

# CBBC Ride Participation Signup Sheet

Leader: \_\_\_\_\_

Date: \_\_\_\_\_

Ride: \_\_\_\_\_

Mileage: \_\_\_\_\_

I acknowledge that there is an inherent risk of bodily harm in participation in any bicycling event and agree to assume all such risks. I hereby release and hold harmless the Casco Bay Bicycle Club (CBBC) as well as its officers, organizers, event leaders, sponsors, and individuals for any and all claims, causes of action or liabilities related to my participation in CBBC events. Anyone under 18 years of age must be accompanied by a parent or guardian. All riders agree to obey all traffic laws and rules of the road. Helmets are **REQUIRED** to be worn on all rides at all times.

Name (printed)	Signature	Check if Non-Member	Emergency Contact Name and Phone
1 _____	_____	_____	_____
2 _____	_____	_____	_____
3 _____	_____	_____	_____
4 _____	_____	_____	_____
5 _____	_____	_____	_____
6 _____	_____	_____	_____
7 _____	_____	_____	_____
8 _____	_____	_____	_____
9 _____	_____	_____	_____
10 _____	_____	_____	_____
11 _____	_____	_____	_____
12 _____	_____	_____	_____
13 _____	_____	_____	_____
14 _____	_____	_____	_____
15 _____	_____	_____	_____
16 _____	_____	_____	_____
17 _____	_____	_____	_____
18 _____	_____	_____	_____

Ride leader: This signup sheet must be retained by CBBC. Please return it to CBBC, PO Box 10523, Portland, ME 04104; or to any CBBC officer; or scan and email to [treasurer@casco baybicycleclub.org](mailto:treasurer@casco baybicycleclub.org). (You may submit all of your sheets at the end of the season if you wish.)