PLEASE READ AND SIGN this WAIVER AND RELEASE FORM

I freely acknowledge and realize the danger of participating in the JASEN Rides, LLC, dba Bike the Sites and Bike and Roll Washington DC, tour and rental and fully assume all risks including but not limited to, collision with pedestrians, vehicles, other riders, and/or fixed moving objects, the negligence of other riders and dangers arising from falls and road surfaces, as well as the possibility of physical and/or mental trauma (or injury).

I realize that the Bike the Sites/Bike and Roll Washington DC, tour and\or rental requires physical exertion and I represent that I am in sound medical condition capable of participating in the ride without risk to others or myself. I have no physical or medical impediment, which would endanger others or myself. I understand that the law defines a bicycle as a moving vehicle and I agree to follow all traffic laws, signs, rules, and regulations. I agree that I will, at all times during my participation in the Bike the Sites/Bike and Roll Washington DC, tour and\or rental, adhere to all safety rules and regulations of Bike the Sites/Bike and Roll Washington DC, which includes wearing a helmet at all times while riding my bicycle.

I as a parent or guardian, take responsibility for any of my child's actions for the duration of the trip.

As a bicyclist, I am responsible for the way I ride and the condition of my own bike if used. If using a rented bike, I take responsibility for any damage that might occur while I am riding. I, as a responsible adult, will not use my cellular phone while riding on the tour and\or rental, due to the disruption it may cause to my concentration and the enjoyment of others on the tour.

I hereby release, indemnify and agree to hold harmless Bike the Sites/Bike and Roll Washington DC, it officers, directors, representatives, employees, agents, and participants of and from any and all losses, costs, damages, claims, demands, rights and causes of action of whatever kind or nature, including reasonable attorney fees, and including any and all negligence claims or causes of action, which may arise and which result form illness, personal injuries, property damage, death or of any other damages or injuries, not included herein, occurring during or as a result of, my participation in the Bike the Sites/Bike and Roll Washington DC, tour and\or rental.

I also consent to and permit emergency medical treatment in the event of injury or illness. I understand and accept that any medical cost incurred with respect to emergency medical treatment will be my responsibility.

I am of legal age and fully competent, have read this Waiver and Release and fully understand it and, if not of legal age, that my parent or legal guardian has fully read the above Waiver and Release and understands it and that I am fully bound by their signature.

Name of the Group/School or Organization	Date of Tour and\or rental
Printed Name of Rider	Approximate Rider Height
Signature of Participant or Guardian if Under 18)	Today's Date
Printed Name	Email address

Legal Street Address City State Zip

If you enjoyed your tour, please let your guide know. Gratuities are welcome.

Bike and Roll DC
National Mall, 955 L"Enfant Plaza North, SW, Washington, DC 20024
www.BikeandRollDC.com - (202) 842-BIKE – groups@biketandrolldc.com