

Bicycling Safety

Did you know that a bicycle is legally defined as a vehicle in Florida? Please be courteous and obey all laws!

- * Cyclists must obey all traffic signs and signals.
- * Under Florida law, a Cyclist may not wear a headset, a headphone, or other listening device while riding.
- * Cyclists must indicate their intention to turn with hand signals.

Courteous Group Cycling includes:

- * Showing that you care about the welfare of others on the ride by calling out and pointing out road hazards, including holes, sticks, glass, animals, hazardous traffic situations, etc.
- * Indicating any change in position within the group such as letting others know when you are passing.

Each of us should try to be role models for other cyclists.

**Also, since group cyclists are typically the most visible members of the cycling community, the impressions our actions leave on the motorists we encounter have a tremendous effect on cycling advocacy.
So, be safe and be friendly!**

Remember that you are always responsible for your own safety while riding.

Join Us!



No matter what your speed, we have a beautiful local ride that you will enjoy.

We are a local bicycling club with more than 500 members, and our rides are scheduled 7 days a week, 52 weeks a year.

We also have special destination rides as well as club-sponsored social events and picnics.

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To find out more go to

<http://www.smbc.us>

or

<https://www.facebook.com/groups/46888369324127>

43rd ANNUAL **GULF COAST** **yclefest**



Sunday November 5th

100, 62, 35, and 20-mile cycling routes through beautiful Manatee County
Full SAG support and five well-stocked rest stops.

LOCATION

Main Street at Lakewood Ranch
8100 Lakewood Ranch Boulevard
Lakewood Ranch, FL 34202

43rd GULF COAST CYCLEFEST

Presented by
Sarasota Manatee Bicycle Club

Sponsored in part by
Crescent Wealth Partners
A private wealth advisory practice of
Ameriprise Financial Services, Inc.

Sunday, November 5th

6:30 AM 100-mile riders' registration

6:45 AM Registration & Breakfast

7:00 AM Sponsor booths open

Ride starts: 7:30 AM - 100 miles

8:15 AM - 62 miles

9:00 AM - 35 miles

9:45 AM - 20 miles

Ride ends: 3:00 PM

Meals: Breakfast & lunch included

Breakfast served 6:45 - 9:00

Lunch served 11:00 - 3:00

Fees: \$45.00 Register by October 1st
\$50.00 Register by October 31st
\$55.00 Register after Nov 1st

- Event shirts: guaranteed requested size if registered by Oct 1st
- Event limited to 800 riders

Online registration: www.active.com

(Packet Pick-up dates/times to be announced via email)

**For more information including maps
& cue sheets:**

<http://www.smbc.us/cyclefest.html>

Questions:

sfitts50@yahoo.com

COMPLETE ONE REGISTRATION PER RIDER – please print clearly (form may be duplicated)

Make check payable to: SMBC

Mail to: Cyclefest
2216 Myrtle Vista Ct
Sun City Center, FL 33573

NAME _____

Age _____ (if under 18 years old) Gender M F (circle)

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

EMERGENCY CONTACT _____ Is contact riding? Yes / No (circle)

EMERGENCY CONTACT PHONE _____ (cell preferred)

RIDE DISTANCE: 20 35 62 100 (circle choice) ride registration fee \$ _____

PERFORMANCE shirt size: Men's: S M L XL XXL (circle choice)
or Women's: XS S M L XL XXL (circle choice)

WAIVER AND RELEASE

By signing this Waiver and Release (hereinafter called "Waiver"), I release, hold harmless, and indemnify Sarasota-Manatee Bike Club, Inc. (SMBC) and Main Street at Lakewood Ranch, their officers, directors, members, employees, agents, sponsors, and ride leaders from any and all causes of action, claims, damages, personal injury, and the like, and forever waive the right to sue for any alleged negligence on the part of any of the above parties. By signing this Waiver, I assume the risk involved in the activity of bicycling; and recognize that bicycling is inherently a hazardous activity, and may involve, among other hazards, strenuous physical activity and interaction with motor vehicles on roadways. I understand that I must execute this Waiver as a condition of participating in SMBC bicycling events. Further, I agree to wear a helmet suitable for bicycling purposes during my participation in SMBC bicycling events. I acknowledge that SMBC reserves the right to deny participation in its bicycling events to any person(s) who do not wear such a helmet. Further, while SMBC does not undertake the obligation to inspect such helmets, SMBC reserves the right to reject from participating in bicycling events anyone whose helmet does not appear to be safe for bicycling purposes. **NOTICE: PARTICIPANTS UNDER THE AGE OF 18 MUST HAVE THEIR PARENT OR NATURAL GUARDIAN SIGN THE MINOR WAIVER AND RELEASE FORM THAT CAN BE OBTAINED AT THE REGISTRATION DESK ON THE DAY OF THE EVENT OR DOWNLOAD, SIGN, AND MAIL WITH REGISTRATION FORM: <http://www.smbc.us/cyclefest.html>**

PARTICIPANT SIGNATURE

_____ Date: _____