



2020 *Synchronized* New England Parkinson's Ride Rules of the Road & Waiver

The "Rules of the Road" & "Waiver" below must be agreed to during the registration process **and** followed while participating in the 2020 *Synchronized* New England Parkinson's Ride. Any cyclist who is not willing to adhere to these rules or the waiver must not participate.

Rules of the Road

- **PRECAUTIONS MUST BE TAKEN TO PROTECT YOURSELF AND OTHERS FROM THE SPREAD OF THE CORONAVIRUS.**
 - o It is the rider's responsibility to know, understand, and abide by any and all coronavirus/covid-19 guidelines and/or mandates set by federal, state, and local authorities that are in-force on the date of the 2020 Synchronized New England Parkinson's Ride.
 - o If social distancing orders are in effect on the day of the Ride, riders must remain at least 6 feet away from any other cyclist at all times. This means absolutely no "drafting" behind other cyclists, and no "trains".
 - o If the number of people allowed at any gathering is limited by federal, state, or local authorities, riders agree not to participate in a synchronized ride that has the potential to exceed that number.
- Helmet must be worn at all times.
- Riders must obey all traffic laws. Cyclists have the same rights and responsibilities as motorists.
- Ride predictably so that motorists can anticipate your next move and react accordingly.
- Always ride with the traffic flow, not against it.
- Stop at red lights and stop signs.
- Ride single file, in a straight line, to the right of traffic and at least three feet from parked cars or the edge of the road.
- Use hand signals to indicate turns, but always look before changing lanes. Do not assume your signal has been seen unless acknowledged.
- Use the correct lane when navigating an intersection. When going straight, keep left of right-turning traffic. When turning left, move to the left well in advance by looking back, signaling, and move left when it is safe to do so.
- Ride a safe distance behind the cyclist in front of you. Please be aware when they are slowing or stopping.
- Pass on the left.
- Ride defensively.

I have certified that I have read and understand the rules of the road as listed above. I agree to follow the rules during the Synchronized New England Parkinson's Ride on September 12, 2020, and *any* virtual ride I do on their behalf.

Waiver

In signing this release, I understand the intent thereof, and I, for myself, my heirs, executors, and administrators, hereby agree and will absolve and hold harmless the **New England Parkinson's Ride**, including its organizers, employees, volunteers, other participants including team captains, corporate sponsors, cooperating organizations, the board of directors, The Michael J. Fox Foundation, and any other parties connected with this event from and against any injury, illness, death to me, or damage to my property that arises from my participation in the 2020 Synchronized New England Parkinson's Ride and any activities associated herewith. I hereby attest that I am physically fit and prepared to ride on my own as part of this fundraising event. I also hereby consent to and permit emergency treatment in the event of injury or illness. I give full permission for the use of my name and likeness in any materials produced by the New England Parkinson's Ride.