

Eastside Cycling Club Membership Application



Applicant Name:

Address:

Phone #:

Email Addr:

Emergency Contact Information

Contact Name:

Phone #:

I have paid the \$25 annual membership dues by either:

[_____]
initials

- on-line electronic payment
- by check or cash to the club Treasurer (Dalia Cantor)

I acknowledge that the Eastside Cycling Club is a volunteer organization and that I will treat guests fellow members, and Officers with respect & courtesy, and stress safety at all times as a representative of The Club abiding by all Club policies and rules.

[_____]
initials

I acknowledge that **I must provide a signed** ESCC RELEASE AND INDEMNITY AGREEMENT in order to participate in Club rides and events.

[_____]
initials

I acknowledge that **I have read, understand and agree to** the "How We Roll" and "Rules and Etiquette" sections of this application.

[_____]
initials

I acknowledge that Club Membership is controlled by the Club Board and that my membership may be terminated at any time, without refund, for infractions to Club policies, rules, or for repeated safety violations.

[_____]
initials

Applicant Signature:

Eastside Cycling Club Membership Application

RELEASE AND INDEMNITY AGREEMENT

In consideration of my acceptance or consideration for acceptance as a new or continuing member or prospective member or guest of Eastside Cycling Club, (including its predecessors, successors, and assigns) I hereby FREELY and VOLUNTARILY acknowledge and agree as follows:

I ASSUME ALL RISKS, known or unknown, incidental to membership in Eastside Cycling Club and those risks incidental to my participation in any official or unofficial club activities. I acknowledge and understand that participation in cycling-related activities of any kind (whether racing, training, recreational or otherwise; and whether as a rider, coach, mechanic, spectator, or in any other capacity) is an inherently dangerous activity, and that the dangers of any such activity include, but are not limited to, collisions, falls, mishaps, road hazards, motor vehicle accidents, equipment failure, inattentive or negligent or unskilled fellow-riders, and weather hazards, and that such dangers may result in DEATH, broken bones, permanent disability, paralysis, trauma, brain damage, heart failure or other cardio-vascular occurrences, and innumerable other severe physical or mental injury or trauma, as well as damage and loss to valuable equipment, components, and accessories.

On my behalf, and on behalf of my heirs, executors and administrators, I HEREBY INDEMNIFY, HOLD HARMLESS, AGREE NOT TO SUE, AND RELEASE AND FOREVER DISCHARGE FROM ANY AND ALL LIABILITY OF WHATSOEVER NATURE AND KIND, Eastside Cycling Club and the "Released Parties" (specified below in Exhibit "A"), of and from all liabilities, claims, actions, damages, injuries (including but not limited to permanent injuries or death), and costs, or expenses of any nature arising out of or in any way connected with my membership in., or arising out of my participation (whether or not as a member of Eastside Cycling Club) in any cycling, racing or other activities in connection therewith. This includes, but is not limited to, all liabilities, claims, actions, damages, injuries (including but not limited to temporary or permanent injuries or death), and costs, or expenses of any nature resulting from SIMPLE or GROSS NEGLIGENCE, misfeasance, malfeasance, errors in judgment, or any other act, or failure to act, or any other occurrence of whatsoever nature and kind.

I understand that choosing to participate in any Eastside Cycling Club activity is an entirely voluntary act on my part, and I completely, knowingly, voluntarily, and intelligently agree to assume all risks, known and unknown, foreseeable or unforeseeable associated therewith. I understand that this Release and Indemnity Agreement includes any claims based on any action or inaction of Eastside Cycling Club its members, directors, ride captains and any of the Released Parties herein.

I hereby covenant, certify, represent and warrant the following: (I) I am 18 years of age or older, (II) I have adequate cycling experience, (III) and I HEREBY AUTHORIZE MEDICAL TREATMENT for myself, at my sole cost, if the need arises. I further agree that if I or any of my heirs, successors, administrators, assignees or representatives bring any claim whatsoever in contravention of this agreement, the party bringing such claim shall be fully liable for all fees, costs, and expenses (including but not limited to all attorney's fees through all appeals) in connection with such claim.

This agreement shall be governed and interpreted in accordance with Florida law. Venue for any legal action relating to or arising out of this agreement shall be in Orange County, Florida. This agreement may not be modified or waived orally.

Every term and provision of this agreement shall be severable such that if any term or provision is found to be unenforceable or invalid, all other terms and provisions of this agreement shall remain valid and enforceable.

THIS INSTRUMENT IS INTENDED TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY OF ANY NATURE TO THE GREATEST EXTENT ALLOWED BY LAW, AND INCLUDES ANY AND ALL RIGHTS AND CLAIMS ARISING OUT OF ANY RELEASED PARTY'S SIMPLE or GROSS NEGLIGENCE, INCLUDING THAT OF

Eastside Cycling Club Membership Application

THE RELEASEE OR RELEASOR

THIS RELEASE SHALL BE FOR AN INDEFINITE TERM AND MAY ONLY BE REVOKED BY WRITTEN INSTRUMENT
SIGNED BY THE RELEASOR AND SERVED UPON A MEMBER OF THE BOARD OF DIRECTORS OF Eastside Cycling Club.

Eastside Cycling Club | 3520 Avalon Park E Blvd. | Orlando, FL 32828

THE UNDERSIGNED PARTY ACKNOWLEDGES AND AGREES THAT BY SIGNING THIS
DOCUMENT HE/SHE IS GIVING UP SUBSTANTIAL LEGAL RIGHTS, INCLUDING BUT NOT LIMITED TO THE RIGHT TO SUE
Eastside Cycling Club OR ANY OF THE RELEASED PARTIES, FOR ANY REASON, AT ANY TIME, WITHOUT LIMITATION.

I HAVE READ AND DO HEREBY FREELY AND VOLUNTARILY AGREE TO THE FOREGOING, WHICH CONSISTS OF TWO PAGES.

Date: _____ Printed Name of Releaser: _____

Signature of Releaser: _____

EXHIBIT "A" (RELEASED PARTIES)

The Released Parties are: Eastside Cycling Club and its members, directors, and officers (past, present, and future), ride
captains, Eastside Cycling Club suppliers, sponsors, and promoters (past, present, and future).

The Released Parties also include, but are not limited to, the parent, related and affiliated companies of all of the
foregoing and the officers, directors, employees, agents, attorneys, representatives, members, successors and assigns,
spouses and family members of each of the foregoing persons or entities.

MINOR RELEASE

I, _____ (parent or legal guardian of the minor named below) do hereby attest that I
have read the foregoing two-page Release and Indemnity Agreement and that I agree to be personally bound thereby;
and that I agree that my minor child shall be bound thereby as well. I further agree to indemnify and hold harmless any
party released herein from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as
the result of any claim made by or on behalf of my minor child.

Date: _____ Printed Name of Minor Child: _____

Signature of Minor Child: _____

Printed Name of Parent or Guardian: _____

Signature of Parent or Guardian: _____

How We Roll

Our Purpose

To form a community of people who are passionate about cycling.

Our Vision

To be the local cycling club that is recognized by residents and drivers as respectful and cooperative, and by other cyclists as a group they would like to (or aspire to) join.

Our Mission

To regularly ride, socialize and advocate for cycling together.

Our Motto

Faster, Stronger, Safer

Our motto speaks to our motivation to continually push ourselves in our individual fitness goals and take on big challenges. We also support and encourage each other in these goals. Faster, Stronger, Safer requires the self-control to know our limits so we don't hurt ourselves or others – this self-control is admirable and not a weakness.

Our Priorities

Adventure

Our rides are fun, exciting and challenging. In addition to our standing rides, we look for opportunities to participate together in challenging events in central Florida and beyond.

Community

We regularly spend time together both on and off the bike. We share our cycling knowledge and learn from each other. And we might even loan out a wheel now and again. Sometimes we disagree but there is good-will among the group.

Safety & Proficiency

Cycling requires skill and we are always striving to become better bike handlers. On group rides we work together for mutual benefit — for each other and not only for ourselves. The decisions we make in the pace-line affect every rider behind us, so we consistently abide by agreed upon etiquette. The benefit of proficiency is safer, more disciplined rides. Safety is largely the outcome of skilled riding so I think proficiency is a better goal than safety. Cycling by nature is risky, but proficiency is the path to mitigate the risks. Safety is measured by X number of accident free rides, proficiency is the ongoing sharpening of skill and can be defined and measured at various levels. For example, if safety is truly our goal, then we will need to eliminate certain roads, the sprint zones and more.]

Advocacy

“Share the Road” goes both ways. We get that. So we do our part to respect the rules of the road on our rides. How we ride individually affects the entire community so we ride with the same respect on our solo rides. We adopted Innovation Way, volunteering our time to clear the bike lanes of debris. ESCC, along with the greater cycling community, champions selected benefit rides.

ESCC Club Ride Rules and Etiquette

Please take the time to read the following two pages and familiarize yourself with the ESCC Rules and Etiquette of riding in a pace-line. The goal is to ensure a safe and pleasant ride. ESCC reserves the right to disallow a cyclist from participating in group rides if he/she does not follow the Club Ride Rules and Etiquette, especially if deemed dangerous to other riders. Thank you for your cooperation.

You MUST wear a helmet at all times when riding.

No cell phones or headphones/earbuds are permitted while riding in the pace-line. Not even in just one ear.

Bring what you need to fix a flat tire. A spare tube, tire levers, and a pump or CO2/Nozzle. We'll gladly give you ours if you get a 2nd flat, but it is not cool to ride without a spare.

Do not ride on aero bars anywhere in the paceline (even front and back positions are verboten). Or rest forearms on the handlebars. The idea is that you need to have instant access to your brakes.

Remember, you are responsible for the riders behind you. The key to a safe pace-line is the predictability of all those involved so please ride a steady and straight line and call out your intentions well in advance if you need to deviate from the line. The following provide some of the important considerations in being a responsible and safe group cyclist:

- If there is an obstacle in the road (a pot hole, a trash can, sand, slower riders, a jogger, a parked car, etc) point it out in advance by pointing and verbally, and avoid it by slowly moving over well in advance, not with sudden course changes or speed changes. NEVER assume riders behind you saw or heard the call out... Pass the message back.
- Do not ride too close to the edge of the road. Leave at least one foot on the right side. It is too easy to catch a lip, fall over and take out the line.
- Do not ride too close to the wheel in front of you. You get essentially the same draft benefit 2-3 feet back.
- Be respectful of traffic and promote a friendly interaction with cars. Take up as little of the lane as needed for safe riding. It is not lawful to ride more than two abreast. When rotating back or passing slower riders, try to stay relatively close to the rider to your right, not way out in the middle of the road.
- Try not to use your brakes. Sit up or move out of the draft to slow down. If you must brake, feather your rear brake. If you have to slow more than a little bit, call out loudly: "SLOWING".
- You may need to stand to accelerate, climb a hill or stretch. To avoid throwing your bike backwards into a following rider, shift up before standing to compensate for your slower cadence.
- When in a crosswind and drafting the rider ahead, DO NOT overlap your front wheel with the rider in front of you. If the rider ahead of you needs to make a quick move to avoid something unexpected you will fall along with anyone behind you.

Eastside Cycling Club Membership Application

There are three key positions in a pace-line: The lead rider, the tail rider, and those in-between. This section describes unique responsibilities for each of these positions

Lead Rider

- The lead rider has prime responsibility for the pace-line.
- Ride at a steady speed, do not coast or brake.
- Try not to surge ahead when you take over the head of the pace-line. If you are going to increase the pace, try to keep the group together by doing so gradually.
- When you take over at the head of the pace-line, and cannot keep the pace set by the riders before you, pull for as long as you are capable at that speed and then signal that you are dropping off. There is NO expectation from the other riders that you pull for any given amount of time. Rather, everyone enjoys a consistent pace.
- Call and point out obstacles (cars, walkers, dogs, other cyclists, debris, etc.) on the road. Also, call out turns, slowing, and stopping.
- Don't pull too hard or too long at the front. Save your energy so you can rejoin the pace-line after falling off the lead.
- After turns, slow the pace for a few seconds to allow everyone to group up again and you hear the vocal alert "last on".

Middle Riders

- Pass hazard information backward and forward by calling or pointing them out.
- Keep a one to two foot gap between you and the rider in front. Do not overlap wheels, make sudden moves, or allow a large gap to form. If so, close it slowly and gradually.
- Look up toward the front of the pace-line or at the back of the rider in front of you.
- Ride at the leeward side of the rider in front of you.
- When moving to the front, keep your speed constant. Do not open gaps by accelerating or sprinting quickly.
- If you are too tired to assume the lead, pedal a few times and then rotate off the lead.
- When within the pace-line, and at your limit and wish to drop off, please do so gradually and with a signal to riders behind you.

Tail Rider

- Call out overtaking traffic "car back".
- When the rider falling off the lead is about two bike lengths before the tail, call out "last".
- If you cannot keep the pace, call out "falling off".
- When re-entering the pace-line after falling off the lead, begin increasing your speed to match the pace-line when you are about two bike lengths from the tail.