40-Mile Bike Club Ride
August 14, 2018 – 8:00am - Cerritos Regional Park (195th/Shoemaker) to Huntington Pier
Waiver & Acknowledgement of Risk

The following waiver is for individuals who choose to attend the 40-Mile Bike Club ride to the Huntington Pier from Cerritos Regional Park. While individuals are comprised of Cerritos Cross Country members and those associated with them, each individual attending must ride at their own risk and understands that they are responsible for their own safety while on the ride including but not limited to wearing proper safety gear, following all traffic laws, as well as continuing only if prepared and able. Individuals attending the ride understand the risks involved in participating in this ride and assume responsibility for their own actions and decisions. Individuals participating in the ride and their parents/guardians agree not to take legal action against the coaching staff, its volunteers and supporters, Cerritos High School or the ABC Unified School District in regards to any events or accidents that may occur during the event/ride.

Mandatory Equipment & Gear

Bike - Please check and inspect your own bike & equipment.
Helmet – Must be worn at all times while bike riding.
Lock – Necessary to secure the bike at the pier. Participants are allowed to share locks.
Water – Allow individuals to maintain proper hydration.
Waiver, Directions & Information – Information sheets will be provided to each individual.

Optional & Encouraged Items

Cell Phone – Allow athletes to contact assistance vehicle. Individuals should not use while riding.
Money/Snacks – Allow individuals to replenish nutrients or purchase needed food/supplies.
Beach Items – We will be staying near the pier for a period of time.
Repair & Bike Supplies – In case of the need to repair the bike.

A vehicle will be following the group and stopping at numerous checkpoints to see if any assistance is necessary. In the case that assistance is needed, individuals will contact the emergency contact on the directions & information sheet, who will make arrangements to assist those in need of help. Any individual who cannot complete the bike ride for any reason may turn back early or get picked up, however, should notify someone in the group.

- Individuals understand the risks involved by partaking in this event/ride.
- Individuals MUST obey all traffic rules and laws.
- Individuals must use and have all mandatory equipment & gear.
- Individuals should never travel alone and should always be in the company of another rider or group.
- Individuals should use bike lanes when available and when in doubt, use the sidewalks.
- Individuals should avoid any behavior or actions that will increase the risk of accidents/injury.
- Individuals should assume that a driver does not see them and take the safest route possible.
- Individuals should carry a cell phone or spare change to use in case of emergency.
- Individuals should only proceed if they are comfortable riding a bike and are prepared/able.
- Individuals are responsible for their own safety and actions during the event/ride.

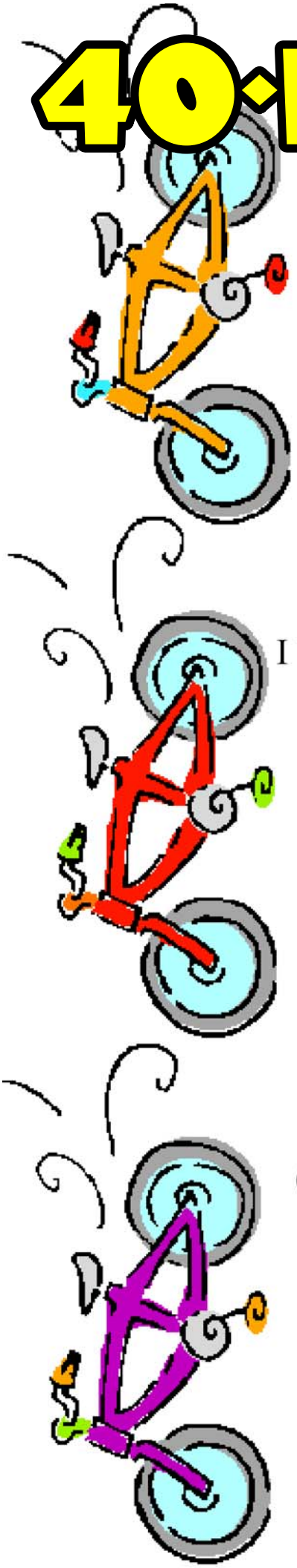
By signing below, the individual and parent/guardian acknowledge that they understand all the statements above and assume all the risks of attending the 40-Mile Bike Club Ride and agree to follow the directions and instructions provided to ensure my safety during the event/ride.

Print & Signature of Individual (Rider) _____ Date _____

Print & Signature of Guardian
(If Under 18) _____ Date _____

Form must be signed and returned in order to attend the event.

40-Mile Bike Club



Please note, you should only take part in this event if you understand and agree with the following points.

I will be wearing a helmet.
I am adequately hydrated and prepared for this bike ride.
I will be sure to stay with a group to ensure safety.
I understand I am responsible for my own safety.
I am responsible for securing my bike and belongings.

Contact Coach Jason Watanabe (562) 397-0867
In Case Any Assistance (First Aid, Bike) is Necessary
Please Try to Go to the Nearest Overpass
I Will Be Traveling Along the River Channel to Ensure I Can Provide Assistance to Anyone in Need.

SUGGESTED ROUTE

Starting Point: Shoemaker & 195th
Proceed South on the River Channel

At Del Amo, Cross to the East Side of the River Channel
By Crossing Del Amo or across the Train Tracks (Safer)
If Crossing Del Amo, the Crosswalk is Encouraged
Bikers Crossing Across Del Amo at the Bridge Should Proceed with Caution and Cross Only When Safe

Bike Down Until You Reach Pacific Coast Highway
(If You Reach the End of the Channel, You Went Too Far)
Go Under PCH and Exit on the South Side of the Street
Always Be Traveling the Same Direction as Traffic!!
Bike Down Until You See the Brown House Tower
Turn Right and Follow the Road on the Right
Connect with the Bolsa Chica Beach Sidewalk
Continue Down Until You Reach Huntington Pier
Chain Your Bikes Under the Pier
Travel in Groups to Eat
Proceed Back Only When You Have Your Group Present