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The "RAMBLER"

JULY 2006

Clinton River Riders Bicycle Club

You would think a newsletter editor (especially a retired one) would be on top of every story that hits the club. Unfortunately, this editor has slowed down and thus has missed a few important news items. First, congratulations Joyce and Will Lajack on their previous engagement and recent wedding. Also, congratulations to Paul Franks and Jane Benard on their recent marriage, to each other. And congratulations and farewell to Steve and Penny Morauski who've decided it's too cold to live in Michigan. They want more warmth down in Florida. (It's 90+ degrees as I write this, go figure). And also congrats and farewell to Peter Bosma who has moved to North Carolina, not for the warmer weather, but a good job with an aerospace company.

I read the on-line version of the New York Times almost every morning. Some time ago, a reporter wrote a story about an event that was taking place that had some sort of outcome. (The exact details are a little vague at this age). Anyway he finished the article around 11:30 at night and sent it to the print dept for the next days edition. Unfortunately the whole story changed around 3:00AM and thus the reporter's story was completely wrong. The on-line version had a disclaimer saying the story contents have altered since the article went to print. So to make a long story short, Chuck Pottenger is not the new BWR Food Chair, as previously reported, but rather, Diane Baker is the new Food Chair for this year. Not quite as quick as the NYT, but on the other hand, be thankful you got the correction.

And speaking of the BWR, IT'S TIME TO SIGN UP!!!! If you're going to volunteer this year there are a few benefits. Not only do you get to see an organized ride from a different angle, but you're also helping to promote our sport in the best way possible. It's really a lot of fun for not a lot of work. And besides, BWR volunteers historically have been able to attend the club's awards banquet at the end of the year ABSOLUTELY FREE. But wait, there's more! If you sign up before the deadline, you will also receive a free BWR volunteer T-shirt. But wait, there even more!!! Thanks to Deb Angst, you have your choice of picking up an even better, snazzier, polo shirt or micro fleece vest for a small additional cost. DON'T WAIT, ACT NOW. Call one of the BWR Chairs and get your name on their signup list before it fills up. Instructions on ordering your volunteer T-shirts are in this months newsletter.

Charleton Heston, yes the NRA actor in Michael Moore's movie, once wrote, "our nation is a tangled mess of rules and restrictions that stifle the human spirit". So why am I asking you club members to add more stifle? Because we don't own the ball. Just check out www.michigan.gov/slrp. A simple internet website, it asks you on a scale of 1-5 if you think we need more sidewalks for pedestrians and lanes and pathways for bicycles. Simply click on "Complete Questionnaire Now" to give your opinion. And, if you read this far, get out on August 8th and vote YES for the SMART bus system. It's a renewal not a new tax. With the price of gasoline going up, we're going to need some alternative modes of transportation. And, you can ride your bike to the bus and the bus will carry it for you, FREE.

Also inside, a note from Joyce Lajack on Teddy's memorial service with pictures from Doug MacDermaid, cartoons from Sheila Jones, Algebraic equations for the technically inclined members, and the usual meaningless chatter from your deranged desk bound, can't wait to ride, editor.

Gary Haelewyn, Editor



CLINTON RIVER RIDERS 2006 WEEKLY RIDE SCHEDULE

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
<p>7:00 PM CLUB MEETINGS 2nd Monday of the Month Mt Clemens Library (downstairs) 150 Cass Ave just west of Southbound Gratiot on the North side of Cass across from Mt Clemens High School. Refreshments served.</p> <p>6:00 PM MSU Management Center Square Lake and Crooks Meet Rick Jones for a fast ride that will average at the end at 18.5 for a distance of 30 miles. This AVG will increase throughout the season. NO RIDE on Club Meeting Nights.</p> <p>6:00 PM Fraser Cycle Meet only Diane Baker at 15 Mile and Utica for the slowest club ride of the week. No rider will be dropped on this 1.5 to 2 hour ride. There will be NO ride on club meeting nights.</p>	<p>9:30 AM For Women ONLY Rochester Library Call Gail 248-879-6474 or Sue 248-828-3766 for the details.</p> <p>9:00 AM Stony Creek Boatr Launch Meet TJ Hill for the hardest and fastest mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p> <p>5:30 PM Sheffield NW corner Big Beaver Cunnighgham (1 blk west of Coolidge) Meet Doug MacDermaid off 17 Mile East of Dequindre North on Pinebrook East on Holly for a 20-25 mile slowest rider pace ride.</p> <p>6:30 PM Moravian and Garfield Art Meerhaeghe will lead his favorite ramble to Metro Beach ride at a 14-16 mph pace. Call Art 586-</p>	<p>5:30 PM Moravian and Garfield Meet Rick and Sue Moorman for the old favorite Metro Beach Ride 15-17 MPH 30-35 miles.</p> <p>6:00 PM Schuchard Elementary Meet Doug MacDermaid off 17 Mile East of Dequindre North on Pinebrook East on Holly for a 20-25 mile slowest rider pace ride.</p>	<p>9:00 AM Stoney Creek Boatr Launch Meet TJ Hill for mountain bike riding weather permitting. If weather is inclement, meet at Onyx Skate at 10:30 for ice skating. Call TJ 586-293-0162 for more info.</p> <p>5:30 PM Sheffield NW corner Big Beaver Cunnighgham (1 blk west of Coolidge) Meet Rick and Sue Moorman for Sheffield Shuffle TWO ride. Pace 15-17 MPH, distance 35-50 miles.</p> <p style="text-align: center;">CHANGES</p> <p>Call John Tarantino 586-677-0482 or email him at redtandom@aol.com</p> <p>Newsletter changes: Email Bluecyclist@yahoo.com</p> <p>HOTLINE: 586-819-0222 (Press 1 for latest updates)</p>	<p>8:00 AM OR 8:30 AM Meet Duane Nieman OR Bill & Annette Smith For a 40 OR 50 mile ride at 15-18MPH Call Bill at 248-652-2278 OR email him at bsmith02@comcast.net no later than Wednesday for the ride starting location.</p> <p>6:00 PM Marter & Jefferson Join prez Bill Stimson for a 15-17 mph ride. Distance 30-35 miles to the Grosse Pointes.</p> <p style="text-align: center;">Velodrome Events</p> <p>http://www.velodromeat-bloomerpark.com/</p>	<p>8:00 AM Stony Creek Boat Launch “The club’s most popular ride” - 45 Mile ride at 16-18mph to Armada for Breakfast and back</p> <p>9:00 AM Stony Creek West Branch Parking Lot Meet T J Hill for a ride at the pace of the slowest rider to unknown destinations (Good beginner ride)</p> <p>9:30—10:00 Contact Nino Pacini npacini@att.net if interested in Captaining a tandem or if just interested in riding. Departure from Nino's house 5237 Hillcrest Street Detroit, Michigan</p>	<p>9:00 AM Stony Creek Boat Launch Meet T J Hill for 50 miles mostly dirt road ride with a lunch stop in Lake Orion at about the 30 mile mark.</p>
						<p style="text-align: center;">Meeting Treat List Volunteers</p> <p>August - Sept—Duemling’s Oct— Nov—Windhorst’s Dec—</p>

LIGHTS ARE REQUIRED FOR ALL EVENING RIDES

AVG = Cyclometer Average at end of ride

Ride Leaders should carry cell phones and emergency numbers

MPH = Cyclometer Speed while riding

Birthdays

Bday	First	Last Name
08/03	Linda	Ostrowski
08/04	Jerry	Pavlat
08/06	Jee	Dunham
08/07	Julia	Schultz
08/08	Nancy	Duemling
08/10	Michael	Sproul
08/14	Warren	Berthelsen
08/15	Art	Meerhaeghe
08/21	Hans	Kaufmann
08/22	Jane	Benard
08/24	Dee	Whitmore
08/25	Charles	Rose
08/26	Bruce	Freeburger

New Member

LINDA DANIELS
WILLIAM MCKENZIE
JOHN UCKELE

JULY

7 / 2 8—Grand Circus Park—Santa wannabees needed!! Skinny Santa, Loud Santa, Down-on-his-luck, dirty mouth'd Santa, Speedo's are not for Santa, Santa, whom-ever it is... Santa Claus is coming back for Art Van's "Christmas in July" Sale - un-pack those Santa boots and red, Elfin-like hats of yours, and show him some love. All Santa's welcome. But, since St Nick needs encouragement to jet in from Boca, the Christmas-in-July-Ride-in-Red-pre-Thanksgiving-Happy-Day-bicycle parade is being readied, complete with Float-like contraptions. The "Lady" is making an appearance - she's an homage to motherhood. Picture a 10 foot high, two-bicycle powered pregnant lady with her feet up in stirrups and you've got a mental picture. Didn't work? Come out July 28th 5:30PM to see for yourself.

AUGUST

8 / 0 6—Just Right Picnic This year's picnic is at Pontiac Lake Recreation Area. Call TJ Hill at 586-293-0162 for tickets, details, and trivia.



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A 'good' landing is one from which you can walk away. A 'great' landing is one after which you can use the bike again.

On the Mends

Jane Benard wrote me recently saying,...she's riding around now and seeing Marlborough packs. She wanted to know if I still saved them. I told her the rules about having to watch out for non-labeled packs and she wrote back saying, "Now that I think about it...do I really want to pick up those dirty things and put them in my pocket...no forget it!".

She also wrote, "Ron Truax can now walk with a cane...he's going to be going to rehab to learn how to walk a little steadier with the cane....I think he also uses crutches sometimes. He can get on his indoor trainer also...so he's a happy boy! So far all the predictions as to how long it will take to do what that were given in the beginning have been cut in half. Doc said he should be out on his road bike outdoors in 3 months or less."

And Ron himself writes,...

My three month sentence in the wheelchair is over, and I've been set back-up on my feet. It ain't pretty, but I'm getting there. Doc said he'd try to get me back on my bike by Oct. There's 31 days in Oct., I just want to see one of them. Wish me luck. Take care, Ron

As far as my blood clot is going, my INR level is around 1.94 which appears to be OK with my doctor as I now only have to get the blood drawn every 10 days. My new son-in-law, also a doctor, phoned me to say I should stay on the Cumadin for 3-6 months. He also said I could start riding flat easy rides after 30 days, harder riding after 60 days.

Then I got a call from Tom Graham. Tom said a good friend of ours out in Kalamazoo, Kate Mann, just got hit by a car, was taken to the hospital with bleeding on the brain. I later learned she was operated on to stop the major bleed and relieve the pressure. A smaller bleed would heal by itself. She is still in ICU but was able to respond to some questions. Keep her in your thoughts and prayers if you can.

Just got an update, Kate took a turn for the worse, she's on a vent. They think she had a seizure.

Staff Blue Water Ramble Shirts

Thanks to Fraser Cycle & Fitness for sponsoring our staff shirts again this year. The traditional staff shirt will be the white t-shirt with our screen printed design. I am once again allowing staff members to upgrade their shirt for an additional charge.

There are 4 choices: please indicate your choice by the abbreviations that precede the description. Sizing is small thru 2XL for all the shirts except the unisex micro fleece vest can also be order in extra small. I will have sample shirts to try on at the next meeting.

- | | |
|-----------|--------------------------------------|
| 1. T | white t-shirt |
| 2. MPOLO | men's black short sleeve polo |
| 3. WPOLO | women's black short sleeve polo |
| 4. MLPOLO | men's black long sleeve polo |
| 5. WLPOLO | women's black long sleeve polo |
| 6. Vest | unisex black vest with front pockets |

PLEASE BE CLEAR WHEN YOU SIGN UP WHAT SHIRT YOU WANT. Also, there will be an email with information about how much each shirt will cost you. Remember, this is only for BWR staff. If you don't work BWR, you will pay the full price. Any questions, please contact Deb Angst at digitaldeb@comcast.net.

Air Travel: It's always better to be down here wishing you were up there than to be up there wishing you were down here.

Learn from the mistakes of others. You won't live long enough to make all of them yourself.

10 % Club Discounts can be had at Main Street Bicycles 56732 Van Dyke Shelby Twp., MI 48316, Main Street also sells Santana Tandems.

FREE!!!!

Sidi road shoes, size 38.5, grey/pink trim, with Look cleats. Call Sue Pavlat 248 828 3766.

FOR SALE:

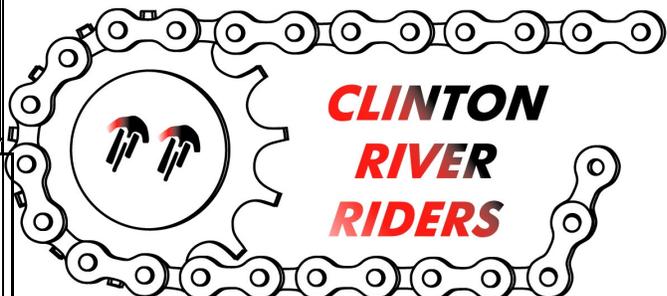
1994 Santana Noventa (white) repainted and new components in 2001 \$1,500. Rear 48 spoke wheel 160 mm spacing respoked by Big John in 2001 \$75. Bellwether winter jacket, ladies L, \$15. Call Steve and Pennie 586-773-2213 for more info

YAKIMA - 5 Bike Car Top Rack Q Tower Type with Locks asking price \$160 Call Joerg at 313-618-6256

State Long Range Planning Public Open House

August 8, 2006 Macomb Community College John Lewis Bldg, 14500 E. 12 Mile Road Warren, MI 48088 586-445-7999 Room K324 4:30pm - 7:30pm

Dennis Prost is taking orders for club "golf" shirts. The shirts will have the club chain logo shown below and cost \$25. Call Dennis at 248-931-7300 for more info.



Newsletter Business Advertising Monthly Rates

\$10 Business Card size, \$35 1/4 page size, \$50 1/2 page size, \$100 Full page size

Club members only may send advertisements to bluecyclyst@yahoo.com, and a check, payable to Clinton River Riders mailed to Gary Haelewyn 41706 Merrimac Cir, Clinton Twp MI 48038. Up to 6 months can be prepaid.

Good judgment comes from experience. Unfortunately, good experience usually comes from bad judgment.

WATER

75% of Americans are chronically dehydrated.

In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as 3%.

One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water, the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water .can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%., and one is 50% less likely to develop bladder cancer. Are you drinking the amount of water you should drink every day?



Joyce Lajack wrote:

We went to Teddy's memorial mass on Saturday and there was a good turnout -about 20 CRRs plus lots of friends and family.

Guess Teddy was pretty active at the church and the priest knew him so his eulogy was personally based. He described Teddy as really just "showing up" without much warning - one minute he wasn't "there" and the next minute he was "there" which got a knowing laugh from everyone. There was the picture of Teddy from the newsletter on display (where a casket normally would stand at a funeral), a box/urn for his ashes (I assume), with his bike helmet on top. The church choir sang at the service - They sang two versions of amazing grace - the last song was the usual version which always gets me choked up and didn't fail me this time. There was a nice power point presentation projected at the end of the service



Editor's note:

There was some difficulty starting the power point display and most everyone immediately thought, 'If Teddy were here, he'd be in their fixing it'.

The presentation showed pictures of Teddy from his early childhood through high school, and then many from his rides with the club. Also attending the service were old club members John Edry and Oscar Bal-maceda.

The Body as an Engine

I once heard the body compared to an internal combustion engine. There are a number of similarities: Both break down carbon based fuel in the presence of oxygen, to produce heat and kinetic energy. With the I.C. engine, fuel and air are mixed in the carburetor, then burnt directly in the combustion chamber. Fuel and oxygen are supplied to the muscles in the blood. Enzymes in the muscles break down the fuel to produce heat and kinetic energy. If you drive your car around with the choke on, the engine runs very inefficiently, and pumps an increased amount of smoke and crap out of the exhaust. Anaerobic exercise is the body's equivalent of running with the choke on, i.e. enough fuel but insufficient oxygen for a clean 'burn'. The body has no exhaust pipe through which to vent the poisonous byproducts of this incomplete combustion (mainly lactic acid). Instead they concentrate in the muscles causing that horrible 'lead leg' feeling and gradually disperse into the bloodstream. A good gentle progressive warm up prevents an early buildup of lactic acid, a good warm down helps to disperse it.

I think of the heart as the body's turbocharger. A turbo is a pump, its purpose is to pressurize the inlet, thus forcing more fuel and air into the combustion chamber, enabling more power to be produced. The heart is also a pump and as it beats faster, your blood pressure increases, thus forcing more fuel and oxygen into the muscles, enabling more power to be produced. In much the same way that turbo boost lags behind engine revs, heart rate response lags behind effort. This is an important consideration when training with a HRM. In an extreme case where a sudden burst of high power is demanded from rest, for example, a one off 'cold' lift with a heavy weight, your heart rate might not start to rise until after you put the weight down. It is possible therefore to exercise anaerobically at well below the pulse levels suggested by any of these methods.

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Karvonen's Formula

I have no idea who Karvonen is, (I think he might be Finnish) but his formula is widely quoted:

Where:

THR = Target heart rate
RHR = Resting heart rate
MHR = Maximum heart rate
% = Percentage effort

This program uses the same values for percentage of intensity, and number of levels as Sally Edwards. The result for a 37 year old with a MHR of 183 bpm, and RHR of 70 bpm, is extremely close to Peter Keen's method. With levels 2 and 3 equivalent to Peter Keen's level 2.

The use of RHR to calculate a heart rate reserve is quite slick but should be treated with some caution. A rider with a RHR of 110 might be better advised to see a doctor than train harder.

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Estimations of Calories Burned Whilst Cycling

1 Joule = 1 Watt for 1 second.
1 calorie = 4.186 Joule's (by international agreement ref. 4.)

Calories converted into kinetic energy are calculated from the power requirement at the pedals. The program offers two methods of calculating calorific requirements. At speeds below 19.57 mph method 1 gives slightly higher values than method 2. Above 19.57mph method two gives increasingly higher values. At 30mph the difference is approximately equal to eating two bananas per hour. The choice depends on how fast you ride and if you want to gain or loose weight.

Method 1

The thermodynamic efficiency (E) of muscles is considerably less than 100%. Ref. 1 puts it at between 20-30%. The default is 28%. The main factors effecting E are tiredness and temperature. The optimum temperature is fairly hot and sweaty. Twenty eight percent efficiency means that for every 28 Watt's converted into kinetic energy, an additional 72 Watt's of energy is used to accelerate the cardiovascular and respiratory systems and to produce heat. These additional calorie's have been calculated on a straight percentage basis and added to the total calorie's needed. I.e.

$$E = ((P + Ht / 1000) + ((B/60) * t)) / 4.186$$

Where additional energy H is:

$$H = P * (100 - e / e)$$

and:

e = Efficiency of riders body - %
E = Total energy requirement - kcal
P = Power at pedals - Watts
B = Base load - kcal/min
t = Time - seconds

The figure of 28% was arrived at by repeatedly changing the base load value and re-calculating until my calorific values were broadly in line with existing published data. I have assumed that the figure of 5.0 - 7.4 kcal/min while cycling up to 20kmh (ref. 3) is based on a 'Dutch bike' or 'Happy Shopper'.

An average person requires about 1.4 kcal per minute whilst sitting, (ref. 3). This 'base load' figure is added to the total calories burned. Some alternative values (ref. 3) are 1.1 kcal/min whilst sleeping, or 1.7 kcal/min while traveling (presumably by car).

Method 2

An alternative method (ref. 9) is to simply multiply the number of watts by 3.74 to obtain a value for kcal per hour. This gives results that are generally slightly lower than method 1, and at low power outputs, significantly so. At zero watts, this method claims zero calories! To adjust for this a base load value of about 1.4 kcal/min is added to allow for the bodies energy requirement whilst sitting.
I.e.

$$E = (3.74 * P) + 60 * B$$

where:

E = Total energy requirement - kcal/hour
P = Power at pedals - Watts
B = Base load - kcal/min

Note:

To use method 2 in its original form ($E = 3.74P$): Enter a zero in the box labeled base load.

© Machinehead Software / Nigel Jones

Wind Chill

The wind chill calculator can be opened by selecting Wind Chill Calculator from the Tools menu, or by clicking on the snowflake in the bottom right corner. This program uses the Siple-Passel method (ref. 15). This is based on measurements of the time taken to freeze 250 gm of water in a 5.7cm diameter by 15 cm high plastic cylinder at various wind speeds and temperatures. The following equation was originally used to predict conditions likely to produce frostbite on military exercises:

$$H = (12.12 + 11.6 * (\text{sq root of } v) - 1.16 * v) (33 - t)$$

Where

H = rate of heat loss (Watt's per sq.metre)
v = wind speed (metres per second)
33 = bare skin temperature (33 deg.C)
t = ambient air temperature (deg.C)
12.12 = heat transfer coefficient of conduction
11.6 = heat transfer coefficient of convection

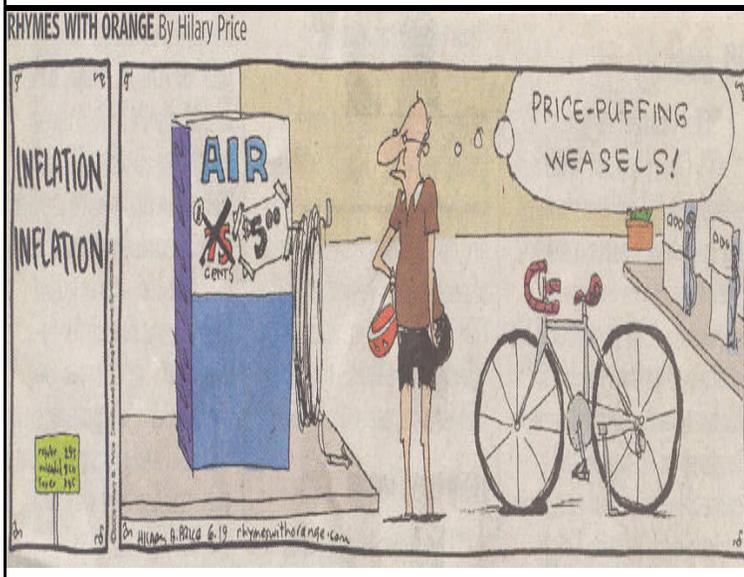
The wind chill equivalent temperature (TE) is the air temperature required to give the same cooling effect, on bare skin, at a reference speed of 5 mph (2.2352 metres/sec). Using this value yields the following expression:

$$TE = 33 - \frac{\text{the above formula}}{26.8698}$$

Ref. 15 also gives a table of values based on a reference speed of 5 mph. The program is in agreement with the table when the reference speed is subtracted from the wind speed.

The cooling effect due to evaporation of water - the riders sweat can be increased to delay the onset of thermoregulatory stress in hot conditions. Chris Boardman was sprayed with a water / isopropyl alcohol mixture prior to his hour record attempts (Ref. 26). Because alcohol evaporates faster than water the cooling effect is greater.

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Below is the Belle Isle "Ride of Silence". I can see why it was silent. PLEASE!!! Nobody use the "R" word.





Gary Haelewyn
 41706 Merrimac
 Clinton Twp MI 48038

Application Form - Clinton River Riders Bicycle Club

\$12.50 Individual (over 18)

\$15.00 Family

Name _____

Address _____

City _____

State _____ Zip _____

Home Phone (____) _____

email _____

Birthday _____

Additional Family Members

Name _____ Birthday _____

New Member Renewal

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state, and federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:

Clinton River Riders
 20584 Hall Rd PMB 247
 Clinton Twp., MI 48038

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

IN CONSIDERATION of being permitted to participate in any way in The Clinton River Riders Bicycle Club ("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 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 ("RISK"); (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 the 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. HEARBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAW, their respective administrators, directors, agents, 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 OPERATION.

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 NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature _____ Date _____

Signature _____ Date _____

Signature _____ Date _____

ALL RIDING MEMBERS MUST SIGN