

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,
INDEMNITY, AND PARENTAL CONSENT AGREEMENT**

CONSIDERATION of being permitted to participate in any way in Blue Ridge Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling 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) BICYCLING 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 conditions 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 may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its 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 occur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT'S NAME (PRINTED): _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____

ADDRESS: _____

(Street) (City) (State) (Zip): _____

PHONE: () _____

DATE : _____

MINOR RELEASE (complete for Participants Under the Age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S 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 FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

MINOR'S NAME (PRINTED): BIRTH DATE OF MI-

NOR: _____

SIGNATURE OF MINOR PARTICI-

PANT : _____

PARENT/GUARDIAN NAME

(PRINTED): _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____

ADDRESS: _____

(Street) (City) (State) (Zip): _____

PHONE: () DATE: _____

Velosports Performance Center
200 Racquet Club Road
Asheville, NC 28803

The 29th Annual Hilly Hellacious Hundred



Sunday, October 4, 2009

Fletcher, North Carolina

www.hillyhellacious.com

To benefit



Sponsors

Park Ridge Hospital

Leila Patterson Center

Fletcher Valley Natural Foods

Blue Ridge Bicycle Club

900 RIDER LIMIT

Pre-registration deadline: August 15

Application

2009 Hilly Hellacious
REGISTRATION FORM

SUNDAY, OCT. 4, 2009
Fletcher, NC

Helmets Required — Ride Rain or Shine!
No Dogs or Skates

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Home Phone _____

Emergency Contact

Emergency
Phone _____

**YOU MUST INCLUDE AN EMERGENCY CONTACT
NAME AND NUMBER**

Ride: Full Century (100 Miles)

Metric Century (62 Miles)

Shirt Size: XXL XL L M S

Vegetarian: Y

Gender: M F Age: _____

Make Checks Payable To:

Asheville Youth Cycling

**SIGN AND RETURN LIBABILITY WAIVER ON THE
BACK PAGE .**

Anyone under 18 years old must have an assigned adult rider.

Registration Information

Register by August 15 -
\$35—T - Shirts and post ride meal included.

Register between Aug 16 and September 15 -
\$40- T - Shirts and post ride meal included.

Register after Sept 15 until Oct.3 -
\$45- T- Shirt First come basis and post ride
meal included.

DAY BEFORE & DAY OF REGISTRATION-
\$45 T-shirt and meal not guaranteed.

Packet Pick up and Late Reg. Saturday,
October 3 - 4:00 pm- 7:00 pm at
Velosports Performance Center
200 Racquet Club Road
Asheville, NC 28803
828-274-3361, ext 122

Day of Registration - October 4
6:00 am - 7:30 am
Fletcher Valley Foods
Fletcher, NC across from Park Ridge Hospital

Registration Opens May 15, 2009
Online registration at www.pre-reg.com.

About Asheville Youth Cycling:
We are an organization open to any child that can ride a bike. We have resources that can help you teach your child to ride. One of our biggest projects is "Kids Teaching Kids" where our youth give back to their community by teaching other children what they have learned. Thanks to our sponsors, we have some equipment available--should you not have these materials but still desire to participate.

We are the parent organization of the Asheville Junior Development Racing Teams. These teams promote junior bicycle racing focusing on developing a group that are successful young people as well as successful cyclists.

www.ashevilleyouthcycling.com

Ride Descriptions

October 4, 2009
Fletcher , North Carolina

7:45 AM Century Start time
8:00 AM Metric Start Time

Bike Rodeo: 9:00 AM - 10:30 AM -
Fletcher Valley Health Food, Fletcher, NC

Century: With a total of 8529' of climbing, the full century will wind around the beautiful Lake Lure area and the apple tree countryside of Western NC.

Metric Century: The rolling hills and pastures with a little dip into Bat Cave, will make for a scenic metric with only 5475' of climbing.

Directions: The start of the Hilly 09 will be in the parking lot of the Fletcher Valley Health Food Store www.fletchervalley.com store across from Park Ridge Hospital, which is located off the Mountain Home/Fletcher exit of Interstate 26.

Parking:
All parking will be in the back lots of Park Ridge Hospital across from the start finish line.

Facilities: Riders may use the showers and facilities pre and post ride at Leila Patterson Center from 6 am to 6 pm. Bring your own towel and one piece bathing suits only. Cyclists caught urinating in public will be subject to county or city ordinances and fines and/or charges may apply. There are porta- johns in many locations.

For more information contact:
Lesli Meadows
828-777-2523
lesli@velosportsperformancecenter.com
www.hillyhellacious.com