TriFury Triathlon Club and Merrimack Valley Striders

Rider Permission and Release

I, the undersigned, do hereby give my consent to participate in the outdoor group cycling rides beginning from the Hermann Youth Center in North Andover and other locations. Said rides are presently scheduled to begin March 25, 2006 and run through October 31, 2006. I fully understand that cycling is an inherently dangerous activity and fully assume the risks associated with such participation including, by way of example, and not limitation, dangers of collision with pedestrians, vehicles, other riders, and fixed or moving objects and dangers arising from surface hazards, including pot holes, and I assume the risk of any and all personal injuries to myself and others that may occur as the result of my participation in any individual and group instructional, training, sport or exercise activity including, without limitation, activities with instructors, employees, agents, principals, officers, or individual members of TriFury or the Merrimack Valley Striders and the use of theirs or others bicycles and other related training equipment. I agree to take responsibility and precautions to assure that I am at all times wearing or I am otherwise equipped with any and all necessary safety equipment, including but not limited to a helmet and reflectors, or other visibility devices and properly functioning brakes.

I acknowledge that by signing this document, I have assumed risks and agree to indemnify, not to sue and hereby waive, release, discharge and hold harmless the organizer of these group rides, namely, TriFury, the Merrimack Valley Striders, and any of their employees, agents, sponsors, principals, officers, volunteers and individual members or anyone acting on their behalf from any and all liability, claim, demand, action or cause of action, of whatever kind or nature, either in law or equity, arising from or by reason of any bodily injury or mental injury, known or unknown, including death, resulting from my use of any equipment or participation in any individual or group riding activity provided, supported or sponsored by TriFury and/or the Merrimack Valley Striders at any location or venue.

I expressly agree that every term and provision of this release is intended to be severable, and if any one or more of them is found to be unenforceable or invalid, that shall not affect the other terms and provisions, which shall remain binding and enforceable.

I further state that I am over eighteen years of age and have carefully read the above release and know the contents of the same and sign this release as my own free act.

Date: _____ Signed: _____
Print Name: _____ Address:_____

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