

Ride: _____ Miles: _____

Date: _____ Ride Leader: _____

In signing this release for myself, and / or a named participant under the age of 18, I understand that the Arlington Heights Bicycle Club officers and members are not insurers of any participant's personal safety during the above named activity. For myself and /or said minor, my (and minor's) heirs and assignees, I hereby waive all claims for, forever discharge, and agree to save harmless the Arlington Heights Bicycle Club officers and members from any and all liability from having sustained personal injuries or property damage by reason of their negligence in furthering this activity.



_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G
_____	M/G	_____	M/G	_____	M/G

Ride Leader Responsibilities

1. Prior to ride day, establish your start, destination and route. Ride the route prior to the scheduled day.
2. All members and guests should sign in on an official AHBC ride sheet that includes the Club release and liability waiver.
3. Announce at the beginning of the ride: distance, approximate time, general route, general safety and hazards and ask that riders keep the leader informed of problems.
4. Before the start of the ride, make sure new riders understand the pace and ride conditions. If a rider's bike does not appear to be in "ride" condition, encourage them to reconsider going on the ride.
5. Provide riders with cue sheets. Announce any expected route changes/alterations.
6. Know the number of riders. Utilize one of the following to keep track of riders and regroup as necessary.
 - a. Designate a sweep rider.
 - b. Split into smaller groups with a leader in each group.
 - c. Each rider makes certain that the rider behind them does not lose sight of the group.
7. Adhere to the advertised speed of the ride.
8. The ride leader is not responsible for riders that ride ahead of the leader.
9. Stop for red lights and stop signs. At a stop light/sign, join the line of cars; don't bunch up on the right.