



In memory of Bob Walmsley, a West Valley Bicycle Club member who was struck and killed by a motorist during a club ride on April 7, 2007.

Proceeds from this ride will be donated for the promotion of bicycle safety.

Sunday, March 22, 2009

Another Great G.A.B.A. West Valley Bicycle Club Ride!

Feel like you're going 'round in circles? You will be if you join the West Valley Bicycle Club for a breezy ride around the White Tank Mountains. Seventy (70) miles (give or take a few) will give you a great workout and still get you back in time for lunch – or an afternoon repast, depending on how much time you spend at the famous West Valley rest stops. In addition to the goodies at the rest stops, you'll get a spaghetti dinner when you finish the ride. Great food, West Valley style!

The ride begins and ends in White Tank Mountain Regional Park in the West Valley. You'll have little traffic to deal with for most of the route and it's flat. F-L-A-T, FLAT! You're going AROUND the White Tank Mountains, not over them. Well, almost flat. What goes down must come up and you'll climb back up INTO the park at the end of the ride. Want to do a shorter ride? There's a 50-mile, out-and-back option.

Details below and the registration form is on the back – don't forget to sign the waiver and get it in the mail by March 14th or add the \$5.00 late fee!

When: Sunday, March 22, 7:30 A.M. Registration/check-in opens at 7:00 A.M. Day of Ride registrations will be accepted with the \$5 late fee.

Where: White Tank Mountain Regional Park in Waddell, west of Phoenix. To get to the park, take I-10 west to the Cotton Lane exit, north on Cotton Lane (or Loop 303) to Olive Avenue, then west 4 miles on Olive to the Park entrance. Or, take the 101 Loop to Olive Ave. and go west 14 miles to the park gate. Park admission is free with your registration—just tell the gate attendant you're with the Round the Tanks Ride. Once through the gate, we'll be set up in Area 4, around the corner, up the hill on the east side of the road, about 2 miles from the gate. Watch for the signs. Directions? http://www.maricopa.gov/parks/white_tank/

What (you get): Free admission to the park! Sag support on both ride options; roving support throughout your ride. A spaghetti dinner will be served back at the park after the ride. A limited number of ride T-shirts are available to early arrivals. No guarantee on sizes or availability!

How much: Members (G.A.B.A. + A.B.C.) pay \$30 (including the meal and admission to the park); non-members, \$35. (Hey, why not join? Include \$15 individual/\$20 family membership and pay the member price!) **Late Fee - Add \$5 if you haven't mailed your registration by March 14th.**

Need more info? Contact John, 928.684.3331 or JOplinger5200@msn.com or Betsy, 623.979.8110 bettur@qwest.net.

AROUND THE WHITE TANK MOUNTAINS - REGISTRATION

Sign the waiver below and mail completed form by March 14th to
 G.A.B.A West Valley, P. O. Box 8125, Glendale, AZ 85312-8125
 Make Checks Payable to **G.A.B.A West Valley**

Name _____

Address _____

City/State/Zip _____

Phone _____

E-Mail _____

Mileage Option: ± 70 Miles ± 50 Miles

Fees	
Members @ \$30	\$ _____
Non-Members @ \$35	\$ _____
Late Fee - \$5 (mailed after 3/14)	\$ _____
Membership \$15 Ind/\$20 Fam	\$ _____
TOTAL	\$ _____

*Riders must obey all Arizona traffic laws and must wear
 ANSI, ASTM or Snell approved helmets.*

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any G.A.B.A. West Valley Bicycle Club, sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling 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 the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. 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 OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; 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.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) 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 NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT **I HAVE GIVEN UP SUBSTANTIAL RIGHTS 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 OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY 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.

 Signature (Parent or Guardian must **also** sign if under 18)

Date _____