RIDER READY™

In 2005, the Northwest Cycling Club's junior team developed an innovative event geared toward safer bike rides; we called it **RIDER READY**™. **RIDER READY**™ in 2008 will incorporate the League of American Cyclists "Group Riding Program" a BP MS 150 suggested safety program along with a flat changing clinic, tips on cycling nutrition and points on changing gears.

Rider Ready is taught by American League of Cyclists Certified instructors and USA Cycling Level 2 Coach.

- **FEE - $20.00 per person**
- **CLASS DATES: January 19th, February 16th or March 22nd**
- **REGISTRATION - All cyclists must be pre-registered for the class. Mail in application to Northwest Cycling Club @ 17458 NW Frwy., Houston, TX 77040 or call 713.466.1240 to reserve a place in the class.**
- **LOCATION: Northwest Cyclery, 17458 N.W. Frwy., Houston, 77040**
- **QUESTIONS: please call 713.466.1240**
- **TIME: 8:00 am to an estimated 1:00 pm**

Proceeds will support cycling development for the Northwest Cycling Club Junior Program with training seminars, travel support to local, National and International events.

Mail Application and Check to: ***Northwest Cycling Club, 17458 Northwest Frwy, Houston, TX 77040***.
Telephone: (713) 466.1240 Email:lwalkercycling@sbcglobal.net

Please Print

Last Name _____ First Name _____

Address _____ City/State _____ Zip _____

Team Affiliation: _____ Phone _____

Clinic date: January 13th _____ February 16th _____ March 22nd _____

I fully realize the dangers of participation in a bicycle ride, and fully assume the risks associated with such participation including, by way of example and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipments, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling competition. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers and successors in interest (hereinafter referred to as "successors) any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entitles and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event, and I further agree not to sue sponsoring organizations for this event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet. I have no physical or mental condition, which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

Signature _____ Date _____

Parent/Guardian for under 18 riders _____ Date _____

© Copyright Northwest Cycling Club 2005-2006. RIDER READY is a trademark of Northwest Cycling Club