pkwy, south to Caledonia and back. - Ride starts at Grant Park Golf Course clubhouse. Take I-94 south, exit at College Ave. Go east on College Ave. to Lake Dr. Take Lake Dr. south to Hawthorne Ave., east on Hawthorne to clubhouse.

**Saturday, June 13, 2009 - Germantown Roll - 24, 40 miles**

New route! Ride north toward West Bend. Fewer hills than the old route. - Starts at Haupt Strasse Park in Germantown. Take Hwy 45 north to Mequon Rd (167east). Go east to Western Ave. (stoplight, Medical Associates on corner). Left (north) on Western Ave. 1/2 miles to park 30 minutes from Zoo.

**Sunday, June 14, 2009 - Virmond Park - 30 miles**

Easy ride along Lake Michigan to Port Washington and back. Starts at Virmond Park in Mequon. Take I-43 to Mequon Rd. East on Mequon Rd. to Lakeshore Dr. South approximately 3/4 mile to Virmond Park (on left). Approximate drive time: 25 minutes from Zoo.

**Saturday, June 20, 2009 - South Shore to Gorney Park - 24, 38 miles**

Ride south to Gorney Park, then return. Starts at South Shore Park in Bay View. Take I-94 exit at Becher St. Go east on Becher to E. Bay St.. Veer right on E.Bay St., follow it around to Russell Ave. Turn left on Russell to Superior. Turn right on Superior to Estes St. Turn on left on Estes and right on South Shore Dr. Consult a map for more details.

**Saturday, June 20, 2009 - BVBC Classic Preparation Day - 100 miles - Mark the Route.****Sunday, June 21, 2009 - BVBC Classic Preview - 25, 45, 65, 100 miles**

BVBC Classic previewed for MEMBERS ONLY!!!! Century and 65 mile starts at 7:00 am; all others at 9:00 am. Starts at First Congregational Church, 815 S. Concord Rd. Oconomowoc. Take I-94 west to WI 67 (Oconomowoc exit). Turn **right** (North) on Hwy 67 (Summit Ave), turn **LEFT** (west) on Hwy B (Valley Rd). Travel West 3+ miles to Hwy BB (Golden Lake Rd, also Concord Rd.) turn **RIGHT** (north). Go North about 1.5 miles to First Congregational Church, on East side of the road. **Park in the northeast corner of the upper parking lot.**

**Saturday, June 27, 2009 - BVBC Lake Country Classic - 25, 45, 65, 100 miles**

Bay View Bicycle Club fund raiser ride through Lake Country Waukesha & Jefferson Counties. Starts from First Congregational United Church of Christ, 815 S. Concord Road, Oconomowoc. See brochure for registration, starting times and more details.

**Sunday, June 28, 2009 - Riveredge River Valley Ride - 16, 30, 50 miles**

Annual fund raiser (registration required). Starts in Newburg, WI. See brochure for details or On Line registration @ [www.riveredge.us](http://www.riveredge.us) (800)-287-8098.

**Sunday, June 28, 2009 - Menominee River Century - 25, 50, 75 miles**

Annual fund raiser (registration required). Starts in Marinette, WI. See brochure for details. [www.mrcride.com](http://www.mrcride.com)

**Sunday, June 28, 2009 - Windlake - 21, 34 miles**

Ride around Windlake and Big Muskego Lake, fairly flat, mostly rural route. Starts at Hales Corners Park. Take I-43/894 to Forest Home Ave., south west on Forest Home (WI 24) to Janesville Rd. (WI 24), west on Janesville to 116th St. North on 116th St. Left on New Berlin Rd. to parking lot on left.

## Bay View Bicycle Club *Membership Application*

NAME (print): \_\_\_\_\_ Birthday (year not necessary): \_\_\_\_\_

NAME (print): \_\_\_\_\_ Birthday (year not necessary): \_\_\_\_\_

Other Family Members (under age 18) \_\_\_\_\_ Birthday(s) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE: ( ) \_\_\_\_\_ - \_\_\_\_\_ ☐ Check box to **NOT** be listed in the club roster

E-mail Address: \_\_\_\_\_ Newsletter: ☐ E-mail newsletter ☐ Mail newsletter

☐ New Member ☐ Renewal

Annual Dues (April 1 - March 31): ☐ Individual (\$25.00) ☐ Household (\$40.00)

New Member Dues collected after October 1 will start immediately and also be credited towards the next year.

How did you hear of the Bay View Bicycle Club?

☐ Club brochure ☐ Internet ☐ Member ☐ Booth at W&S Bike Expo ☐ Other \_\_\_\_\_

**Volunteer Opportunities:** I am interested in the following: ☐ Ride Leader ☐ Meetings ☐ Picnics ☐ Membership

☐ Newsletter ☐ Advertising ☐ Classic ☐ Serve on Board ☐ Other \_\_\_\_\_

Make checks payable to and mail to: Bay View Bicycle Club, Inc. For additional membership information:

P.O. Box 070455

Phone (414) 259-0387

Milwaukee, WI 53207

E-mail membership-info@bayviewbikeclub.org

### LEAGUE OF AMERICAN WHEELMEN d/b/a LEAGUE OF AMERICAN BICYCLISTS ("LAB") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Bay View Bicycle Club ("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 condition 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 incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their 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 have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely 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 and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

PARTICIPANT'S SIGNATURE (only if age 18 or over): \_\_\_\_\_ HAVE READ THIS RELEASE Date: \_\_\_\_\_

SPOUSE'S SIGNATURE (if family membership): \_\_\_\_\_ I HAVE READ THIS RELEASE Date: \_\_\_\_\_

And I, the minor's parent and/or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless each of the releasee's from all liability, claims, demands, losses, or damages on the minors 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 further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim.

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ I HAVE READ THIS RELEASE Date: \_\_\_\_\_  
(if participant is under age 18)

For Membership Chair Use: \_\_\_\_ paid \_\_\_\_ card \_\_\_\_ entered

1/22/08