

Our Bike Tour Culture



These are relaxed tours.

Senior Cycling is more about the journey than the destination. We travel and tour in scenic places and we want you to have time to enjoy them. And we want your tour work for you; If you need a lift, the sag wagon is available each day. If you have special food needs, we'll do our best to meet them. If you like extra or fewer miles than we've planned, we'll try our best to help you. Get the picture?

We typically begin our day at the hotel, enjoying the included breakfast, followed by 8:30-9:00 departure for the day's ride. While there aren't always planned breaks in the morning, there's always a break for lunch, and our van will be there. If we encounter bad weather we might revise the day's activities. Unless there are thunderstorms or other dangerous weather situations we plan to ride, even in the rain. (Bring rain gear!) Remember, you can ride in the van! Your tour leaders share the duties of driving the van and riding sweep and normally alternate each day. And they don't mind getting wet.

When the day's ride is complete, unless we ride our bicycles to the hotel, we will load bikes in the trailer, then drive to the lodging for the night. Normally there's time to refresh yourself before our evening gathering, typically occurring at 5:30pm. We'll provide light snacks, beverages and share stories from the day's adventure as well as provide details for the next day's ride.

At all included dinners, Senior Cycling pays for food and soft beverages, any alcoholic beverages are at your own expense. At our included lunches and picnics, we provide healthy, nutritious meals, focusing on fresh fruit and veggies, meats, cheeses, breads and salads - oh yeah, there is always *DESSERT!*

A word about safety

When riding your bike, you are required to follow the rules of the road. That means stopping at signals, using crosswalks and using directional hand signals. When we are on trails, pedestrians always have the right of way, and it's up to you to alert pedestrians when you pass, preferably with a bell and your voice saying "passing on the left".

Let us know if you have any medical conditions that can affect your ability to participate in the tour. We carry first aid on the bike as well as in the trailer for minor injuries. It is your responsibility to alert your tour leader if you are feeling unwell or have been involved in a crash/mishap on the bike while on tour. We will seek professional medical care for you if we deem it necessary.

Trip Insurance

Please buy a policy! Nobody plans accidents or health problems. But they happen. And they'll ruin your plans for a fun bike tour. Allianz Travel Insurance is a reliable company with reasonable rates. Please check it out and protect your travel investment.

Our cancellation policy

- All cancellations must be written.
- We will refund 90% of the tour price when you cancel in writing 61-90 days prior to the tour starting date. No refund will be given for cancellations received 60 days or less before the tour starting date.
- We will refund 100% of the tour price if we cancel a tour due to our failure to meet the minimum rider count. We will notify you within 30 days of the tour starting date.
- We highly recommend that all riders purchase their own trip insurance (not included with tour price) to protect against unexpected emergencies.
- Allianz Travel Insurance offers low-cost trip insurance.
website: <https://www.allianztravelinsurance.com>

Now get ready

You've signed up and made your plans, now you need to know what to bring and how to prepare, right? Get yourself on that bike or go to the gym and spend some time in the saddle, even if it's a stationary bike; it'll make a big difference for you.

Clothing

We suggest you bring **bicycle shorts** but bring whatever you like to bike in. If there's a chance that you will have chilly weather, include tights or long pants or leg warmers.

Bicycle jerseys. We like them because they tend to be more comfortable and wick the moisture away from your skin better than regular shirts. They also take up less room in your luggage than heavier t-shirts. But anything you are comfortable riding in is fine.

Cycle gloves – without the fingertips if it's warm, full gloves if it will be chilly.

A **windbreaker** and **rain gear.** We recommend some form of rain gear. It may not keep you entirely dry but it will keep you warm. Your rain jacket may also be your windbreaker.

Temperatures are often unpredictable, even in Florida.

Dress code

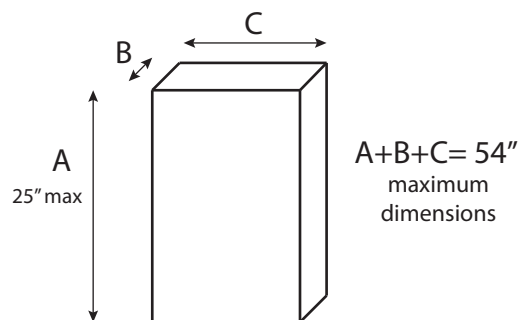
We choose restaurants for their good food, and the dress code is always casual. Our trips are more about fun than fashion, so don't fret about wearing something different each night.

LUGGAGE SIZE & BAG LIMITS

Our luggage size limit is 25" tall (longest dimension) with a combined linear measure including length, width, and depth of 54". We cannot accommodate bags larger than the dimensions given. Luggage larger than measurements provided exceed our trailer capacity. Please measure your bags to be sure that you can meet these requirements. Maximum number of bags per rider is 2. (Plus a personal item such as a purse, camera case, or fanny pack) - Failure to follow these rules could result in your baggage being left at the hotel at your expense.

BE MINDFUL WHEN PACKING

Your luggage will be loaded and unloaded at each stop along our tour. This means you'll be taking it to/from your room to our vehicle every evening/morning. You'll likely want a main bag, and a smaller bag. Keeping immediate necessities in the smaller bag will allow you to carry less throughout the course of the trip. Packing this way is also to your advantage for those situations where you may encounter stairways to second floor guest rooms.



PACKING CHECKLIST

Required:

- Helmet (included with rental bike)
- Bike in good condition
- Spare tube (included with rental bike)
- Rack bag (included with rental bike)
- Water bottle(s) (we include one water bottle)

Clothing

- Cycling shorts and jerseys (2 or 3)
- Long sleeve shirt
- Short sleeve shirt
- Tights
- Long pants
- Shorts
- Cycling gloves
- Jacket
- Socks (3 pairs)
- Rain gear
- Base layers (especially in cold climates)

Toiletries, Lipbalm & Sunscreen

Don't forget:

- Prescriptions
- Chargers
- Extra batteries

Nice to have

- Camera
- Binoculars
- Sunglasses
- Bike lock (included with rental bike)

LIABILITY RELEASE & WAIVER

In consideration of being permitted to participate in any way in any Senior Cycling event ("Event") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, that I understand the nature of the Event, that I am in good health, in proper physical condition and qualified to participate in the Event. The Event will be conducted over public roads and facilities open to the public and upon which the hazards of traveling are to be expected.

2. Fully understand that (a)Bicycling Events involve risks and dangers or serious bodily injury, including permanent disability, paralysis, and death ("risks") (b)these Risks may be caused by my own actions or inactions, the actions or inactions of others participating in the Event, the condition in which the Event takes place or the negligence of the "Releasees" names below; (c) there may be other Risks and social and economic losses and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation.

3. Hereby release, discharge, and covenant not to sue, now or in the future, Senior Cycling, their directors, agents, officers, members volunteers and employees and if applicable owners and lessors of premises on which the Event takes place (each considered to be one of the "Releasees" herein) from all liability, claims, demands, losses or damages, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability damage or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Print name _____ Signature:_____

Emergency Contact _____ Phone Number _____

Date _____

Senior Cycling takes photographs during tours and uses them in its marketing, website and social media pages. Senior Cycling never includes names of participants or other personal information with these images.

____ Senior Cycling **may** use photos that I appear in for social media and marketing.

____ Senior Cycling **may not** use photos that I appear in for social media and marketing.

Please list any allergies: _____

Do you carry an epi-pen? _____ **Where?** _____

Please list your health problems you feel we should be aware of:

1. Current:

2. Last 6 months:

Please list any prescription drugs you are taking:

Your physician's name:

Physician's phone number:

How many miles per week do you normally ride your bicycle? Circle one:

- 10 miles or less
- 15-25 miles
- more than 25 miles

What type of surface do you normally ride on? Circle all that apply:

- Paved roads
- Crushed stone or gravel
- Dirt roads
- Off road trails

How many bicycle tours have you ridden?

- This is my first one.
- 1 - 5 tours
- more than 5 tours