

## **ABDNHA'S BIKE RIDES**

Our regularly scheduled weekly rides are rated as easy, meaning there is less than 35 feet of elevation gain per mile. Rides will vary in length from roughly 15 – 30 miles, with the length announced at the start of the ride. Rides take place primarily on San Diego County roads. Any rides that differ from the conditions listed above will be described in the activity description and at the beginning of the ride.

### **SAFETY RULES FOR GROUP CYCLING**

**The ride leader will go over this safety list at the start of the ride**

1.  Helmets are required
2.  The ride leader will describe the route and estimated ride time at the start of the ride. If you are not up to the ride, for physical conditioning or any reason, tell the ride leader.
3.  Make sure your bike is in good condition before the ride, brakes, tires, everything working.
4.  Have a fresh bottle of water in the bottle cage of your bike
5.  Be attentive to traffic at all times. Traffic may be light but you are riding on public highways. Pay particular attention around Christmas Circle, with turning traffic and parked cars.
6.  Keep a safe distance from other cyclists. Never ride so close that your bike could come into contact with other bikes in the event of a sudden stop or other unexpected happenings.
7.  Pass other bikes on the left only.
8.  Verbalize! Verbalize! Verbalize! Announce your changing location, announce passing, and announce other hazards that you might be aware of that the group should know.  
"On your left" for passing, "Car" for a car coming, "Turning Right", "Stopping ahead," etc.
9.  Do not ride side by side if it puts a bike into the lane of vehicle traffic and forces cars to drive around the bike.
10.  If you have problems tell the ride leader.

## **LIABILITY RELEASE**

**The hike leader will have a copy of the liability release, which must be signed by all participants. The text of the liability release is provided here for informational purposes:**

I am aware that during the tour, hike, or activity that I am participating in under the arrangements of the Anza-Bottego Desert Natural History Association and its agents or associates, certain risks and dangers may occur, including but not limited to hazards while walking along trails, accidents or illness in areas remote from medical facilities; the forces of nature, and travel by automobile or other conveyance. In consideration of and as part payment for the right to participate in such an activity I have and assume the full risks and all legal responsibility for injury to myself or loss of property resulting from participation in this activity, and waive all claims and release, and hold Anza-Borrego Desert Natural History Association its instructors, directors, officers, employees, representatives, agents and affiliates harmless from any and all liability, actions, causes of action, debts, claims and demands, which I now have or which may arise in connection with my participation in any Anza-Borrego Desert Natural History Association activity.

The terms hereof shall serve as release and assumption of risk for my heirs, personal representatives, executors, administrators, and for all members of my family. I affirm that my general health is good and that I am not under a doctor's care for any condition that will endanger my health or the health of other participants. In case of injury and /or illness, I will bear the cost of any evacuation procedures such as ambulance, helicopter, rescue team, and professional medical care. I understand that I must provide my own health and accident insurance. My participation in an Anza-Borrego Desert Natural History Association activity is entirely voluntary.