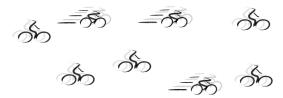






# Please check activities that interest you

- Planning and Budget Committee
- o Rides and Events Committee
- o Membership and Social Committee
- Safety and Education Committee
- Communications Committee
- o Maine Bike Rally
- o Bike Rodeo
- o Maine Hospice Event
- o Ride Leader Training
- o MWBC Brunswick Time Trial
- Bicycle Advocacy



### Affiliated with:

- · Bicycle Coalition of Maine
- · League of American Bicyclists

# Serving:

- Bath
- Brunswick
- Topsham
- Freeport
- Surrounding Communities

Merrymeeting Wheelers Bicycle Club PO Box 233 Brunswick, ME 04011 www.merrymeetingwheelers.org

#### THE MERRYMEETING WHEELERS BICYCLE CLUB MEMBERSHIP APPLICATION

Name(s):				Date:	
Address:			City	ST	ZIP
Telephone:	(H)	(C)	(W)		
Email:					
			Membership ty	pe: GUEST RIDE	ER
		ear begins April 1st. Members who join De Box 233, Brunswick, ME 04011	cember through March are	members through the	following membership year.
RELEASE A		TY, ASSUMPTION OF RISK, INDEMNITY, AN	ND PARENTAL CONSENT AG	REEMENT ("Agreement	") for the Merrymeeting
1. ACKN such / activit 2. FULLY AND E which known incur : 3. HEREI memb consic WHOL RELEA INDEN result I AM 18 YEA AGREEMENT RELEASE OF WITHSTAND ADULT PARTI (PRINTED):	Activity. I further acknowled ies are to be expected. I fur  ('UNDERSTAND that (a) BIG  DEATH ("Risks"); (b) these the Activity takes place, or  n to me or not readily fores  as a result of my participati  BY RELEASE, DISCHARGE, ,  bers, volunteers, and emplo  lered one of the "RELEASE  E. OR IN PART BY THE NEC  SEE AND WAIVER OF LIABI  MIFY, SAVE, AND HOLD H  of such claim.  R, HAVE SIGNED IT VOLUNT  ALL LIABILITY TO THE GR	esent that I understand the nature of Club Activiting that the Activity will be conducted over public in the agree and warrant that if, at any time, I be CYCLING & CLUB ACTIVITIES INVOLVE RISKS AN RISKS and dangers may be caused by my own act THE NEGLIGENCE OF THE "RELEASEES" NAMEC eeable at this time; and I FULLY ACCEPT AND AS	c roads and facilities open to the croads and facilities open to the clieve conditions to be unsafe, I MD DANGERS OF SERIOUS BOD tions or inactions, the actions of DELOW; (c) there may be OT SSUME ALL SUCH RISKS AND A Perican Bicyclists ("LAB"), the Cliers, and, if applicable, owners and in applicable, owners and in applicable, owners and its properties of the control of the con	we public during the Activity will immediately discontin SILY INJURY, INCLUDING F or inactions of others partic HER RISKS AND SOCIAL AI LL RESPONSIBILITY FOR L  ub and its respective admir nd lessors of premises on v  NMY ACCOUNT CAUSED ( CUE OPERATIONS. And, I I  y behalf, makes a claim ag, i, loss, liability, damage, or  THAT I AM GIVING UP SU  ID INTEND IT TO BE A COI	and upon which the hazards of said use further participation in the Activity PERMANENT DISABILITY, PARALYSI pipating in the Activity, the conditions ND ECONOMIC LOSSES either not LOSSES, COSTS, AND DAMAGES I ministrators, directors, agents, officers, which the Activity takes place, (each DR ALLEGED TO BE CAUSED IN FURTHER AGREE that if, despite this ainst any of the Releases, I WILL cost which any may incur as the BSTANTIAL RIGHTS BY SIGNING THE MILLEGED TO BE CAUSED TO BE CAUSED TO BE CAUSED IN FURTHER AGREE THAT IN THE BETANTIAL RIGHTS BY SIGNING THE BALANCE, NOT
(only if age 1		I HAVE READ THIS RELEASE			Date:
NAME IF API	PLICABLE (PRINTED):				
(only if age 1	T'S SIGNATURE: !8 or over):	I HAVE READ THIS RELEASE			Date:
	Address:				n.
AND I, THE I BELIEVE THE COVENANT I DAMAGES OI NEGLIGENT OF THE "REL	MINOR'S PARENT AND/OR E MINOR TO BE QUALIFIED NOT TO SUE, AND AGREE T N THE MINOR'S ACCOUNT RESCUE OPERATIONS AND LEASEES" NAMED ABOVE, I	State:  ticipants Under the Age of 18) LEGAL GUARDIAN, UNDERSTAND THE NATURE ( ), IN GOOD HEALTH, AND IN PROPER PHYSICAL TO INDEMNIFY AND SAVE AND HOLD HARMLESS CAUSED OR ALLEGED TO BE CAUSED IN WHOLE FURTHER AGREE THAT IF, DESPITE THIS RELE WILL INDEMNIFY, SAVE, AND HOLD HARMLESS Y INCUR AS THE RESULT OF ANY SUCH CLAIM.	CONDITION TO PARTICIPATE EACH OF THE "RELEASEES" F E OR IN PART BY THE NEGLIGE ASE, I, THE MINOR, OR ANYOI	IN SUCH ACTIVITY. I HER ROM ALL LIABILITY, CLAIN ENCE OF THE "RELEASEES" NE ON THE MINOR'S BEHA	EBY RELEASE, DISCHARGE, 4S, DEMANDS, LOSSES, OR ' OR OTHERWISE, INCLUDING LF MAKES A CLAIM AGAINST ANY

MINOR'S NAME (PRINTED):	BIRTH DATE OF MINOR:		
MINOR'S NAME (PRINTED):		BIRTH DATE OF MINOR:	
DADENT/GUADDIAN SIGNATURE	I HAVE READ THIS RELEASE	Date	

Adapted from FORM NO. LAB MINOR W&R, DME#480846 (1/2007)



# Group Riding Etiquette and Bicycle Safety

- All riders must wear an approved bicycle helmet
- ✓ Riders must obey Maine State vehicular and traffic laws
- ✓ Riding in an MWBC Group does not give riders the right to ignore stop signs and traffic lights
- ✓ Move off the road when you stop
- ✓ Keep a safe distance from other riders
- ✓ Be Predictable: Ride straight and steady. Indicate when you are turning, slowing or stopping.
- ✓ Use Hand Signals and Verbal Warnings Using both helps ensure communication is understood by other riders.
- ✓ Ride Single or Double File Make sure to single up when cars are trying to pass. Please exercise your rights with courtesy
- ✓ Know Your Limits
  It's OK to stop and rest or not complete a ride.
- ✓ Ride with traffic
- ✓ Be Visible wear bright colors
- ✓ Maintain your bicycle

When we all ride safely and are considerate of others, it is easy to Share the Road

### Merrymeeting Wheelers Bicycle Club PO Box 233 Brunswick, ME 04011

www.merrymeetingwheelers.org





## **About MWBC**

Looking for fun and fitness on two wheels in the scenic mid-coast region of Maine? Look no further than the Merrymeeting Wheelers Bicycle Club (MWBC) in Brunswick, Maine.

MWBC offers rides from 5 to 20 miles for families to day-long tours of 50 miles or more for experienced cyclists. All rides are led by fellow club members who know the lightly traveled, most scenic routes and out-of-the-way refreshment stops.

Want to try biking on off-road trails? MWBC will take you there. Prefer road riding, or even competitive biking? MWBC members do that, too. Have an idea for a bike trip that you would like to lead? Club members are encouraged to participate in planning new activities.

Want to keep in shape in the off-season? Participate in weekday club spinning and weekend hiking and cross-country skiing events during late fall and winter.

There are club parties and social outings as well. You'll be able to keep track of all the activities through the club's newsletter, weekly updates and on our website.

To find out more about MWBC come to our club meetings or rides, and be sure to check out our website: **www.merrymeetingwheelers.org** 







# A Mid-Coast Maine Bicycle Club

www.merrymeetingwheelers.org



### **Activities:**

- Weekly recreational rides for ALL abilities
- Annual multi-day tour
- Variety of weekend rides
- Bi-monthly meetings & speakers
- Off-season spinning, hiking, skiing
- Annual community bike rodeo
- · Community bicycle safety training
- Community bicycle advocacy