



RIDERS ARE REQUIRED TO BRING

- Helmet (or rent one from us)
- Signed Waiver (see last 2 pages of this document)
- Bike in good condition (or rent one from us)
- Spare tube – If the tube totally blows, you will be out of luck without a replacement tube. Even if you get a patchable flat, it is easier to simply put on a good tube and do any patching after the day's ride is over. If you're renting a bike from us, don't worry about bringing a spare tube.
- Water bottle(s)
- Rack bag (Included with bike rental) or backpack to carry rain gear and other items.
Trying to bungee stuff on a rack can be at the least annoying and at the worst dangerous. If you are renting a bike from us, we supply a bike pack for your bike. Some people prefer a backpack. That is OK but not as comfortable as a rack and bag. You need to have one or the other, so you can carry your rain gear, etc. while you're riding.

GOOD TO HAVE BUT NOT REQUIRED

- A bike pump and standard tools.
- Even if you don't know how to use them, chances are someone will come along who can help you. Of course, Mark always has a pump and tools with him, but it's still nice to have your own.
- A rear view mirror
- A bike lock

CLOTHING

We suggest you bring **bicycle shorts** to help prevent chafing. We know some people think that they look absolutely ridiculous in those tight fitting stretchy numbers, but if you haven't tried them, we encourage you to do so. Yes, they are meant to be worn without underpants. We acknowledge the fact that there are people who bike forever with their own favorite shorts rather than bike shorts and they're perfectly happy. For longer trips we suggest bringing 3 pairs of whatever shorts you choose so you can rinse them out a night and give them time to dry or save them up to do laundry mid trip. 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. Think about the weather possibilities when you decide whether you want long sleeves, short sleeves, no sleeves or a mix. Temperatures are often unpredictable, even in Florida.

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

A windbreaker

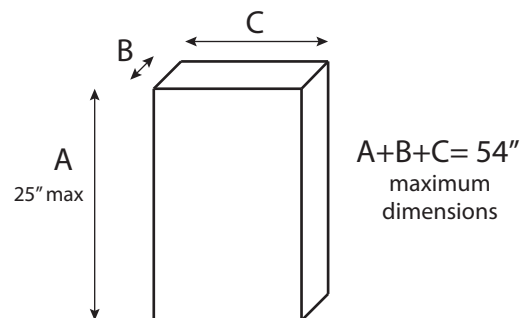
Rain gear. We know you can spend a lot of money and still find yourself soaked if it really rains – sometimes from the rain coming through the material and sometimes from the sweat inside it. But we still recommend some form of rain gear. Your rain jacket may also be your windbreaker.

DRESS CODE

Most nights you'll likely want to shower and change before we gather for our social hour and dinner. We choose restaurants for their good food, and the dress code is always casual. Slacks and a shirt with a collar will get you in anywhere we go. Our trips are more about fun than fashion, so don't fret about wearing something different each night. Mix-and-match is where it's at if you're into variety.

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 small 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, max size shown above, 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 EQUIPMENT:

- HELMET!
- bike in good condition
- spare tube
- rack bag / backpack
- water bottle(s)

SUGGESTED EQUIPMENT:

- pump and standard tools
- rearview mirror
- bike lock

CLOTHING:

- cycle shorts and jerseys (2 or 3)
- long sleeve shirt
- short sleeve shirt
- tights
- long pants
- short pants
- cycle gloves
- jacket
- socks (3 pairs)
- rain gear
- underclothes

TOILETRIES, LIPBALM & SUNSCREEN

DON'T FORGET:

- prescriptions
- chargers
- extra batteries

NICE TO HAVE:

- camera
- binoculars
- sunglasses

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 _____

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