

Casa Grande Century



January 10, 2010

100, 62 and 34 mile Options



Sponsored by Phoenix Metro Bicycle Club

There are three routes: 103-mile century, 62-mile metric century and a 34-mile ride. There will be rest stops, SAG support and a hot lunch at Dave White Regional Park in Casa Grande.

You can register by downloading the flyer and registration form at the PMBC website.

You can also register at www.active.com* until 5PM, January 1, 2010.

MAIL YOUR COMPLETED REGISTRATION FORM AND YOUR CHECK, WAIVER AND

COMPLETED REGISTRATION FORM TO:

Phoenix Metro Bicycle Club

P.O. Box 26788

Tempe, AZ 85285-6788

REGISTRATION INFORMATION AND FEES*

- PMBC/GABA/ABC members before December 29, 2009: **\$20.00.**
- Non-members before December 29, 2009: **\$25.00.**
- PMBC/GABA/ABC members after December 29, 2009: **\$30.00.**
- Non-members after December 29, 2009: **\$35.00.**
- The 34-mile ride is only \$15
- Tandem: add \$15 for the additional rider
- Fee includes snacks, sag support, and lunch in Casa Grande.
- *Additional fees for using [Active.com](http://www.active.com) may apply.

AN APPROVED HELMET IS REQUIRED. HEAD PHONES ARE NOT ALLOWED.

Please join us for the first century (or metric century) of the year.

Please bring enough spare tubes for your ride. There will be SAG and sweep vehicles on all routes to assist you. The sweeps are also available for the weary and downtrodden!

**Download the Registration Form and ride waiver from our
website at www.pmbcaz.org**

This ride is a great first century or metric century. The terrain is flat, the roads have low traffic, and if history repeats itself, the weather will be sunny with a high of 70. What more could you want?

How about SAG stops with water, fruit and snacks, and the century and metric riders get a hot lunch at Dave White Regional Park in Casa Grande? You'll also get a route map and the first 200 registered riders receive a PMBC commemorative gift.

There are three ride options: A Full Century (100 miles), a Metric Century (62 miles) and a 34-mile ride. The 34-mile ride is out-and-back and flat. The 62-mile ride is out-and-back, with a slight hill. The 100-mile ride is mainly a loop and flat.

WHEN - Sunday, January 10, 2010 Registration at 8:00 AM - 9:00 AM. (Sleep in for once and enjoy starting when it's close to warm!) There is no mass start, so you can leave any time after you register.

WHERE - Start and finish at the **Safeway store at 4970 S. Alma School Road, Chandler**. It is on the northwest corner of Alma School Road and Chandler Heights Road, 1 mi. N. of Riggs Rd. Please park at the edges of the lot so we don't block Safeway customers.

Directions:

From Phoenix or Tucson: Take I-10 to Riggs Road exit, then go three miles east to Alma School Road, then one mile north to Chandler Heights Road.

From Scottsdale, Mesa and Tempe: Take Loop 101 south past Chandler Blvd. to Loop 202 exit, then go east two miles to Alma School Road, then south four miles to Chandler Heights Road.

FOR ADDITIONAL INFORMATION

Email Mary Ellen Coe mary.ellen.coe@medtronic.com or phone 480-239-8226.



Phoenix Metro Bicycle Club

THIS IS AN IMPORTANT DOCUMENT THAT WAIVES YOUR LEGAL RIGHTS.

NAME OF EVENT: Casa Grande Century Bike Ride Date: January 10, 2010

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AGREEMENT, AND WAIVER OF CONSTITUTIONAL RIGHT

In consideration of my participation in any way in the Phoenix Metro Bicycle Club ("Club") sponsoring bicycle activities ("Activity"), I do for me, my personal representatives, assigns, heirs and next-of-kin:

1. AGREE, represent, acknowledge and understand the nature of bicycle activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which hazards of traveling are to be expected.

2. FURTHER AGREE and warrant that at any time if I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

3. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence or gross negligence of "Releasees" as designated herein; (c) there may be other risks and other social and economic losses either not known to me or not readily foreseeable at this time; (d) and I fully accept and assume all such Risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

4. HEREBY RELEASE, discharge, and covenant not to sue the Club, any of its directors, agents, officers, members, volunteers, and employees, any other participants, sponsors, advertisers, and, if applicable, any owners or lessors of the premises on which the Activity takes place, and the League of American Wheelmen (all collectively defined as "Releasees"),

FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING THE NEGLIGENCE IN RENDERING ANY KIND OF CARE WHATSOEVER.

5. FURTHER AGREE that despite this Release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, I, or anyone on my behalf, makes a claim against any of Releasees, I will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney's fees, loss, liability, damage, or cost which any may incur as the result of this claim.

6. FURTHER AGREE that as a participant in any Club activity, I must obey all Arizona traffic laws and must wear at all times an ANSI, ASTM, or Snell-approved helmet.

7. FURTHER AGREE, acknowledge, and understand that this release and Waiver of Liability, Assumption of Risk, Indemnity Agreement and Waiver of Constitutional Right, shall be applicable to any and all Club activity from this date forward regardless of whether I remain a member of the Club and expressly agree that this "Agreement" is intended to be applicable to any Club activity in which I participate from the date of the execution of this Agreement.

8. RELEASE, WAIVE and otherwise disavow any protection of Article 18, Section 5, of the Arizona Constitution, which allows for the defenses of contributory negligence or assumption of the risk to be a question of fact and to be left for the jury consideration and expressly acknowledge that the waiver of this constitutional right and the execution of this release shall forever bar my rights to make a claim, sue or otherwise file any type of litigation against Releasees.

I EXPRESSLY ACKNOWLEDGE WAIVING THE AFOREMENTIONED CONSTITUTIONAL RIGHT. Initial Here: _____

I have read this Agreement, fully understand its terms, understand that I am giving up substantial rights **including waiving a constitutional right**, by signing it, and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release and/or waiver of any and all liability and/or constitutional right to the greatest extent allowed by the law and agree that if any portion of this agreement is held to be invalid, the balance notwithstanding shall continue in full force and effect.

PRINTED NAME OF PARTICIPANT: _____ PHONE: _____

ADDRESS: _____ City: _____ State: _____ ZIP: _____

I HAVE READ AND ACCEPT THIS RELEASE

PARTICIPANT'S SIGNATURE _____ DATE: _____

Emergency contact information: Name _____ Phone: _____

MINOR RELEASE : AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEE'S FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR ANY COST WHICH MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____ PHONE: _____

ADDRESS: _____ City: _____ State: _____ ZIP: _____

I HAVE READ AND ACCEPT THIS RELEASE

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

(Only if participant is under the age of 18)

Phoenix Metro Bicycle Club

Casa Grande Century Bike Ride Registration

January 10, 2010

This is a mail-in registration form for the Casa Grande Century Bike Ride. Please sign the attached waiver, complete the registration form and mail it with your check to *Phoenix Metro Bicycle Club*.

Phoenix Metro Bicycle Club
Casa Grande Century
P.O. Box 26788
Tempe, AZ 85285

Please complete the following registration fee schedule:

If registering before December 29, 2009

PMBC/ABC/GABA Members Only:

103 miles \$20 _____

64 miles \$20 _____

34 miles \$15 _____

Non-Members:

103 miles \$25 _____

64 miles \$25 _____

34 miles \$15 _____

If registering after December 29, 2009

PMBC/ABC/GABA Members Only:

103 miles \$30 _____

64 miles \$30 _____

34 miles \$15 _____

Non-Members:

103 miles \$35 _____

64 miles \$35 _____

34 miles \$15 _____

If you are riding a Tandem add \$15 for the second rider _____

Total Registration Fee: _____

Reminder: All riders are required to wear an approved helmet. Head phones are not permitted. Obey all safety and road laws. Even though SAG support is offered, riders are expected to carry sufficient tubes, tools, etc., to complete the ride.

