TeamCBC is a not-for-profit 501c3 Corporation in North Carolina. This bicycling event is for fundraising solely for TeamCBC. In consideration of being permitted to participate in any way in the TeamCBC sponsored Bicycling Activities (“Activity”), I, (name of participant), for me, 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 I believe conditions to be unsafe at any time, 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 conditions 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 THE LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE TeamCBC, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners or lessors of premises on which the Activity takes place (each considered 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.**
4. I agree to abide by the following TeamCBC Code of Conduct:

TeamCBC strives to foster an inclusive and diverse environment that is welcoming to all and where every rider always feels safe. As such, our club considers any behavior that is physically or verbally abusive, sexist, racist, or harassing in any way to be unacceptable. This behavior includes intentionally pushing or touching another cyclist on the bike without prior approval. Even with the best intentions, this is unsafe and could lead to a crash. Incidents of any of these types are taken very seriously, are subject to an internal investigation, and may result in the termination of your membership and a lifetime ban from participating in any future club rides or events.

I understand that I have the responsibility to:

1. Respect others and their belongings. This rule applies regardless of whether you are on one of our group rides or at another event.

Unacceptable conduct includes but is not limited to:

* + - Physical abuse to any person while riding or at any time during an event.
    - Use of foul language toward any person.
    - Making obscene gestures directed at any person.
    - Malicious actions on or off the bike toward any person.
    - Non-consensual physical contact, threatening or bullying behavior, unwanted personal advances, and any other inappropriate behavior.

Failure to maintain acceptable conduct can result in a verbal warning, written warning, or immediate suspension from TeamCBC at the sole discretion of the Board of Directors.

1. Know and respect the rules of the road.   
   (<https://club.racereach.com/grp_gnewsletter?app=index&xs=1688830442&context=1688830416&PHPSESSID=2889790e83fd31582d5d8bcebe25132c&end=1&groupid=104187426&pagez=grp_gnewsletter&emaillog_id=13959>). Remember, cars always win.
2. Arrive before the scheduled ride time to hear announcements.
3. Choose an appropriate distance and pace.
4. Be responsible for your actions – e.g., control your anger/frustration.
5. Feel free to ask questions.
6. Talk to a TeamCBC Board Member (<https://teamcbc.com/?page=grp_pagetabc_view&pagetabg_id=7181>) when you think something is wrong or can be improved.
7. Wear appropriate cycling apparel. TeamCBC Gear is NOT required.
8. Use good judgment before, during, and after rides.
9. Offer support and positive guidance to newer riders.

Any member demonstrating an unwillingness to meet this Code of Conduct will be subject to suspension of club privileges or their club membership.

**THE UNDERSIGNED, BEING ABOVE THE AGE OF 18, HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.**

**NAME (PRINT): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**