



Physio Racing Team Membership Terms and Conditions

While Physio Racing is designed with fewer requirements than many other race teams, we do have minimal requirements to ensure commitment, professionalism, and safety.

- Members are expected to conduct themselves in a safe, lawful, and conscientious manner while training or racing, and to be a positive reflection of The PhysioRoom, Physio Racing, Elevation Cycles, and all sponsors.
- **When riding in the team kit and on a bike trail, you have an additional responsibility.** If passing other cyclists, runners and pedestrians you **must**

o Slow down

o Politely announce you are passing

o Provide as much room as possible and remember that recreational riders and pedestrians perceive needing much more room than you do

o Stay to the right of the centerline at all times and especially well before approaching oncoming traffic. The only exception is if you are safely passing.

o Make up for less courteous cyclists by being extra polite

o Any complaints to a sponsor may result in immediate expulsion

- Members are expected to participate actively within the team in order to contribute to Physio Racing's mission and goals by supporting and participating in team events, volunteering, training, and racing.
- Every Physio Racing member is required to sign up for and race in a minimum of three (3) race events in the current season to maintain team membership. A "RACE EVENT" is categorized as any bicycle event that has published results.
- Every Physio Racing member is required to complete a minimum of three (3) volunteer hours toward our team goal of enriching the bicycling community. These hours may be completed by volunteering for a Physio Racing race (ie the Littleton Criterium), volunteering with Lucky Bikes, or Trips for Kids. Other volunteer opportunities may be accepted with prior board approval.
- The 2021 Physio Racing membership fee is \$150. Once a member has met the membership requirements for the current season, \$115 can be applied to your renewal for the next season.
- If a Physio Racing member wishes to race outside of his/her primary discipline he/she is encouraged to notify the appropriate Team Leader (Road, MTB, or CX) before the first race in that discipline, **so they can be included in team tactics.**
- Members must purchase and wear the current season's Physio Racing jersey during races and at Physio Racing organized outdoor team training rides. We highly encourage you to purchase the full kit for races.
- Team Members must purchase a USA cycling and BRAC license (MTB-only racers excepted) and list "Physio Racing" as the primary sponsor on their license and race entry forms.
- While a member of "Physio Racing" you will not race for another team during the race calendar year, without team management permission.

The team reserves the right to buy back any and all team clothing items (jerseys & kits) for the original price you paid and remove you from the team for a violation of any of these terms.



Accident Waiver and Release of Liability

IN CONSIDERATION of being permitted to participate in any way in any type of 2020 Racing DBA Physio Racing, a Colorado Nonprofit Corporation's activities (collectively, "Activities"), I acknowledge that these Activities are an extreme test of a person's physical and mental limits, and I voluntarily assume all risks of all loss, damage or injury occurring in connection with such Activities. I fully understand that my participation carries with it the potential for death, serious injury, and property loss. The risks include but are not limited to, those caused by terrain, facilities, temperature, weather, conditions of athletes, equipment, vehicular traffic, lack of hydration, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event. These risks affect not only athletes but also volunteers. I hereby assume all of the risks of participating and/or volunteering in these Activities. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, or from dangerous or defective equipment or property owned, maintained, or controlled by them.

I certify that I am physically fit, have sufficiently trained for participation in these Activities, and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability ("Waiver and Release") will be used by the event holders, sponsors, and organizers, in which I may participate and that it will govern my actions and responsibilities at said Activities.

In consideration of my application and permitting me to participate in these Activities, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) WAIVE, RELEASE and DISCHARGE from any and all liability, claims, demands, actions or rights of action, which are related to my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me which are related to or are in any way connected with participation in any and all 2020 Racing dba Physio Racing Activities (related and sponsored) or result from my traveling to or from these Activities, THE FOLLOWING ENTITIES OR PERSONS: 2020 Racing DBA Physio Racing, a Colorado Nonprofit Corporation, The PhysioRoom, LLC, and Elevation Cycles, LLC, and its directors, officers, employees, volunteers, representatives, agents, contractors, sponsors, the event holders, event sponsors, event directors, event volunteers and their successors, assigns and insurers; and (B) INDEMNIFY AND HOLD HARMLESS the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during these Activities. I UNDERSTAND THAT THIS IS A LEGAL DOCUMENT AND THAT BY SIGNING IT, IN PERSON OR DIGITALLY, I AM GIVING UP MY RIGHT TO SUE OR OTHERWISE MAKE A CLAIM against 2020 Racing DBA Physio Racing, a Colorado Nonprofit Corporation, and all other entities and persons mentioned in this paragraph.

I intend this Waiver and Release to be effective whether or not any loss, damage, injury, or death RESULTS FROM NEGLIGENCE of 2020 Racing DBA Physio Racing, a Colorado Nonprofit Corporation or any of its directors, officers, employees, volunteers, representatives, agents, contractors, sponsors, the event holders, event sponsors, event directors, event volunteers, and their successors, assigns and insurers. I understand that negligence means a failure to do an act which a reasonably careful person would do, or the doing of an act which a reasonably careful person would not do, under the same or similar circumstances to protect himself, herself, or others from injury or death.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident, and/or illness during this event. In the event of an accident and/or injury I further consent to the release of any and all transport, treatment, and or medical information to 2020 Racing DBA Physio Racing, a Colorado Nonprofit Corporation relating thereto.

I understand that at these Activities or related events, I may be photographed. I agree to allow my photo, video, film likeness, and email address to be used for any legitimate purpose by the event holders, producers, sponsors, organizers, and or assigns.

I agree to wear an ANSI or SNELL approved helmet and to ride in accordance with all applicable laws.

This Waiver and Release shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.