

# 2012 ABD Cycle Club Application/Renewal

A USCF / ABR Racing club that is sponsored by Prairie Path Cycles  
27W181 Geneva Road, Winfield, IL 60190 (630-690-9749)

Name \_\_\_\_\_

Male    Female    Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone  
(Home) \_\_\_\_\_ (Work) \_\_\_\_\_

E-mail (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

*Please circle the following if you do NOT want it shared with other club members:*    EMAIL    PHONE

Individual Membership Fee:    **\$50.00**  
Family Membership Fee:    **\$75.00** (Please fill out and personal info and sign waiver for each additional family member.)

**Please check all that apply...**

- I am registered with: ABR \_\_\_\_\_ USCF \_\_\_\_\_ NORBA \_\_\_\_\_ Other (list) \_\_\_\_\_
- My racing age for the 2012 racing season is \_\_\_\_\_ Racing category(ies) \_\_\_\_\_

Please make checks payable to "ABD Cycle Club."

**Mail to: Valerie Redlich, 2004 Childs Street, Wheaton, IL 60187,  
Attn. ABD Cycle Club**

ABD is proud to offer its members benefits as part of the membership and yearly volunteer support. It's each member that makes ABD special and helps grow the best club into an even better one.

- Prairie Path Cycles, proud sponsor and cornerstone of the ABD Cycling Club, offers a discount on all accessories.
- ABD Club Specials include "pre-season" deals on shoes, helmets and Trek, Bontrager and Serfas products.
- Access to ABD indoor winter training sessions – organized and focused.
- Access to USCF Certified Coaching programs offered only through the ABD Cycling Club – fitness, race tactics, cycling skills and much more.
- Seasonal group training rides with specific goals, tactics and specific rider feedback.
- Access to the ABD Yahoo Group e-mail list – stay connected with the most active cycling group in the Midwest
- The best cycling club parties on the planet... **AND MORE!!!**

## 2012 ABD Membership Levels

ABD has three membership levels — Standard, Silver and Gold. This system recognizes the varying levels of ABD members' involvement and offers rewards accordingly. The Silver and Gold membership levels recognize those members who are more active through ABD's events and act as an ABD ambassador at other sanctioned events. The benefits of being a more involved ABD member include bigger discounts at Prairie Path Cycles, from ABD's sponsors, and priority sign-up for training rides both outdoors and at the ABD indoor training facility.

We will keep track of your volunteer hours. The number of hours you volunteer this year translates into your membership status for next year.

- ABD Standard = less than 10 volunteer hours in 2012
- ABD Silver = at least 10 but less than 20 volunteer hours in 2012
- ABD Gold = 20 or more volunteer hours in 2012

For every 8 hours you volunteer, you will earn a \$25 gift certificate to either Prairie Path Cycles or ABD. You choose which gift certificate you want. An ABD gift certificate can be used toward race entry fees or ABD clothing.

Special discount pricing from our sponsors are based on total volunteer hours accumulated during the year and do not require you to redeem any gift certificates. It's just a way they like to say thanks!

### ABD Gold

- 20% discount on most accessories at Prairie Path Cycles
- Up to 50% off on "pre-season" deals on shoes, helmets and Trek, Bontrager and Serfas products.
- Priority sign-up for ABD indoor winter training sessions.

### ABD Silver

- 15% discount on most accessories at Prairie Path Cycles
- Up to 35% off on "pre-season" deals on shoes, helmets and Trek, Bontrager and Serfas products.
- Priority sign-up for ABD indoor winter training sessions - limited spots available.

### ABD Standard:

- 10% discount on most accessories at Prairie Path Cycles
- Up to 25% off on "pre-season" deals on shoes, helmets and Trek, Bontrager and Serfas products.

**ATHLETE/Club WAIVER/RELEASE FORM & "AGREEMENT"**  
**2012 ABD Cycle Club**

**Please read the following carefully before signing.**

IN CONSIDERATION of being permitted to participate in any way within or associated with Athletes By Design, Inc., ABD Cycling Club, Prairie Path Cycles, Inc., it's officers, owners, heirs, next of kin, staff, sponsors and coaches ("ABD") I, for myself, my personal representatives, assigns, heirs, and next of kin:

**1. ACKNOWLEDGE**, agree, and represent that I understand the nature of cycling in all aspects and fitness ('Activity') and that I am qualified, in good health, proper mental capacity and in proper physical condition to participate in such Activity. 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. I further understand that my name, category and race results or event information about me may be published on the Club website.

**2. FULLY UNDERSTAND** that: (a) ATHLETIC 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 the minor in the Activity.

**3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** or defame ABD as defined above and Associations, clubs, coaches, officials, administrators, members, volunteers, participants, sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, and any other party indemnified and held harmless by ABD, (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, NEGLIGENCE SECURITY, TRAVEL, AND RECREATIONAL OPERATIONS AND ACTIVITIES; 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 Release's, 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.

**Agreement to Participate**

I, or we, grant to the Directors, Assistants, or assigned chaperons of events to act as guardians in granting permission for emergency treatment/hospitalization (including anesthesia) if necessary for me or my child en route to or from or at the site of an ABD event or ABD recommended event or hospital or other medical facility. I understand that should a health emergency arise, I will be attempted to be notified if guardian, but that if I cannot be reached by telephone, such medical treatment as deemed necessary by competent medical personnel is authorized. I hereby state that any and all medical information will be brought to ABD's attention as it may or may not affect my participation and further emergency medical needs. This information may include; allergies, conditions, limitations or medicine for example.

**ABD PLEDGE & CODE OF CONDUCT:**

**As part of ABD Cycle Club or ABD Cycle Club Coaching Program I agree to the following;(a) obey traffic laws and practice courtesy and safe cycling, (b) To act in such a manner as to convey good sportsmanship, (c) to not use profanity or act in a dangerous manner, (d) to hold in high esteem all programs offered by and ABD directly, (e) if in coaching program to only race for ABD Cycling Club during such time, (f) to participate in club activities.**

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, NOT WITH STANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. PRINTED NAME OF

**SIGNATURE** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**MINOR RELEASE;** AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ATHLETIC 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 RELEASEE'S 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.

**PARENT/GUARDIAN:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

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