

**ASSUMPTION OF RISK AGREEMENT, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT**  
*Please read carefully before signing*

**The Signatures of all Riders, Non-riders, SAGs and Truck Drivers are required in order to participate in PALM.**

I realize that PALM (Pedal Across Lower Michigan) involves bicycling, which can be a HAZARDOUS activity. There are many dangers and risks associated with bicycling including, but not limited to, property damage, personal injury or death resulting from collision with pedestrians, vehicles, other cyclists, and fixed or moving objects; dangers arising from surface hazards such as potholes or poor road conditions, equipment failure, inadequate safety equipment; conditions stemming from weather, the negligence of myself or others, and trauma or injury arising with the stresses caused by physical exertion. I recognize that bicycling requires physical conditioning and I represent that I am in sound physical condition and that I have no physical or medical condition that would endanger either others or myself.

I understand that PALM is conducted over public roads and facilities open to the public and upon which the hazards of traveling are to be expected. I agree to accept responsibility for the condition of my bicycle and **I agree to wear an ANSI, Snell, ASTM or CPSC-approved helmet at all times while on my bicycle during PALM.**

I agree, as a consideration of, and in consideration for, being a participant of PALM, to freely and expressly assume and accept any and all risks of injury or death to the rider, or property loss or damage, including injury, death, loss or damage attributable to the negligence of PALM and its sponsors, promoters or affiliated organizations, and their respective agents, directors, officers, volunteers and employees (the "Released Parties").

I also agree to release and forever discharge the Released Parties from any and all responsibility or liability for injuries or damages that result, either directly or otherwise, from my participation in, or attendance at PALM. I agree not to make a claim against or sue the Released Parties for injuries or damages relating to bicycling or any other activities related to PALM. I further agree to indemnify and hold harmless the Released Parties for all claims against the Released Parties or expenses incurred by the Released Parties which are due to my participation in PALM, including any legal or other expenses.

If I am injured or become ill, I consent to and authorize the provision of emergency first aid or medical treatment and I agree to be solely responsible for any costs related to such first aid or treatment. I consent to abide by the decision of PALM or its representatives as to my fitness to continue to ride and I will stop riding if they request it.

I further agree to allow all photographs, video, and/or digital images reproduced in association with PALM to be used in any way by PALM, and release all claim to rights in and to those images. I permit PALM or other Released Parties to re-use, publish, and republish photographs or pictures of me or in which I may be included, in whole or in part, or composite or distorted in character or form, without restriction.

I am aware that this is a release of liability and a contract between myself and PALM and I am signing it freely and of my own accord and I recognize and agree that it is binding upon myself, my heirs and assigns, and in the event that I am signing it on behalf of any minors, I have full legal authority to do so, and realize the binding effect of this contract on them, as well as on myself. In this Release, the use of personal pronouns such as "I," "me", and "my" shall be deemed to include any minor on whose behalf I am signing it.

**THE UNDERSIGNED HAVE CAREFULLY READ THIS ASSUMPTION OF RISK AGREEMENT, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT. I FULLY UNDERSTAND AND AGREE TO ITS CONTENTS.**

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of participant \_\_\_\_\_ Date \_\_\_\_\_

**ADDITIONAL SIGNATURES REQUIRED FOR PARTICIPANTS UNDER 18 YEARS OF AGE:**

**PARENT/GUARDIAN PERMISSION:**

I, as a parent/guardian of the above named minor(s), hereby give my permission and consent voluntarily and freely for my child to participate in PALM. I further agree individually and on behalf of my child to the above terms after having fully read and understood the terms.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Participants **under 18** years of age **not accompanied by a parent/guardian** must be accompanied by a responsible adult rider who will assume the duties of a parent. This sponsoring adult must sign the following statement accepting this responsibility.

**SPONSOR'S SIGNATURE:**

I accept full responsibility for the following minors on this year's PALM bike tour. \_\_\_\_\_

\_\_\_\_\_  
Date \_\_\_\_\_ Signature \_\_\_\_\_

**SAG SERVICE** These are vehicles that drive the route to help riders who are injured, ill or have disabled bikes. SAG services are included in the basic cost. SAGs are not baby-sitters, and are not for those who simply tire after a few miles. Private vehicles accompanying the tour **MUST NOT** drive the route.

We are recruiting SAG drivers from family and friends of our tour participants. SAGs do not pay a tour fee but must register, sign the release on the application and have a standard driver's license. They receive three meals a day, gas allowance, a T-shirt and a patch. Vehicles must be able to carry bicycles and people (small cars with bike racks are fine). Note the check-off on the application.

**TRUCK DRIVERS** We are recruiting drivers to drive trucks from site to site on a daily basis. Truck drivers do not pay a tour fee but must be at least 21 years old, register, sign the release on the application, and have a standard driver's license. They receive two meals a day, a T-shirt and a patch. Arrangements will be made for those truck drivers who wish to bike. See the check-off on the application.

**BAGGAGE TRANSPORT** Baggage will be trucked between campsites. Cyclists must carry everything they need during the day (bathing suits, jackets, snacks, first aid, spare tires, money). The trucks will carry everything else (tents, sleeping bags, clothing). Do not bring valuables or things that could be easily damaged by water. Bags must not weigh more than 40 lbs. and be able to be carried, loaded, and unloaded by one individual. Don't tie bags together. The luggage for **all** participants must fit in 3 trucks. This is a camping trip: limit what you bring. Coolers, plastic trash bags, and large folding chairs are not appropriate luggage.

**COST** Per participant: \$110.00 (ages 18 and over), \$65.00 (ages 11–17), \$55.00 (ages 10 and under). PALM SAG and truck drivers are free. This covers overnight camping (Saturday to Thursday), limited SAG service (not repairs), baggage transport, entertainment as provided, maps, patch, a T-shirt, all registration and administrative fees, and a box lunch after the tour. All meals are extra and can be ordered on the application, as can additional T-shirts.

Please complete **both** sides of the application and sign the release. Note additional signature(s) are required for any participants under 18. Send the completed application with a **business size self-addressed stamped envelope** and your payment in check or money order (no cash or stamps) to:

PALM  
Box 7161  
Ann Arbor, MI 48107

BEFORE MAILING, BE SURE YOU:

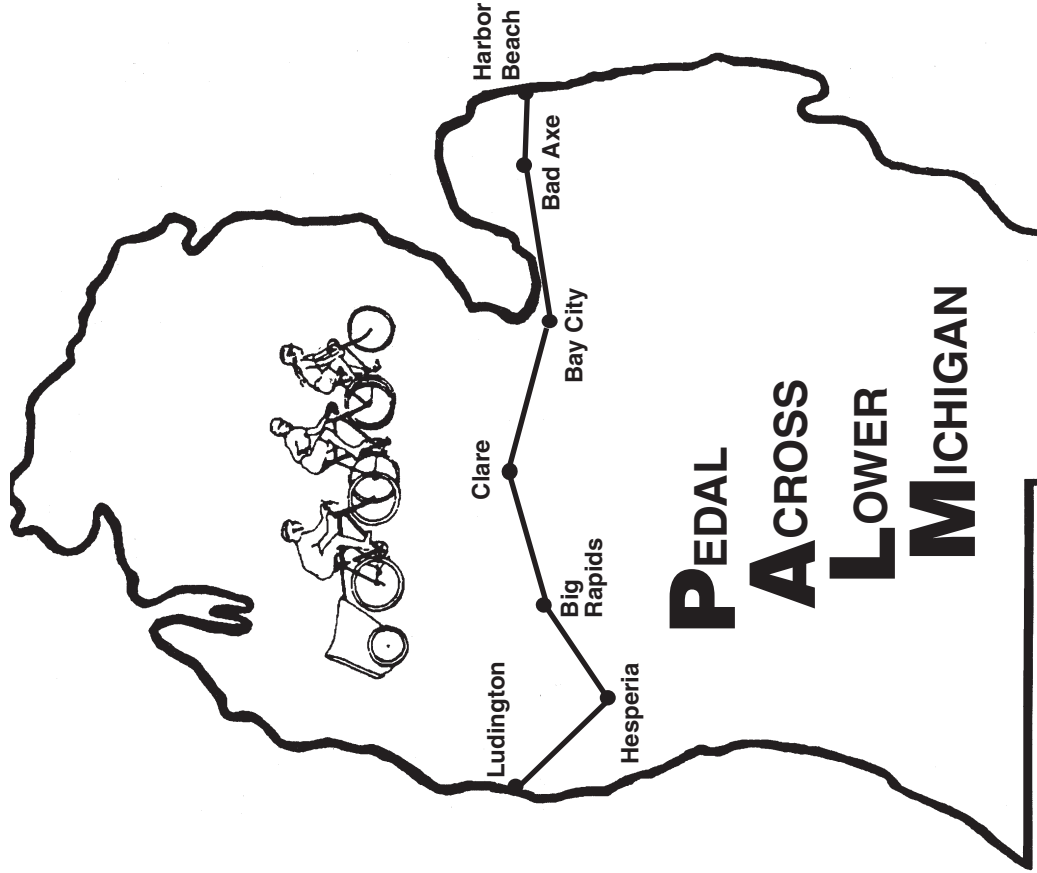
- ☛ Read all information in this brochure
- ☛ Have each participant's signature on the release form
- ☛ **Have parent/guardian's signature for any participant under 18**
- ☛ **Include a sponsor's signature for any participant under 18 not accompanied by a parent/guardian**
- ☛ Mark size for T-shirts and jerseys
- ☛ Fill in every space as appropriate
- ☛ Recheck dollar totals
- ☛ Enclose check payable to PALM
- ☛ **Enclose Business Size Self-Addressed Stamped Envelope**
- ☛ Double check again to be sure you don't get the application returned

**ALCOHOL** State law prohibits alcoholic beverages on school grounds.

**SMOKING** State law prohibits smoking on school grounds.

30-65 MILES/DAY BRING THE ENTIRE FAMILY  
Longer Optional Rides

# THIRTIETH ANNUAL



June 18 - June 24, 2011

YES MICHIGAN

June 18 - June 24, 2011



PO BOX 7161  
ANN ARBOR, MI 48107  
<http://www.lmb.org/palm>

**P**EDAL  
**A**CROSS  
**L**OWER  
**M**ICHIGAN

*PALM is open to all bicyclists who feel able to bike up to 65 miles and can ride each day for 6 days. PLEASE READ THIS INFORMATION CAREFULLY BEFORE COMPLETING THE APPLICATION. The ride is limited to 700 riders. Applications must be received by **April 1**.*

**BACKGROUND** PALM, taking its name from the shape of the state, is an exciting six-day ride across Michigan. We use paved scenic routes, geared to the novice and intermediate touring rider. The daily distances and terrain combine to make PALM unusually well suited to family bicycling. More experienced riders are welcome: optional longer routes are planned. The emphasis is on the social and recreational aspects of bicycling. We hope that the fun of PALM will persuade many of our riders to use bicycles more frequently. We also hope that some of the people who encounter our riders will increase their awareness of safe bicycling and perhaps become more frequent, safe cyclists themselves.

**ROUTING** We bike primarily along rural paved back roads, passing many points of scenic, cultural, and historic interest. We are touring Michigan by bicycle. Many attractions along the way will lure you from your bicycle; you will have plenty of time to stop and see the sights. The route generally avoids major urban areas and is the most suitable we could find through the area. Sometimes a downtown may be included for special interest. The total distance of the ride is between 250 and 300 miles. Daily distances range from 30 to 65 miles with averages of approximately 50 miles. We will also provide additional longer loops. PALM always begins along the shore of beautiful Lake Michigan and heads east along a different route from the previous year. Suggestions for future tours are welcome, and help with planning future rides is encouraged.

**T-SHIRTS AND PATCHES** Tour riders receive a T-shirt and commemorative patch. You can order extra T-shirts on the application. Each year we solicit designs for next year's patch. The winning designer gets a free tour.

**PALM JERSEYS** These are Voler team apparel sublimated jerseys that use microfiber yarns to create a soft and comfortable feel and a waffled texture to add breathability. This 4-color jersey is special for this year and is a bargain at \$40. For a full color view of the jersey and a size chart go to [www.lmb.org/palm/jersey.html](http://www.lmb.org/palm/jersey.html).

**GETTING THERE AND BACK** Week-long parking is available at the beginning and end of the tour. We try for the safest spot we can get, but we cannot assure security. You will be responsible for parking fees, if any.

We charter buses from the end site to the start site. At the beginning of the tour passengers are picked up early Saturday morning. At the end of the tour they are returned on Friday soon after a PALM-provided lunch. Space on the bus is by reservation only (see application) and is on a first-come, first-served basis. Reserve your place early as buses are cancelled if not enough people sign up by April 1st. Bus refunds will be made in full if we cancel. For those being bussed, your bikes will be trucked to the destination at no additional cost. **WE CANNOT BE RESPONSIBLE FOR SCRATCHES OR OTHER DAMAGE TO BIKES.** We recommend wrapping your frame if this is a concern.

#### **PALM DATES TO REMEMBER**

- RIDE LIMITED TO THE FIRST 700 RIDERS WHO REGISTER: WE FILLED EARLY THE LAST 5 YEARS
- JERSEY ORDERS: By April 1st
- APPLICATIONS: By April 1st
- APPLICATION OR MEAL CHANGES: By May 15th
- BUS RIDE OR MEAL CANCELLATION: By May 15th (no refunds for any reason after May 15th)
- TOUR CANCELLATION WITH REFUND: By May 15th (no refunds for any reason after May 15th)

All changes or cancellations must be accompanied by a **business size self-addressed stamped envelope**.

Tour cancellation will be subject to a \$15.00 fee for individuals or a \$20.00 fee for families. Any request must be submitted in writing and include a self-addressed stamped envelope. E-mail cancellations will not be accepted. Reimbursements will be made after the tour.

**IMPROPERLY COMPLETED APPLICATIONS** will be returned, thus jeopardizing your chances of getting on the tour. Be sure to sign ALL places required, not just the release. Make checks payable to PALM. **Include a business size self-addressed stamped envelope with the application.** If you need to reach us or ask a question, you may write us, call PALM at 734-669-0172 or email us at [palmbiketour@yahoo.com](mailto:palmbiketour@yahoo.com). **Participation is limited to 700 riders.** Applications received after the ride is full will be returned with regrets and your check.

**VEHICLES** If you intend to have your vehicle or camper accompany you from site to site, you must indicate this on the registration form. A PALM Vehicle ID will be issued at registration and must be displayed on the vehicle at all times. Private vehicles/campers must park in the designated areas at each site. **For the safety of all riders these vehicles must not accompany riders on the route.** Alternate routes to the next site, places to meet up with the bike route, and the location of the next site's designated parking area will be provided daily. Setting up tents and parking vehicles/campers at sites is not permitted before 12:00 noon.

**GEAR** Any bike in good working condition can be used on PALM. *Your* condition is more important than how many gears your bike has. No rollerblades, skateboards or motor-assisted bikes are allowed on PALM. Clothing is left to your needs and wants. But keep in mind: not every site has laundry facilities and you will be packing and unpacking, loading and unloading your luggage every day. It should be kept to a reasonable amount.

**REPAIRS — ARRIVE WITH A BIKE IN GOOD WORKING CONDITION** Each cyclist is expected to carry the basic minimum tools, at least enough to repair a flat tire. Bike shops accompany the tour and can make repairs in the evening. They charge for their parts and services.

**SAFETY AND EDUCATION** Our paramount concern is that people are safe while they are enjoying themselves. To this end, each cyclist must wear a properly fitted, certified bike helmet (including children being pulled in trailers). Failure to wear a helmet could result in your removal from the tour. Since it is important that you can hear, headphones for any use are forbidden while riding. **The use of a mirror is highly recommended.** Do all your riding during daylight hours and wear bright colors.

Our aim is to educate while helping people enjoy a cycling vacation. Therefore, we have a League Certified safety instructor with us. There will be an hour of instruction, "Dealing with your first long day(s) of biking," after the orientation meeting that kicks off the ride on Saturday night. There are optional classes every evening on topics ranging from bicycle maintenance to efficient cycling to self-contained touring.

All this is not enough: we must watch out for each other. All participants are asked to bike with caution, to give guidance to less experienced riders, and to demonstrate courtesy to motorists and other bikes, on and off the road. **Obey all traffic laws.** Violators will be removed from the tour and may be eligible for traffic tickets. This is not a race. There are no mass starts. Bike sensibly and have fun.

**VOLUNTEERS** PALM is only possible due to the efforts of many volunteers. No one is paid to work. Hundreds of hours are put in by the PALM staff, but we still need the help of each participant to make this event work. Pitch in! If you would like to volunteer, contact us at 734-669-0172 or palmbiketour@yahoo.com

**DATES** The tour gathers Saturday afternoon. There is an optional Saturday ride. Registration is open 3-6 p.m. Everyone should plan to attend the orientation meeting Saturday evening. Then the riders take off Sunday morning. We end our ride on Friday, with a PALM-provided group lunch. The charter buses leave that afternoon. PALM will not provide camping before Saturday, June 18 or at the end of the tour.

**AGES** People of all ages are welcome, and families are especially encouraged to participate. **Everyone traveling with the tour, whether riding or not, must register.** By state law, riders under the age of 18 must have an adult on the tour who will be responsible for them, and must have the signature of a parent/guardian consenting to their participation and accepting the terms of the release. Adults sponsoring minors (unless it is a parent/guardian) must be a **registered rider** and must sign the statement accepting responsibility on the application. One adult can sponsor no more than 8 minors.

**MEALS** Food is not included in the price of the tour. However, we have made arrangements with local groups (churches, service clubs etc.) to have breakfast and dinner available. PALM does its best to insure that these groups provide quality meals. We will try to have a vegetarian menu available whenever possible, in addition to the regular fare. If you wish to take advantage of these group meals you must purchase them in advance. Some overnight stops have few restaurants or food sources available. Riders are responsible for obtaining their own lunches. There are usually places to buy lunch or snacks on the route.

**OVERNIGHT STAYS** We have reserved space each night in open fields, such as school athletic fields, with toilet and shower facilities. This is a camping trip. **Be prepared to camp in the rain.** Sleeping inside school buildings is not permitted except in case of weather emergency. This group camping is included in the cost of the tour.

# PALM XXX APPLICATION

## June 18 — 24, 2011

**Applications must be postmarked by April 1.  
Only the first 700 riders will be accepted.**

Names	Date of Birth	SAG Rider	Truck Driver	Non- Rider	ChS	ChM	PALM T-Shirts						
_____	__/__/__	( )	( )	( )	( )	_____	_____	_____	_____	_____	_____	_____	_____
_____	__/__/__	( )	( )	( )	( )	_____	_____	_____	_____	_____	_____	_____	_____
_____	__/__/__	( )	( )	( )	( )	_____	_____	_____	_____	_____	_____	_____	_____
_____	__/__/__	( )	( )	( )	( )	_____	_____	_____	_____	_____	_____	_____	_____
_____	__/__/__	( )	( )	( )	( )	_____	_____	_____	_____	_____	_____	_____	_____

Address \_\_\_\_\_ Phone (area code: \_\_\_\_\_) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Will need parking for a vehicle/camper at each site  Yes  No If yes, \_\_\_\_\_ vehicle \_\_\_\_\_ camper, length \_\_\_\_\_

Emergency contact \_\_\_\_\_ On ride  Phone (area code: \_\_\_\_\_) \_\_\_\_\_

Fee: includes six overnight campsites, T-shirt, baggage transport, limited SAG services, maps, patch, administrative fees, and a box lunch after the tour.	Cost per Person:	EACH		TOTAL
	Adults (18 and older):	\$ 110	_____	\$ _____
	Young people (11-17):	\$ 65	_____	\$ _____
	Children (10 and under):	\$ 55	_____	\$ _____

Additional T-shirts (\$8.00 each):

Size:	ChS	ChM	ChL	S	M	L	XL	XXL	
_____	_____	_____	_____	_____	_____	_____	_____	_____	Extra T-shirt Total \$ _____

Jerseys (\$40 each):

	XS	S	M	L	XL	XXL	XXXL	
_____	_____	_____	_____	_____	_____	_____	_____	Jersey Total \$ _____

TOTAL \$ \_\_\_\_\_

### Bus reservations (includes baggage, bike and personal transportation)

From: June 18 (bus to start of ride in Ludington)  
Harbor Beach

No. of rides \_\_\_\_\_ @ \$45 Total \$ \_\_\_\_\_

To: June 24 (bus from end of ride in Harbor Beach)  
Ludington

No. of rides \_\_\_\_\_ @ \$45 Total \$ \_\_\_\_\_

### Meals: (fill in number and which meals you want for your party, each day). Some overnight stops have few restaurants or food services available.

	Breakfast	Dinner	Vegetarian dinner	
Sunday	_____	_____	_____	
Monday	_____	_____	_____	
Tuesday	_____	_____	_____	
Wednesday	_____	_____	_____	
Thursday	_____	_____	_____	
Friday	_____	n/a	n/a	
price/meal per person	x \$5.00	x \$9.00	x \$9.00	
TOTAL \$	\$ _____	\$ _____	\$ _____	MEAL TOTAL \$ _____

**GRAND TOTAL \$ \_\_\_\_\_**  
(fees, buses, meals, jerseys, T-shirts)

**PALM, PO Box 7161, Ann Arbor, MI 48107**  
**734-669-0172 or palmbiketour@yahoo.com**  
**http://www.lmb.org/palm**