

THREE SQUARES NEW ENGLAND INC.

RIDE FOR FOOD

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

As a condition of my participation, entry and/or volunteering at the Fifth Annual Three Squares New England, Inc. Ride for Food or any pre-Event practice ride or for any pre-event preparation (hereinafter "Event"), I am voluntarily executing this release form.

I confirm that I am at least 18 years old and have read and understand the following:

1. I certify that I am physically fit, have trained sufficiently for the Event and any pre-Event practice rides. I will abide by all traffic and Event ride rules.
2. I acknowledge that cycling is an inherently dangerous sport and fully realize the risk of participating in the Event. I agree to wear a properly attached ANSI-, SNELL-, or CPSC approved bicycling helmet while participating in the Event. I 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 Event, the condition in which the Event takes place, the actions or inactions of others not associated with the Event but using the roads for driving, running, walking or any other purpose; and (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 Event.
3. I acknowledge that no guarantee or warranty is made or implied as to the safety, condition, suitability or fitness of the routes shown and that road and bikeway conditions are subject to changes which can render them unusable or unsafe 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 Event.
4. I assume all responsibility for injuries and damages that may result as a participant, entrant or volunteer in the Event. As a condition of my participation, entry or volunteering, I hereby for myself, my heirs, executors and administrators, release, exempt and discharge and agree not to commence any law suit against Three Squares New England, Inc, it's Directors and Officers, the organizers of the Event, all Event sponsors, Event partners, Event subcontractors, Event staff, Event volunteers, and all cities/towns/municipalities through which the Event

passes, owners and lessors of premises on which the Event takes place (“Releasees”) from all claims, injuries, losses, damages and courses of action, present or future, whether they result from, arise out of or are incident to my participation, entry or volunteering in the Event or any related pre-Event activity.

5. 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 am giving 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.

6. I grant permission for the use of my name and photographs, video or images to be used in press releases, kits, media broadcasts or any other public relations or social media account of the Event.

If participating as a rider under the age of 18, you must ride with a parent, guardian or other adult.

If participating as a rider or a volunteer and under the age of eighteen (18) years of age, please print your name here _____, your birthdate _____ and age _____ and mail this form with either your parent’s or guardian’s signature to Three Squares New England Inc., PO Box 1055, Dedham, MA 02027.

Three Squares New England, Inc. strongly discourages individuals under of age of 14 from participating as riders.

REQUIRED SIGNATURE: Entrant

Date

I have read and understand the above and sign on behalf of my minor child.

Parent Guardian Signature (if participant is under the age of 18)

Date