

WAIVER FORM

I hereby release and discharge Trekkers, the cities of Thomaston, South Thomaston, St. George, Port Clyde, and Owl's Head, the Thomaston Police Department, volunteers, sponsors, organizers and any or all persons connected with *Mentour de Shore* from any and all liability for any injuries or damages I might sustain while participating in the tour. I acknowledge that wearing a helmet and obeying all traffic rules and regulations are required. I voluntarily execute this release with full knowledge that I will not be able to hold any of the foregoing entities liable for such injuries or death. I also understand the entry fees I pay are non-refundable and that the ride will be held rain or shine.

I know that bicycling is a sport carrying risk of personal injury. I know there are natural and man-made hazards, surface and environmental conditions and risks which in combination with my actions could cause severe or fatal injury. I agree that I must take an active role in understanding and accepting these risks, conditions and hazards and in preventing accidents from happening.

Signed: _____ Date: _____

If under 18 years of age, this release must be signed by a parent or legal guardian.

Parent or Guardian: _____ Date: _____

WHAT TO BRING	WHAT NOT TO BRING
<ul style="list-style-type: none"> ∞ Bike ∞ Helmet ∞ Water bottles ∞ Energy bars ∞ Sunglasses ∞ Bike clothing ∞ Sunscreen ∞ Towel & toiletries ∞ Your favorite mentor ∞ Your favorite mentee ∞ Family and friends ∞ Your appetite! 	<ul style="list-style-type: none"> ∞ Headphones! Do not inhibit your ability to hear approaching cars, other bicyclists, etc. ∞ Don't bother to bring a post-ride t-shirt because the real prize at the finish line is a Trekkers t-shirt! ∞ Bad attitudes! This event is a morale-booster and intends to bring bicyclists and community members together for a day of fun, food, and fundraising.

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