I understand that bicycling is a hazardous activity and that by voluntary participation in this event, I assume responsibility for any injury that I may suffer. I hereby waive all claims against the Bonneville Cycling Club, its Officers, Members, Volunteers, and Sponsors.
I attest that I am physically fit and prepared to participate in this event.

I HAVE READ THIS RELEASE AS INDICATED BY MY SIGNATURE BELOW.

Helmets are required for club rides, the use of CPSC approved helmets is strongly recommended. For your safety and the safety of other riders around you, the use of **stereo headsets of any type is prohibited** on Bonneville Cycling club rides.

Ride Leader:_____Date: _____

Starting Point:_____Mileage(s):_____ _____

SIGNATURE	Name (Please Print Clearly)	Member Y/N	Phone	How many miles do you plan to ride?	Car License Plate	Email Address (Please print clearly)

Email riders names without delay to statistics@bbtc.net -- Mail completed signup sheet to: Jen Green – 310 S 370 E Smithfield, UT 84335 **NEW 2009 FORM**