

Pre-registration for the Stow Bike for the Woods, August 20, 2023

The pre-registration fee is \$20/adult, \$15/child (with a max of \$50/family), to benefit the Stow Conservation Trust. All funds raised from this event will assist the Trust in protecting open space in Stow. The Trust is a 501(c)(3) nonprofit organization, and all contributions are tax deductible.

The 5, 14, and 37-mile routes have arrows painted on the roads. The second half of the 64-mile route, south of Rt. 117, is not arrowed but is in the GPS directions and cue sheets will be available for that portion. Download maps and GPS directions on <http://BikeForTheWoods.org>.

WAIVER, RELEASE, AND ASSUMPTION OF RISK

In consideration of being allowed to participate in the Stow Conservation Trust's (the Trust) Bike for the Woods cycling event (the Event), I, on behalf of myself and any participating minor children for whom I have the capacity to contract, hereby agree to waive and release from liability, and covenant not to sue, the Released Parties listed below from any and all claims for personal injury, illness, disease, death or property damage which I and/or these minor children, our heirs and personal representatives may have or hereafter accrue because of my/our participation in the Event, even though liability may arise out of negligence or carelessness on the part of one or more Released Parties. I further understand that serious accidents occasionally occur during bicycling rides and that participants in bicycling events occasionally sustain serious or mortal injuries and/or property damage.

The Released Parties are the Trust, its officers, directors, members, and Event volunteers; other Event participants; any Event promoters and sponsors; the Town of Stow and its officials, agents, and employees; and any first aid and rescue service providers.

I state, knowing that each of the Released Parties relies upon the truth thereof, that I am a capable, experienced, and physically fit cyclist. I have an adequate and reasonable knowledge of what is prudent, safe, and courteous bicycle riding and shall ride in that manner for my own protection and that of others. I shall comply with applicable Commonwealth of Massachusetts laws and the Rider Safety Requirement set by the Trust for the Event. I, on behalf of myself and any otherwise participating minor children, agree not to participate in the Event if I am/we are ill, symptomatic, or if I/we had recent exposure to a person with a possibly contagious illness or if Massachusetts guidelines or rules require or suggest isolation or quarantine. I understand that although the Trust exercises reasonable care to promote the safety of the participants, there are factors present (including traffic, other cyclists, weather, road conditions, animals, mechanical failure, infectious disease transmission, etc.) that are beyond its control.

I agree to wear a CPSC certified cycling helmet while participating in the Event. I agree to ride in a safe and lawful manner and to encourage the same among fellow riders. I consent to emergency medical treatment if I am injured while participating in the Event.

I understand that, in connection with the Event, photographs/videos may be taken of me and/or the participating minor children for whom I have the capacity to contract. I consent to the taking of such photographs/videos and the publication of them.

I have read this agreement and understand that I am giving up substantial rights. I agree that this Waiver, Release, and Assumption of Risk is binding on me, any participating minor children for whom I have the capacity to contract, and my/our heirs and assigns.

Signature: _____ Date: _____

Name: _____

Address: _____

Email: _____

Names of Participating Minor Children: _____

RIDER SAFETY REQUIREMENTS

1. While riding, only pass other cyclists on their left. Call out "on your left" before passing. Do not pass cyclists on their right. Always allow 6 feet of physical distance when passing.
2. Use hand signals, or a signaling device if so equipped, before turning or stopping.
3. Be a courteous and responsible cyclist. Point out road hazards to cyclists behind you.
4. Obey all traffic laws. Stop for traffic lights and stop signs. Yield when appropriate, especially to pedestrians in crosswalks. They have the right of way, even to bicycles.
5. If involved in an altercation with a motorist, do not escalate the situation. If you are in the wrong, apologize. If they are in the wrong, get their license number and report them to that town's law enforcement.
6. enforcement.

The registration fee for this event is \$20/adult, \$15/child (max of \$50/family)

You can send in a check to:

Stow Conservation Trust

P. O. Box 397

Stow, MA 01775

Or pay by credit card at [Active.com](https://www.active.com); search for "Stow Bike For the Woods"