



# 28<sup>th</sup> Annual Gold Coast Tour Sunday, July 11, 2010

**TOUR STARTS:** All routes begin "rain or shine" on **Sunday, July 11, 2010** at BAE Systems (formally Hazeltine Corporation) in Greenlawn, Long Island, NY. Five tours of different lengths are available.

**DIRECTIONS:** By Car: Long Island Expressway to Northern State Parkway to Deer Park Ave. (Route 231) north. Bear left at the fork and continue for 3.5 miles. Turn right on Pulaski Road and proceed 1 mile to BAE Systems. By LIRR: Take the LIRR, Pt. Jefferson branch, to the Huntington Station. Go east on Broadway to the end (.85 mile). Turn right on Park Ave. - go .45 mile to next light. Turn left onto Pulaski Rd. - go 1.2 miles to BAE Systems.

**PROVIDED:** Food and beverages will be available at all rest stops. SAG wagons; clearly marked cue sheets; T-Shirts for all who are pre-registered by June 21. **HELMETS:** ANSI or SNELL approved helmets and strict adherence to all cycling safety rules

**MINORS:** Riders under age 18 must be accompanied on the ride by a parent or guardian.

**SUGGESTED START TIMES:** (Tour closes at 5:00 pm)

100 miles - 7:00 am 70 miles - 7:30 am 55 miles - 8:00 am 25 miles - 8:30 am 12 miles - 9:00 am

**FEES:** Registration by mail must be received before July 5 - \$25.00 for all routes, **except** \$20.00 for 12 miler. (Active.com registration by 3 pm on July 10, 2010.)

ON-SITE REGISTRATION FEE (July 11) - \$30.00 for all routes **except** \$25.00 for 12 miler. Info at : hbcli.org

**SIGN THIS FORM AND THE WAIVER & RETURN WITH YOUR CHECK TO: Gold Coast Tour, 97 Twin Lawns Ave. Hicksville, NY 11801 (Make check payable to Huntington Bicycle Club)**

Name \_\_\_\_\_ Phone No. (\_\_\_\_) \_\_\_\_\_ I plan to ride: \_\_\_\_\_ 100 miles

Address \_\_\_\_\_ \_\_\_\_\_ 70 miles

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ \_\_\_\_\_ 55 miles

Emergency Contact \_\_\_\_\_ Phone No. \_\_\_\_\_ \_\_\_\_\_ 25 Miles

Email Address \_\_\_\_\_ \_\_\_\_\_ 12 miles

T-shirt Size: \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL (Registrations RECEIVED BEFORE June 21 will receive free t-shirt)

### Waiver:

In consideration of being permitted to participate in any way in the HUNTINGTON BICYCLE CLUB (Club) GOLD COAST TOUR (Activity), I for myself, my personal representatives, assigns, heirs and next of kin:

1. Acknowledge, agree and represent that I understand the nature of Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe; I will immediately discontinue further participation in the activity.
2. Fully understand that: (a) Cycling Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death (Risks); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the Negligence Of The "Releasees" named below; (c) there may be other risks And social And economic losses either not known to me or not readily foreseeable at this time; 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 or that of a minor under my guidance in the Activity.
3. Hereby release, discharge, and covenant not to sue the Club, the League of American Bicyclists ("LAB"), their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, 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.
4. 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. I also certify that I am at least eighteen (18) years old or otherwise accompanied by an adult and do hereby agree to wear an "ANSI/SNELL" approved helmet while participating in the Activity.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of Parent or Guardian if under 18

\_\_\_\_\_  
Date