## Joe Cosley Pancake Ride - A weekend of Transcendence - The ASTRAL edition.

| Name   | Date - July 20, 2024  |  |  |
|--|---|--|--|
| Name of relative or person to contact in case of emergency:  | Name  | age sex email  |  |
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| You must be self sufficient. You are responsible for yourself as this is a self supported adventure bike ride.  The following is a release and waiver, by signing it you agree to its conditions and give up any claim for injury, damages or compensation of any kind.  We are not the leaders of the Joe Cosley Pancake Ride and are merely advising of an opportunity to participate with others who may or may not be cyclist of the above mentioned "bicycle training ride". Although we are familiar with the roads, that means nothing. It may be dark, cold, wet, snowing, raining, muddy, hot, freezing, windy, there may be mosquitoes, bitting horse flies and grizzly bears with the added possible thrill of an electrical storm(s) during the ride and the only fun may be seeing others suffer. Any photos taken during the event may be published or shared with others regardless of how they make you appear. We are not insured nor do we carry any insurance for losses, injuries (mental or physical) or deaths that may occur as a result of or while you are participating in this run. We are not proficient at reading, map reading or navigation or the use of any navigational gizmos or gadgets. We are not strong enough or brave enough to defend or protect ourselves or anyone else from potential attack from wild or domesticated animals. Although we may carry bear spray, we have not been trained in its use and you may be inadvertently sprayed. We are not proficient in backcountry survival. We can only and will only carry enough food, water, clothing or lighting for our own needs. We are not responsible for anything mylour dog(s) may do to you including allergic reactions, tripping you, clawing you or biting you. We do not carry any radios, telephones or any other communication devices that might enable you to summon assistance or be rescued. The people who will be cycling with you may be hazardous to your health. The roads we will be cycling on will be hazardous to your health. You will be exposed to other hazards - natural, unnatural, supernatu | Name of relative or person to   | contact in case of emergency:  |  |
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|  | again,  | just to make sure you have read the above and are in   |  |

understanding that you accept the above statement and are a responsible individual and are able to take care of

ones self.