# RIDER GUIDE 2019



PEDALING TO BEAT BREAST CANCER

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## WELCOME AND SCHEDULE OF EVENTS

Welcome to the 2019 Texas Mamma Jamma Ride! A great day of cycling is in store for you along scenic country roads on routes for every skill level: 15, 25, 40 and 65 miles. The ride starts and finishes in the picture-perfect town of Martindale, on the banks of the San Marcos River. Your registration includes lunch, beer, live music, and more in a family-friendly atmosphere along Martindale's historic Main Street.

Texas Mamma Jamma Ride is an annual bike ride, for riders of every ability, that raises funds to support local support programs and services for breast cancer fighters and survivors in Central Texas. In the first 10 years, Texas Mamma Jamma Ride has returned over \$1.7 million to its beneficiary organizations; Breast Cancer Resource Center, Komen Greater Central and East Texas, Ascension Seton, Capital of Texas Team Survivor, Wonders & Worries, Community Action Central Texas, and Sustainable Food Center.

Be sure to like and follow Mamma Jamma on social media (Facebook, Instagram, Twitter) and check the website (mammajammaride.org) for additional information about the ride.

#### EARLY PACKET PICK UP Wednesday, September 18th 10AM - 7PM

Bicycle Sport Shop 517 S. Lamar Blvd Austin, TX 78704

#### Thursday, September 19th 10AM - 7PM

Bicycle Sport Shop 517 S. Lamar Blvd Austin, TX 78704

#### RIDE DAY Saturday, September 21st 6AM - 4PM

409 Main St. Martindale, TX 78655

#### **EVENT SCHEDULE**

6:00 AM - Parking Opens

6:15 AM - Onsite packet pick up OPENS

7:30 AM - BIG WIG photo at start line

7:45 AM - Staging begins

7:45 AM - Onsite packet pick up CLOSES

7:55 AM - SURVIVOR photo at start line

8:00 AM - Ride starts

10:30 AM - Post ride meal service begins

4:00 PM - Post ride party CLOSES

## PACKET PICK UP

Make packet pick up a breeze by making sure you have hit the \$300 fundraising minimum prior to arriving! Riders who have not yet reached the minimum will need to settle up prior to receiving any event goodies. At packet pick up you'll receive your bib, rider gift, and teeshirt, along with other fun promo and merch.

YOU MUST HAVE A SIGNED WAIVER TO PICK UP YOUR PACKET. WAIVER IS ON THE LAST PAGE OF THE GUIDE.

\*IMPORTANT: On event day, cycling shoes are NOT allowed in the packet pick up / gear check room so please wear other shoes first thing in the morning!

### BIBS

Please make sure to wear your bib during the event. Pin on the back of your jersey so its visible to others. The bib perforations are for the 'following:

- 1. Meal Coupon
- 2. Drink Coupon

**DON'T FORGET -** Our support number is on the back of your bib! Call our support phone line and we will get a support vehicle to your location ASAP! That number is 877-342-2046.

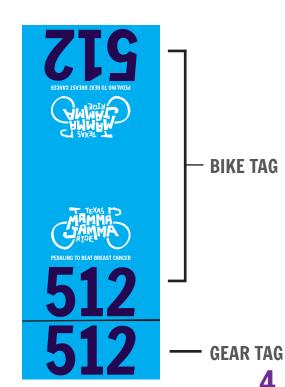
IMPORTANT: If your medical need is an emergency for you or another rider, always call 911 first and then call our support line second.

## **GEAR & BIKE TAGS**

All riders will receive an adhesive tag with a duo of labels for your bike and gear bag.

Feel free to bring a small bag to the venue and leave at Gear Check while you are on the ride! No need to head back to your car after ride; check your bike at the Bike Corral, stay at the venue, sit back and relax. Pack some comfy shoes, a change of clothes, and make sure you have your ID to enjoy a nice, cold beer after the ride!

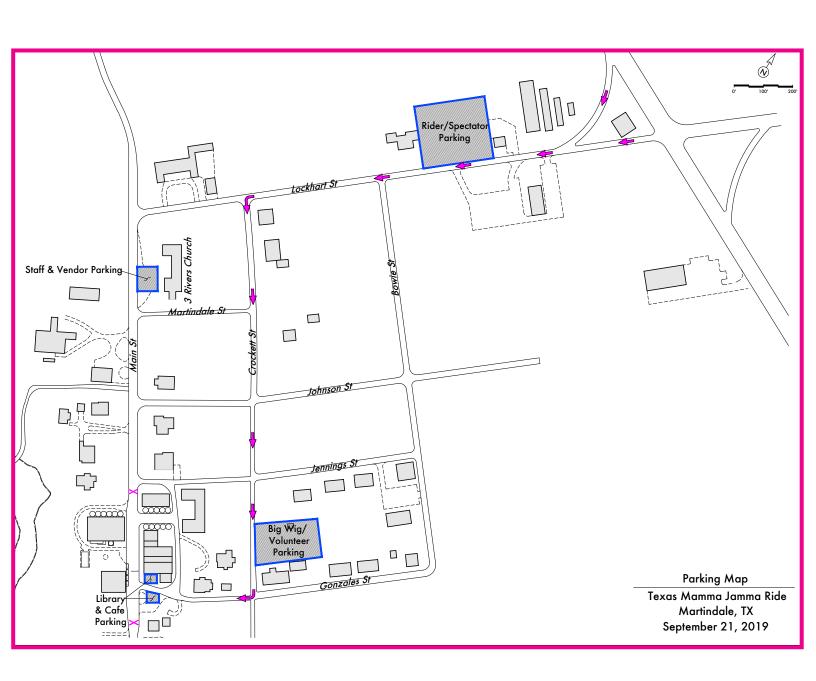




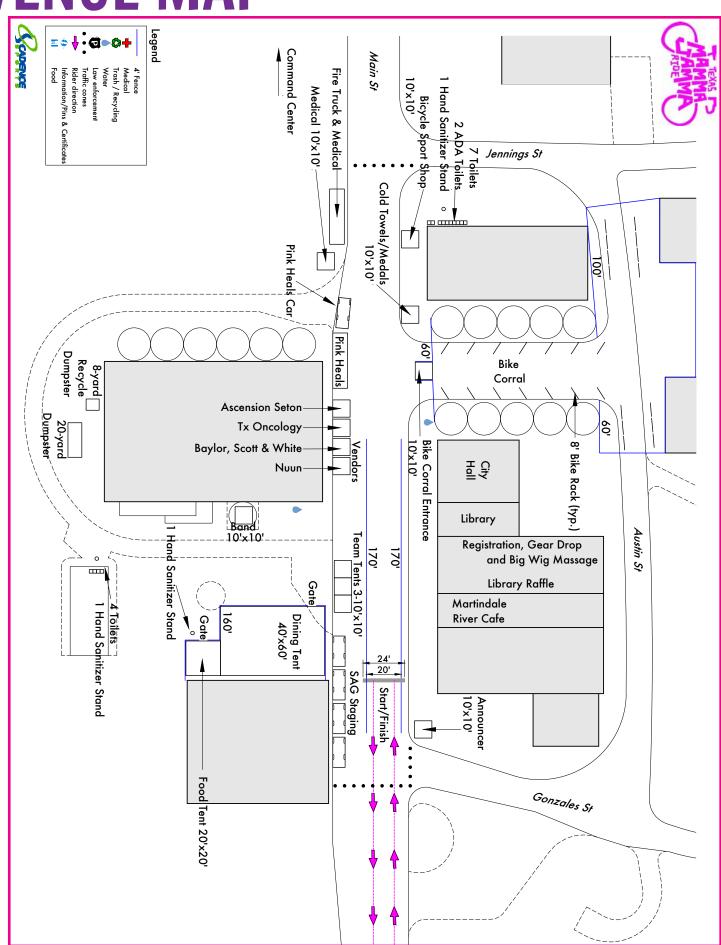
## PARKING INFORMATION

Please approach the venue from Hwy 80 and Lockhart Street. Several roads in Martindale are very narrow and we would like to keep them one way traffic while directing attendees to parking. Look out for signs designating Big Wig/Volunteer and Rider/Spectator parking. Big Wigs and Volunteers should be prepared to show their parking pass that is emailed out event week.

\*After parking, signs and volunteers will help guide you to the venue.



## **VENUE MAP**



## **SUPPORT PHONE NUMBER**

Out on the course and need assistance? It could be for reasons such as mechanical, non-emergency medical, or help with directions. Call our support phone line and we will get a support vehicle to your location ASAP! That number is 877-342-2046 and it is also located on the back of your bib so you always have it on you while riding.

IMPORTANT: If your medical need is an emergency for you or another rider, always call 911 first and then call our support line second.

## **COURSE INFORMATION**

The course starts and finishes on Main Street in quaint Martindale, TX and offers a great day of riding through the countryside. You have the option of 15, 25, 40, and 65 mile routes. There will be rest stops hosted by Mamma Jamma beneficiaries with food and water located every 10-15 miles. There will be Support and Gear vehicles (SAG) and mechanical support on the course to assist riders in need. In addition there will be riding medics to assist riders in need and to ensure rules of the road are followed. At intersections, **PLEASE USE EXTREME CAUTION**. There will be county officers assisting at particular locations, but they will not be at every turn. It is your responsibility to look both ways and use best judgement when making a turn.

## **REST STOP SUMMARY**

COURSE	FROM	ТО	POINT TO POINT	TOTAL
15 MILE	Start	#5	10.2 miles	10.2 miles
25 MILE	Start	#3	13.3 miles	13.3 miles
	#3	#5	7.6 miles	10.9 miles
40 MILE	Start	#3	13.3 miles	13.3 miles
	#3	#4	12.2 miles	25.5 miles
	#4	#5	7.7 miles	33.2 miles
65 MILE	Start	#1	13.3 miles	13.3 miles
	#1	#2	15.2 miles	28.5 miles
	#2	#3	11.5 miles	40.0 miles
	#3	#4	12.2 miles	52.4 miles
	#4	#5	7.7 miles	64.8 miles

## BICYCLE SAFETY AND ETIQUETTE

Please obey the rules of the road and respect the local citizens who welcome this event with open arms. Below, you will find some general road riding etiquette rules that should be followed to create a safe environment for all involved. Please review the content, as your safety is our #1 priority.

#### 1. ALWAYS WEAR A HELMET AT ALL TIMES.

- 2. Follow the Rules Follow all traffic laws that an automobile driver would observe, which include, but not limited to, stopping at red lights, stop signs and yielding to pedestrians. In some cases, a police officer stationed at an intersection will give the riders the right away in this case, it is okay to proceed with caution. **DO NOT PROCEED UNTIL THE OFFICER MOTIONS YOU.**
- 3. Radio Devices Headphones, phones, radios and other devices are **NOT** permitted while riding.
- 4. Be Predictable Smooth, consistent riding is the key to ensuring everyone feels comfortable and that you are not a hazard to yourself or anyone else.
- 5. Know Your Limitations **UTILIZE THE COURSE SUPPORT PROVIDED** The Texas Mamma Jamma Ride course can be difficult in volatile weather. There will be Rest Stops with food and hydration, along with mechanical support, roughly every 10-20 miles. There will also be SAG vehicles along the course that will assist with your ride.
- 6. Call Out Any Change Call out "Slowing", "On Your Left/Right", "Car Up", "Car Back", etc.
- 7. Signal Be sure to signal with your hands or voice so that everyone knows your intentions.
- 8. **DO NOT** Overlap Wheels Be cognizant of those around you and pay attention to the position of your front wheel vs. their back wheel.

(continued on next page)

## BICYCLE SAFETY AND ETIQUETTE (cont'd)

- 9. Ride Single File or Two Abreast Texas Mamma Jamma Ride is a 'rules of the road' ride, which means the roads are open to traffic. Please do not endanger yourself and others by riding more than two abreast and inconveniencing the local citizens who allow us to ride through their community.
- 10. Stay to the Right Ride as far to the right as is practical, unless making a left hand turn or avoiding hazards in the road. If you must stop, do your best to move off the road when you stop.
- 11. Leave No Rider Behind If you are riding with a group and get separated at an intersection do not stop in the bike lane to wait for them. Pull completely off the road or "soft pedal" (pedal slowly) until they catch up.
- 12. Say "Thank You" Texas Mamma Jamma Ride could not exist without the many volunteers and agency support on-course. Please take the time as your ride by to thank them for dedicating their time to the event.
- 13. Crossing Fast-Moving Traffic There are few points in the course where you will have to cross fast moving traffic. These intersections will be controlled by county sheriffs. Please make sure that you use extreme caution when crossing the road and follow instruction given by officers.

## **EMERGENCY MANAGEMENT**

The Texas Mamma Jamma Ride is an outdoor event on public roads with many different factors that could influence participant safety including, but not limited to weather and street traffic. Although not all scenarios can be anticipated, the next page will outline the most likely issues and most importantly, outline a decision-making process.

## WEATHER CONDITIONS AND SAFETY

The Texas Mamma Jamma Ride reserves the right to postpone the ride start, reduce the length, or cancel the event to ensure the safety of its participants. The organization will do everything within its capabilities to communicate cancellation, postponement, or alteration of the event to Participants as quickly as possible. The Texas Mamma Jamma Ride will utilize a text messaging alert system at their discretion to communicate any emergency notifications including, but not limited to any of the above mentioned scenarios. In all cases, partners and participants are responsible for their own safety and should use their best judgment in deciding whether or not to continue if severe weather conditions exist.

Weather is unpredictable and rain is a very real possibility. Barring severe weather emergencies, the Texas Mamma Jamma Ride will continue despite poor weather conditions. Participants should be prepared for high winds, temperatures ranging from 60-100 degrees Fahrenheit, heavy rainfall, and/or a combination of these conditions.

Given that weather can change during the event, weather related announcements may need to be issued after the start of the event. Texas Mamma Jamma Ride will utilize the Event Alert System (EAS) as a visual aid for communicating to Riders and volunteers the potential for adverse weather conditions. A series of color codes will be used to indicate increasing severity of adverse conditions. The color-coded signs will be displayed at each rest stop and the venue.

ALERT LEVEL	LEVEL CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED/FOLLOW EVENT OFFICIAL INSTRUCTIONS
HIGH	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN/OBSERVE COURSE CHANGES/FOLLOW OFFICIAL IN- STRUCTIONS/CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT/BE ALERT

#### SHELTER:

- Main Street buildings at Start/Finish
- Rest stops or other appropriate locations/assets along the course (use your best judgement)

Personal Vehicles

## **COURSE MARKINGS**

The course will be fully marked with signage and route arrows for each distance. Watch for oversized signage with special instructions on the route (i.e. Distances turning in different directions)

#### SIGNAGE EXAMPLES









#### **ROUTE ARROWS**





Dallas.

**LEGEND** 

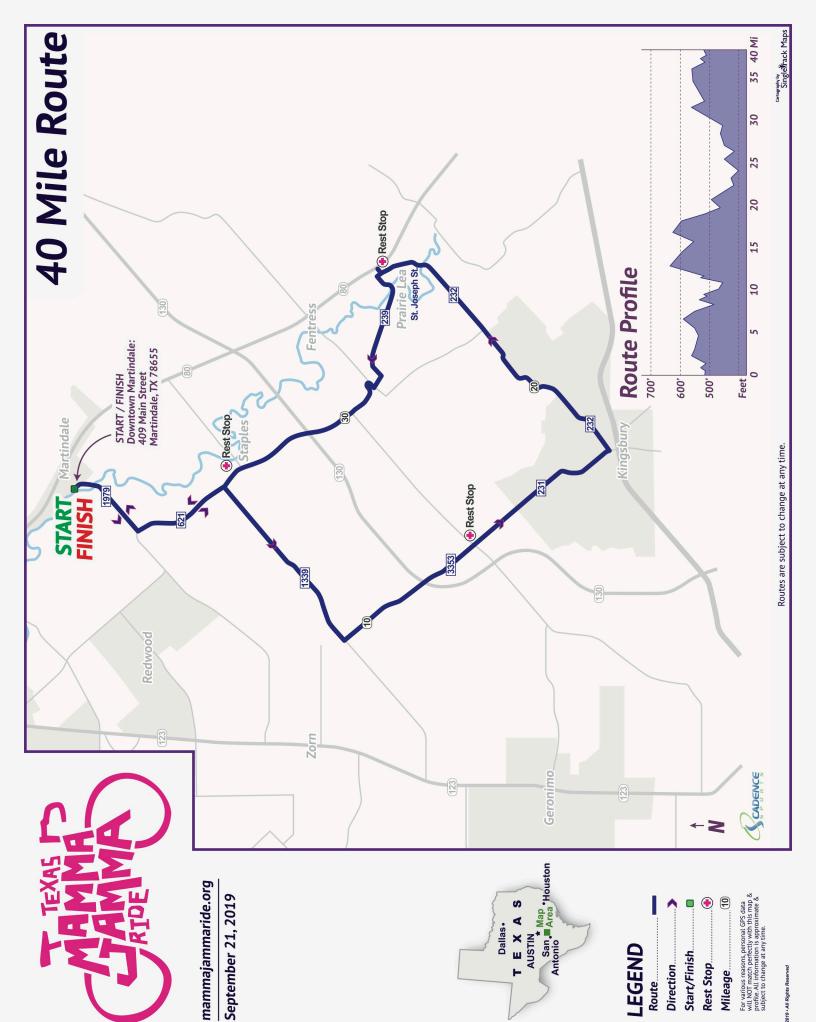
Start/Finish. Direction



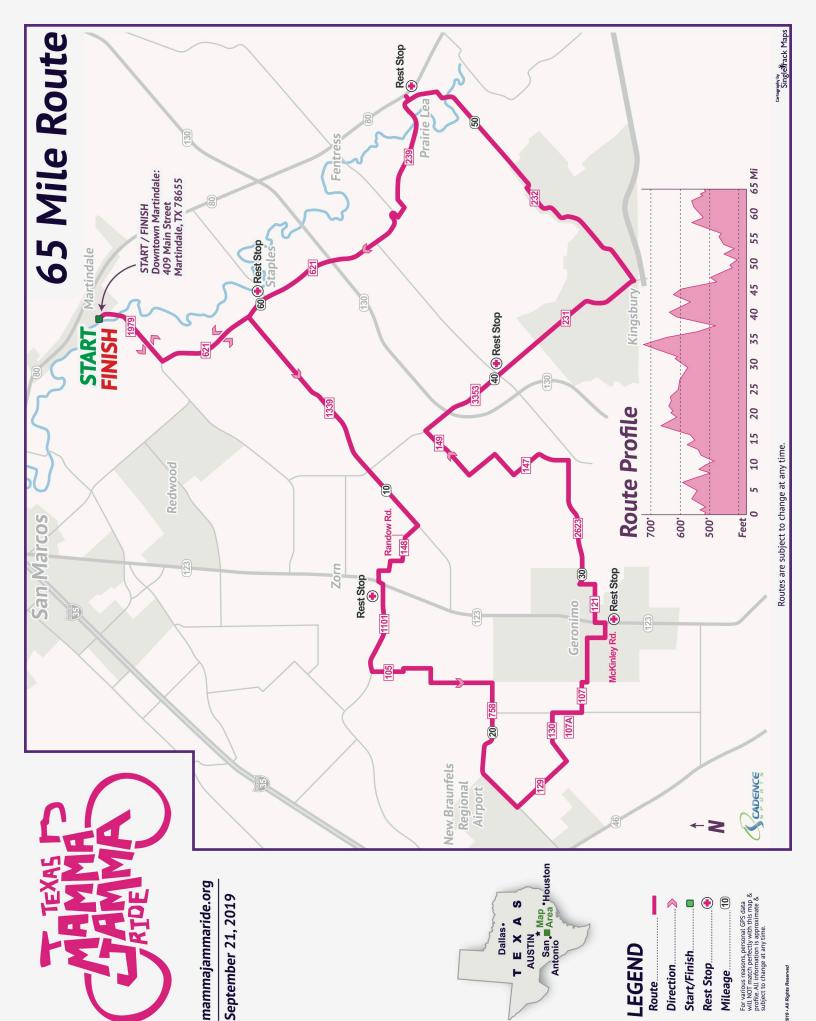
Dallas.

**LEGEND** 

Start/Finish. Direction



Direction



Start/Finish. Direction

## **GPX FILES**

Riders may download GPX files here: <a href="https://www.mammajammaride.org/ride-maps">https://www.mammajammaride.org/ride-maps</a>

To download for your device, scroll down to the Ride With GPS map for your desired distance and click the link at the top of the map that says "Send to Device."

## 15 MILE LOGS

INCREMENT	FORWARD	ACTION	LOCATION	FROM
	MILES			
0.00	0.00	START	Downtown Martindale	
0.10	0.10	Right	FM 1979	Main St.
2.00	2.10	Left	FM 621	FM 1979
2.40	4.50	Right	FM 1339	FM 621
2.40	6.90	Left	Bylerpool Rd	FM 1339
0.70	7.60	Left	Allison Rd	Bylerpool Rd
2.40	10.00	Left	FM 621	Allison Rd
0.20	10.20	RS#5	Staples Memorial Park	REST STOP
2.90	13.10	Right	FM 1979	FM 621
2.00	15.10	Left	Main St.	FM 1979
0.10	15.20	FINISH	Downtown Martindale	

## 25 MILE LOGS

INCREMENT	FORWARD	ACTION	LOCATION	FROM
	MILES			
0.00	0.00	START	Downtown Martindale	
0.10	0.10	Right	FM 1979	Main St.
2.00	2.10	Left	FM 621	FM 1979
2.40	4.50	Right	FM 1339	FM 621
4.80	9.30	Left	FM 3353	FM 1339
4.00	13.30	Left	FM 20 E	FM 3353
0.00	13.30	RS#3	Dean Store	REST STOP
4.40	17.70	Slight Left	FM 621 N	FM 20
3.20	20.90	RS#5	Staples Memorial Park	REST STOP
2.90	23.80	Right	FM 1979 E	FM 621 N
2.00	25.80	Left	Main St.	FM 1979 E
0.00	25.80	END	FINISH	Downtown Martindale

## 40 MILE LOGS

INCREMENT	FORWARD	ACTION	LOCATION	FROM
	MILES			
0.00	0.00	START	Downtown Martindale	
0.10	0.10	Right	FM 1979	Main St
2.00	2.10	Left	FM 621	FM 1979
2.40	4.50	Right	FM 1339	FM 621
4.80	9.30	Left	FM 3353	FM 1339
4.00	13.30	Left	FM 20 (for REST STOP #3)	
0.00	13.30	RS #3	Dean Store	REST STOP
0.00	13.30	CS	Kingsbury Rd	FM 3353
4.20	17.50	Left	Prairie-Lea Rd	Kingsbury Rd / 231
6.70	24.20	CS	Plant Rd	Prairie-Lea Rd
0.40	24.60	Left	St. Joseph St	Plant Rd
0.70	25.30	Right	Church Ave for Rest Stop #4	St. Joseph St
0.20	25.50	RS #4	Prairie Lea Baptist Church	REST STOP
0.10	25.60	Return	Return on Church Ave.	Rest Stop / Church Ave.
0.10	25.70	Slight Right	St. Joseph St	Church Ave.
0.60	26.30	CS	Sherrill Rd	St. Joseph St
2.70	29.00	Right	Cottonwood Creek Rd	Sherrill Rd
0.10	29.10	Left	FM 20	Cottonwood Creek Rd
0.90	30.00	Slight Right	FM 621 N	FM 20
3.20	33.20	RS #5	Staples Memorial Park	REST STOP
2.90	36.10	Right	FM 1979	FM 621 N
2.00	38.10	Left	Main St	FM 1979
0.10	38.20	END	FINISH	Downtown Martindale

## 65 MILE LOGS

INCREMENT	FORWARD MILES	ACTION	LOCATION	FROM
0.00	0.00	START	Downtown Martindale	
0.10	0.10	Right	FM 1979	Main St
2.00	2.10	Left	FM 621	FM 1979
2.40	4.50	Right	FM 1339	FM 621
6.60	11.10	Right	Randow Rd	FM 1339
2.00	13.10	Left	TX-123	Randow Rd
0.10	13.20	Right	FM 1101	TX-123
0.10	13.30	RS#1	Corner Yard (FM1101 and 123)	REST STOP
2.10	15.40	Left	Huber Rd	FM 1101
1.50	16.90	Right	Stay on Huber Rd	Huber Rd
1.80	18.70	Right	FM 758	Huber Rd
3.50	22.20	Left	Dauer Ranch Rd	FM 758
1.60	23.80	Left	Pieper Rd	Dauer Ranch Rd
1.30	25.10	Right	Barbarosa Rd	Pieper Rd
0.70	25.80	Left	Friedens Church Rd	Barbarosa Rd
0.70	26.50	Right	Huber Rd	Friedens Church Rd
0.10	26.60	Left	Friedens Church Rd	Huber Rd
1.50	28.10	Slight Right	McKinley Rd	Friedens Church Rd
0.40	28.50	RS#2	Geronimo Memorial VFW Post 8456	REST STOP
0.00	28.50	Left	TX-123	McKinley Rd
0.30	28.80	Right	Heinemeyer Rd	TX-123
0.40	29.20	CS	Heinemeyer Rd	Heinemeyer Rd
0.90	30.10	Right	FM 2623	Heinemeyer Rd
3.10	33.20	Left	Old Lehmann Rd	FM 2623
3.10	36.30	Right	Meyer Rd	Old Lehmann Rd
1.50	37.80	Right	FM 3353	Meyer Rd
2.20	40.00	Left	FM 20 (for REST STOP #3)	
0.00	40.00	RS#3	Dean Store	REST STOP
0.00	40.00	CS	Kingsbury Rd	FM 3353
4.20	44.20	Left	Prairie-Lea Rd	Kingsbury Rd / 231
6.80	51.00	CS	Plant Rd	Prairie-Lea Rd
0.40	51.40	Left	St. Joseph St	Plant Rd
0.70	52.10	Right	Church Ave for Rest Stop #4	St. Joseph St
0.30	52.40	RS#4	Prairie Lea Baptist Church	REST STOP
0.00	52.40	Return	Return on Church Ave.	RS#4
0.10	52.50	Right	St. Joseph St	Church Ave.
0.50	53.00	CS	Sherrill Rd	St. Joseph St
2.70	55.70	Right	Cottonwood Creek Rd	Sherrill Rd
0.10	55.80	Left	FM 20	Cottonwood Creek Rd
0.90	56.70	Slight Right	FM 621	FM 20
3.30	60.00	RS#5	Staples Memorial Park	REST STOP
2.80	62.80	Right	FM 1979	FM 621
2.00	64.80	Left	Main St.	FM 1979
0.00	64.80	FINISH	Downtown Martindale	

### **ENTERTAINMENT**

After your ride, hang around, listen to local entertainment from the "School of Rock New Braunfels," and check out the Martindale Community Library's Raffle. There will be vendors and entertainment for the whole family!

Pescador 10

Kayak

\$500 Value





Martindale Community Library / 411 Main St. Martindale TX / (512)-357-4492

library@gmail.com ~ Friends of the Martindale Community Library is a 501(c)3

## RIDER LUNCH

PROVIDED BY: Culinary Criminal

(Local Martindale caterer)

**REGULAR:** Ciabatta buns slathered with roasted red pepper hummus and basil pesto then stuffed with deli sliced chicken breast, mozzarella and balsamic marinated tomatoes.

**VEGETARIAN:** Ciabatta buns slathered with roasted red pepper hummus and basil pesto then stuffed with mozzarella, provolone and balsamic marinated grape tomatoes.

Served with a mixed cabbage and carrot slaw in sweet vadalia vinaigrette, a bag of Zapp's chips, and double chocolate fudge brownies and lemon bar bites.

Winners must pick

up items before

September 28, 2019.



### **WELCOME TEAMS!**

Alamo Regional Bike Medics Baylor Scott & White Health

**Beards and Boobs** 

**Beer and Boobs** 

**Boondoggle** 

**Capital Factory** 

Cathy's Crew for a Cure

**Chacos and Tacos** 

**Community Action Psycho Cyclers** 

**Coopers for a Cause** 

**Crazy Maracas** 

**Deer Dodgers** 

**Dell-X** 

**Donut Resuscitate** 

Forever Founders and Friends (F3)

Grits

**Horizon Bank** 

In This Two-gether

**Kendra Scott** 

Keph

**Maggie's Mamma Jammas** 

**Mamma Jamma Entrepreneurs** 

melapedals

**Notorious ABCx** 

**Rattler Chicks** 

**ReVital BSWIR** 

**Saddle Tramps** 

SailPoint

**Saint John's Pedalers** 

**Save 2nd Base** 

**Team #Savethenipple** 

**Team AMD** 

**Team BCRC** 

**TEAM BOOKWOMAN** 

**Team Dell** 

**Team Fire** 

**Team Hayley** 

**Team IPA** 

**Team Survivor** 

Team VCFO

**Tenacious Turtles** 

**Texas Oncology** 

The "A" Team

**The FRANtastics** 

**The Rack Pack** 

**Titti Babies** 

Vangie's Boobie Brigade

**Vicious Cycle** 

We Can Do It!

**Wise Women** 

Y-Tri

<sup>\*</sup>Teams as of 9/10/2019



## **SEPTEMBER 21, 2019**

#### **BENEFICIARIES**

**Breast Cancer Resource Center** Komen Greater Central and East Texas

Ascension Seton Capital of Texas Team Survivor Wonders & Worries

**Community Action Central Texas** Sustainable Food Center

**GOLD PARTNERS** 

**Moody Foundation** 

**SILVER PARTNERS** 

Peter Pan Mini Golf Ascension Seton Entreprenuers Foundation

**BRONZE PARTNERS** 

BAE Systems Baylor Scott & White Health H-E-B Texas Oncology USA Compression

**STEEL PARTNERS** 

The Arreaga Agency Prosperity Bank

SPECIAL EVENT & IN-KIND SUPPORT

Alamo Regional Bike Medics Amplify Snack Brands Bicycle Sport Shop Big Swig

Buda Bike Co. Camp Kesem Christine Fisher, MD GoodPop

High Brew Coffee NUUN Pickle Juice Company Pink Heals Hays County

Texas 4000 The Cancer Wellness Center Thirsty Planet Tito's Handmade Vodka

MARTINDALE SUPPORT

Carlton Carl Culinary Criminals Martindale Community Library Martindale River Cafe

Martindale Volunteer Fire Department Martindale Water Supply Corporation

San Marcos River Retreat Three Rivers Community Church

*PLEASE	FILL OUT AND BRING TO PACKE	I PICK UP
To be completed by Event Organizer		Bib #
Event/Series Name	Event/Series Date(s)	Permit
USA Cycling Assumption of consideration of USA Cycling ("USAC") allowed in consideration of USA Cycling ("USAC") allowed in any event or series, including travel to and its a rider, official, coach, mechanic, volunteer, ersonal representatives, executors, administration. Assumption of Risk. I am aware that cyclollision with pedestrians, vehicles, other particle quipment failure; inadequate safety equipment additional that participating in the Event is a economic loss, property damage or loss that methers. I understand and voluntarily assume the elastic series of Liability. I hereby forever releast irrectors, agents, employees, volunteers, independent of their respective officers, agents, elated to my participation in the Event, inclose Covenant Not to Sue and Indemnity Agree.	of Risk, Release of Liability, Covenant Not to Sue wing me to participate in any USA Cycling sanctioned event or from (collectively the "Event"), whether through the issuance of a spectator, or otherwise, I, for myself, my spouse, children, guarators, successors and assigns, hereby agree as follows:  ing involves inherent risks, including but not limited to those ipants, animals, and fixed or moving objects; imperfect course cont; use of equipment or materials provided by the Event organism extreme test of a person's physical and mental limits and may result from my own actions, inactions or negligence, and also ese risks.  Se, waive, and discharge USAC, USA Cycling Development Formation contractors, members, clubs, officials, event directors, organizers, property owners, law enforcement agencies, and put the property of the property of the ordinary negligence of Releasement. I will not make any claim against Releasees for injury	e and Indemnity Agreement series and all activities related to or connected an annual or one-day membership, and whether dians, heirs and next of kin, and any legal and associated with man-made and natural jumps conditions; surface hazards, including pot hole sizer and others; and weather conditions. I full may involve the risk of serious injury or death so from the actions, inactions or negligence of coundation and each of their respective officers local associations, and affiliates as well as the ublic entities, that are connected with the Eventy and all claims that may arise out of or an issees.  The series and Indemnity Agreement  The series and Indemnity Agreement
In their costs, including legal fees. I agree to laims, charges, demands, losses, damages, our unknown, including foreseen or unforeseen any way connected to, related to, or arising out to the represent that I am in good health a make such determination and that I am responsivent, I consent to the release of my name and to the release of my name and to the release of my name and the release of the r	and proper physical condition to safely participate in the Event. Insible for my own well-being at all times while participating in the medical information by any third party to Releasees and their in the familiar with and abide by the rules and regulations establish the familiar with and abide by the rules and regulations establish the familiar with the Event course. I agree to ride and participate so equacy of my equipment and any equipment provided for my use exponsibility for the selection of such a helmet. The property of the use of methods or substances prohibited by the expension. I agree to submit to the results management authority anagement authority of the UCI and/or my national federation, if the acknowledge, agree and consent that (a) USAC and its dependent of the use of methods or substances prohibited by the property of the use of methods or substances prohibited by the spension. I agree to submit to the results management authority of the UCI and/or my national federation, if the acknowledge, agree and consent that (a) USAC and its dependent of the use of the use of the use of use, copy, modify, broadcast, distribute my image, likeness, name, voice, comments or other personal eafter existing), filmed, photographed or otherwise recorded or recompensation or notice to or consent by me or any third party. The agreement shall be governed by the laws of the State of State of Colorado or any other jurisdiction). Any legal suit, action the invalidity, illegality, or unenforceability shall not affect any other jurisdiction.  Inderstand its terms. I attest that I am 18 years of age or only right to sue Releasees for injuries resulting from the inheat I am signing this agreement freely and voluntarily, and interest and interest and interest and interest and voluntarily, and interest and colorated in the signing this agreement freely and voluntarily, and interest and colorated in the signing that agreement freely and voluntarily.	d against any and all actions, causes of action ites of every kind and character, whether known hay be sustained by me or any other person if the Event. If I suffer any injury arising from the insurance carriers. The for an Event. I also agree that I am EAC as amended from time to time and so as to neither endanger myself nor others. The insurance carriers are I will wear a helmet that complies with apply to me and that I must comply with those applicable anti-doping rules would make my and processes of USADA, including arbitration freferred by USADA. With this agreement, and use it to administer the lesignees may share this information with this this information with select marketing partners fifters believed to be of interest to me. If information (collectively, "Personal Attributes" memorialized in any manner in connection with the provision of this agreement or invalidate of the provision of
Printed Name of Participant	Signature of Participant	Date Date of Birth
Emergency Contact Name	Emergency Contact Number	

PARENTAL / LEGAL GUARDIAN CONSENT

I attest that I am the parent or legal guardian of the minor participant named above. I have carefully read the foregoing and agree to all of the terms.

Signature of Parent/Guardian

Printed Name of Parent/Guardian

Date