



New England Parkinson's Ride (*including Cycling in Sync*) **(Adult Waiver & Rules of the Road)**

Rules of the Road

- 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, stop signs, and crosswalks.
- 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 other cyclists on the left and call out "on your left" as you do so.
- Ride defensively.

Any cyclist that does not adhere to these rules will be pulled from the Ride immediately.

Waiver

In agreeing to this release, I understand the intent thereof, and I, for myself, my heirs, executors, administrators, and representatives, hereby agree to absolve and hold harmless the New England Parkinson's Ride, its Staff & Board of Directors, The Ballpark at Old Orchard Beach, ME, the towns of Old Orchard Beach, Alfred, Arundel, Biddeford, Buxton, Dayton, Kennebunk, Kennebunkport, North Berwick, Saco, Sanford, Scarborough, and Waterboro ME, the University of New England, The Michael J. Fox Foundation, corporate sponsors, rest stop locations, cooperating organizations, team captains, and any other parties connected with this event from and against any blame and liability from my participation in the New England Parkinson's Ride, and any activities associated herewith.

I hereby attest that I am physically fit and prepared for this 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 image in any materials produced by the New England Parkinson's Ride and understand that I will be automatically signed up for emails from the Ride in order to stay abreast of all things ride related.