

# BMS Cycling 2019 Liability Release

## Central Coast Double Century

Print and completely fill out both forms. Mail with check or money order to the address below.  
All items with asterisk (\*) are required fields. Omitting required field(s) may delay your registration.

**IN CONSIDERATION** of being permitted to participate in any way in the Central Coast Double Century (both Highland and Lowland routes), BMS Cycling 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, physically fit and that I have trained for the Activity in such Activity which I am entering. 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. I agree to abide by the rules and regulations of this Activity, the California Triple Crown and the vehicle laws of the State of California.

### 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, FEES, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

**3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE, NOR PURSUE ANY OTHER LEGAL ACTION OR ACTIONS AND HEREBY** waive, release and forever discharge any and all rights and claims and damages which I may have or which may hereafter accrue to me against BMS Cycling, The Central Coast Double Century (on both Highland and Lowland routes), The Holiday Inn Express Hotel & Suites, BestBikeZone, Ultra Cycling, K-Man Cyclery, E-Caps Endurance Supplements, Hammer Nutrition LTD, the California Triple Crown organization, the county of San Luis Obispo, the county of Monterey, the United States Military and all organizations, municipalities, units of government and all properties through and near which the Central Coast Double Century will pass, and all their it's representatives, directors, respective administrators, directors, agents, officers, members, volunteers, employees, other participants, any sponsors, advertisers, promoters, their officers and agents and all parties connected with the Activity, individually and collectively, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein), and/or damages arising out of my traveling to, participation, or returning from this Activity; 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, costs and/or fees which any may incur as the result of such claim.

### 4. The Rider and/or Parent or guardian personally accept responsible for:

- (a) the condition and security of my bicycle and all of my personal equipment and clothing used in this Activity; and for any failure of the bicycle, equipment and clothing that results in injury to myself or any other person(s), or in damage to anyone's property.
- (b) any injury or property damage to myself or to any other person(s) or property, any and all cost or fees due to my failure to comply with all traffic rules and regulations, and/or Activity regulations and rules.
- (c) all lighting equipment and reflectors for night riding, as well as understand that I am required to have a bright front light with at least FIVE WATTS power and rear light for night riding.
- (d) personal items or equipment left at the Activity. Owner of such personal items or equipment is responsible for all shipping and handling costs and/or fees.

### 5. Activity Rules:

- (a) ANSI or SNELL approved helmets will be required and must be worn at all times during the ride.
- (b) Ride safely and responsibly, obey all regular vehicle traffic laws. (Violators will be ejected from the ride.)
- (c) Riders finishing after dark will be required to have legal lights. Leg lights not are acceptable.
- (d) Riders are required to **check-in at each rest stop**, in order to keep track of every rider on the course. Failure to do so will result in disqualification.
- (e) If you leave the ride for any reason, you must notify one of the ride volunteers.
- (f) Any violation of traffic laws or Activity rules are causes for dismissal from the ride.

### **IMPORTANT NOTE**

The Central Coast Double Century ride partially passes through Fort Hunter Liggett military base. The base commander requires **all participants to carry on their person, a pictured ID such as a valid drivers license or a passport**. Your ID may be checked upon entering the base by military personnel. Failure to comply will result in non-passage and failure to complete the ride.

To participate in the Central Coast Double Century, both the high and low routes, rider, parent, or guardian must agree to the BMS Cycling 2019 Liability Release. Signing this form confirms you agree with the BMS Cycling 2019 Liability Release and will abide by the rules and regulations of this Activity. **Parent or guardian must sign for those under the age of 18.**

CLEARLY PRINT RIDER'S NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
(Signature of parent or guardian if under 18.)

**Please sign, date and send to:** BMS Cycling c/o Brian Stark, 5940 Silverado Place, Paso Robles, CA 93446

Visit the CCD's web site at  
[www.centralcoastdouble.com](http://www.centralcoastdouble.com)

**Thanks and have a GREAT ride!**