

Registration for the Stow Bike for the Woods, August 16, 2020

You can ride Sunday August 16, starting from the Stow Town Hall, 375 Great Road, or any time as a virtual ride. There are 5, 14, 35, and 64-mile routes. The 5, 14, and 35-mile routes will have arrows painted on the roads. The second half of the 64-mile route, south of Rt. 117, will not be arrowed. Download maps and GPS directions at <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.

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

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 as a consequence thereof. I also acknowledge the risks of illness or death related to the novel coronavirus (COVID-19) that exist from participating in the Event. Knowing the risks of participating in bicycling rides, and of doing so during the COVID-19 pandemic, I, on behalf of myself and the minor children noted above, hereby agree to assume those risks and to release and hold harmless all of the Released Parties who might otherwise be liable to me/us for injuries and damages.

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, courteous, 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. Riders SHALL NOT participate in *Bike for the Woods* if they are ill, symptomatic or had recent exposure to a person with a possibly contagious illness or if official Massachusetts guidelines or rules require or suggest isolation or quarantine. If a rider cannot agree, or if any of these situations apply to the rider, **do not participate** in the event as you would endanger yourself and all other riders.
2. Be aware of physical distancing protocols WHILE RIDING:
 - 6+ feet when riding side-by-side, passing walkers or other riders, stopping, or on breaks;
 - 20+ feet behind another rider, as suggested by USA Cycling;
 - Pace lines and drafting are prohibited.
3. Masks: make sure that you have a mask and that you pull it up when stopped, when approaching the minimum physical distance, and at all other appropriate times. Wear a mask when you arrive at the event, and leave it on while interacting with volunteers and other riders.
4. Be aware of coughing, spitting, nose blowing, and sneezing. If you are about to do any of these, please make sure that no one is within the minimum distance or your slipstream area.
5. Riders should wash or disinfect when appropriate and not share water bottles or food.
6. 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.
7. Use hand signals, or a signaling device if so equipped, before turning or stopping.
8. Be a courteous and responsible cyclist. Point out road hazards to cyclists behind you.
9. 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.
10. 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.

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"