

# Delaware Valley Bicycle Club

August 2010



P.O. Box 156  
Swarthmore, PA,  
19081  
[www.dvbc.org](http://www.dvbc.org)

## Annual Club Picnic: Fun, Food, Some Riding—and Food!

By Dom Zuppo, DVBC President

This year we're trying something a little similar and a little different. The similar part, that's easy – picnicking with members of our club. The different part – con-

gregating in Delaware County.

Drexel Lodge Park is located in the Township of Newtown off of West Chester Pike (Rt.3)

and offers a large field, natural pond, newly renovated bathrooms and a covered pavilion. If you've ever shopped for gardening stock at Mostardi's Nursery, or seen that collection of antique steam locomotives just off the highway, you'll be able to find our destination for 2010.

But don't be dismayed by the closeness of this year's location. We still plan to lead rides to the picnic

so you can work up a hearty appetite. You could even cycle from home to either the ride start location or directly to the Park and spend a great day with your bike and your bicycling friends.

If you plan to attend this event, please RSVP to [president@dvbc.org](mailto:president@dvbc.org) by August 14th. You can also call 484-483-7456 and leave a message. And we always look forward to the homemade salads, sides and desserts you create and bring to the picnic – the more the merrier!

Last, but definitely not least, I would like to thank Judy and Bob LaDrew for hosting so many of our past club picnics. Together with family members and friends, neither rain nor heat could keep Bob, Judy, and their helpers from firing up the grill and setting up for our gatherings in an inviting country setting. Thank you all!

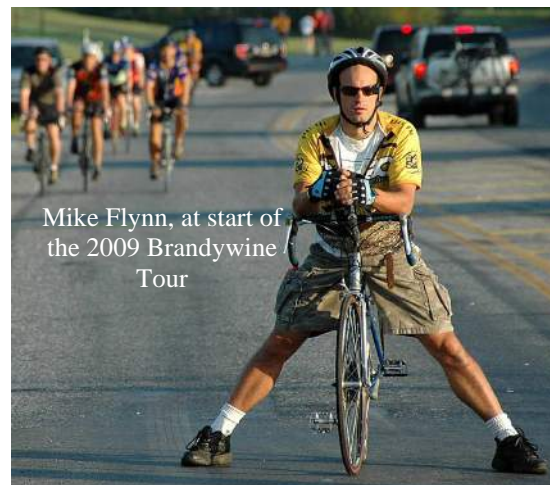


**SAVE THE DATE!!**  
**DVBC Club Picnic**  
**Saturday, August 21, 2010**  
**Drexel Lodge Park,**  
**Newtown Township PA**  
**11 AM to 3 PM**

## DVBC's BRANDYWINE TOUR—The Best in the Delaware Valley!

The Brandywine Tour, one of DVBC's signature events, is held each year on the Sunday before Labor Day. This year the date is September 5. Ride from 26 to 100 miles through the most beautiful countryside in the Philadelphia region, enjoy great food stops on the road and pizza at the end. Or volunteer to help out the day of the ride, and do one of the Volunteer's Rides the day before. For registration information, see the form on page five of this newsletter, or register online at [www.dvbc.org](http://www.dvbc.org). To volunteer, email Dom Zuppo at [president@dvbc.org](mailto:president@dvbc.org).

As fun as these rides are for participants and volunteers alike, DVBC does not do them simply for the recreational pleasure they bring so many people. Proceeds from the Brandywine Tour and the Bonkers Tour (held each spring) are donated to area organizations that support cycling causes. Over the years DVBC has donated thousands of dollars to help make cycling a more pleasant and safer pursuit for everyone in the region. So come out, help support a good cause, and have a great ride! See you on September 5!



Mike Flynn, at start of  
the 2009 Brandywine  
Tour

## Delaware Valley Bicycle Club

P.O. Box 156  
Swarthmore, PA 19081  
[www.DVBC.org](http://www.DVBC.org)

Membership in DVBC is encouraged, but non-members are welcome at all our rides and events. Except for the Bonkers Metric, Brandywine Tour, Club Banquet and Bonkers Picnic, all club events are free.

DVBC welcomes articles, photographs, and ride reports for the newsletter. Please submit materials to the Editor before the 15<sup>th</sup> of each month. Please note that the views expressed in this publication are not necessarily the views of the DVBC.

Monthly board meetings are open to all. Contact the President for exact time and location.

Contents © 2010 by DVBC

### Club Affiliations

League of American Bicyclists  
Bicycle Coalition of Greater  
Philadelphia  
Adventure Cycling Association

## Heat Frustration

By Adam Levine

This morning (July 24) I took an early AM ride to beat the heat, catch the shade, and get home before the temperature reached 100. Even so, the humidity was so high that the 35mph breeze I created for myself speeding down Sweetwater Road wasn't at all refreshing.

The purpose of this little article is to make sure that all of us suffer only from heat frustration, not heat prostration. Remember to drink, drink, drink — don't wait until you're thirsty, keep sipping the whole way. Carry two bottles or more (jersey pockets work fine for an extra small bottle, even if it does give you an unsightly bulge in back). Plan longer rides to include a stop to fill your bottles, and if you run out of water don't be embarrassed to ask to any homeowner who dares to be outside in this heat for a refill.

I follow the rule that Frank Jackson included in a newsletter article a few years back: Drink enough so that you have to urinate during a ride, and so that your urine is essentially clear. It sounded a little gross to me at first, but following Frank's advice has saved me from getting sick during and after many rides.

Stay cool, keep drinking, keep riding, and see you at the Brandiwine Tour on September 5th!

## Board of Directors and Volunteer Staff

**Dominick Zuppo**, *President*  
484.483.7456 or [president@dvbc.org](mailto:president@dvbc.org)

**Debbie Chaga**, *Vice President*  
610.494.3033 or [dreamerdeb@gmail.com](mailto:dreamerdeb@gmail.com)

**Frank Jackson**, *Secretary*  
[cyclingfrankrides@hotmail.com](mailto:cyclingfrankrides@hotmail.com)

**Mike Broennle**, *Treasurer*  
[treasurer@dvbc.org](mailto:treasurer@dvbc.org)

**Larry Green**, [largreen@earthlink.net](mailto:largreen@earthlink.net)

**Peter Schmidt**,  
[pschmid1@swarthmore.edu](mailto:pschmid1@swarthmore.edu)

**Nancy Ness**, [nessnancy@verizon.net](mailto:nessnancy@verizon.net)

**Doug Bower**, [doug\\_bower@verizon.net](mailto:doug_bower@verizon.net)

**Arjunan Ganesh**

**Mary Huis**, [familymail233@comcast.net](mailto:familymail233@comcast.net)

**Antonio Rocha**, *Web Page & Listserve*  
484.802.8374 or [myweb@crafttech.com](mailto:myweb@crafttech.com)

**Dom Zuppo & Jo Ann Fahey**,  
*Ride Coordinators*  
484.483.7456 or [rides@dvbc.org](mailto:rides@dvbc.org)

**Adam Levine**, *Newsletter Editor*  
610.891.0780 or [adambomb99@gmail.com](mailto:adambomb99@gmail.com)

## RIDE GUIDELINES & CLASSIFICATIONS

1. Arrive early and **be ready to leave on time**.
2. Make sure your bike is in proper working order **before** you arrive. Ride leaders are not expected to be bike mechanics.
3. **A helmet is mandatory for all DVBC rides.**
4. Carry a spare tube, patch kit, and water bottle.
5. All Club rides are rated according to the degree of difficulty. Do not "bike off" more than you can do. Go on rides within your ability, interest and experience. If you're in doubt about your ability, try out a ride one class below the one you're unsure of and work your way up.
6. Practice safety and obey all traffic laws.
7. Each rider assumes his/her own risk on all rides.
8. Those who ride ahead of the group are on their own ride.
9. Always notify the ride leader before leaving the group.
10. Ride leaders should adhere to the advertised speed of the ride.

**Class D:** For new, inexperienced riders or families: 7-9 mph average moving speed with frequent stops and as few hills as possible. The group will wait for all riders. The ride lengths are usually less than 10 miles, but longer distances are permissible.

**Class C-:** For average riders: 10-11 mph average moving speed with rest stops as needed. The group will wait for stragglers. The recommended distance is 10-30 miles.

**Class C+:** Also for average riders: 12-13 mph average moving speed with rest stops every 45-60 minutes. No obligation to wait for stragglers if cue sheets or maps are provided.

**Class B-:** For more experienced riders: 14-15 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

**Class B+:** For strong riders: 16-18 mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

**Class A:** For very strong riders: 18+ mph average moving speed with rest stops at the discretion of the ride leader. No obligation to wait for stragglers if cue sheets or maps are provided.

# August 2010 Ride Calendar

Check the ride calendar at [www.DVBC.org](http://www.DVBC.org) for late additions to this list. You will also find occasional ad hoc rides posted on the DVBC listserv. Please **CONTACT THE RIDE LEADER IN ADVANCE** to make sure a ride is still on — heat is an issue these days! For tours and rides sponsored by other clubs and organizations, check out the event calendar at [www.suburbancyclists.org](http://www.suburbancyclists.org)

## /\*Recurring Weekday Rides\*/

<b>Tuesdays 6:00 pm</b> Miles:20+/- Class:C <b>320 Produce</b>	We will ride through Ridley Township, Swarthmore, and Wallingford areas on terrain that varies from flat to hilly. Average speed 11 to 13 miles an hour. We will wait for stragglers. Leave promptly at 6 pm. Bring lights. Rain cancels. Meet at 320 Produce, Swarthmorewood Shopping Center, South Chester Road (Route 320) and Park Lane Road, Swarthmore, PA 19081. Contact Betsy Ffrench at 610-324-8207 Email: <a href="mailto:EFFrench@wilmingtonTrust.com">EFFrench@wilmingtonTrust.com</a>
<b>Wednesdays 9:30 am</b> Miles:30-60 Class:C+ <b>Docs' Ride</b>	Ride starts and ends at the 320 Market Cafe parking lot. Usually a lunch destination. Rain or excessive temperatures cancels the ride. Contact Larry Green at 610-544-5799 or <a href="mailto:largreen@earthlink.net">largreen@earthlink.net</a> or Woody Kotch at 610-566-2736 or <a href="mailto:hkotch@comcast.net">hkotch@comcast.net</a>
<b>Wednesdays 6:00 pm</b> Miles:24+/- Class:C+ <b>Rose Tree Park-n-Ride</b>	Meet at Rose Tree Park, Rte. 252 near Media PA for a ride through Ridley Creek State Park and/or the surrounding area. Since we've been riding for a few months, we'll pick up the pace a bit and find a few more hills but regroup as needed. Rain or the threat of rain cancels the ride. Contact Dom Zuppo at 484-483-7456 Email: <a href="mailto:domzdvc@comcast.net">domzdvc@comcast.net</a>
<b>Wednesdays 6:00 pm</b> Miles:28+/- Class:B- <b>Wed Nite Road Crew</b>	START LOCATION IS BACK AT ROSE TREE PARK, Rt. 252, Media PA. Let's enjoy the dog days of August on this fun and challenging ride with some breakaways. Expect hills. Average speed about 15.5 mph. Strong C+ riders are welcome; I usually stay at the back with the slower riders. Route changes weekly and cue sheets not provided. Any rider going off the front is on their own. Start promptly at 6:00 pm. Rain cancels ride. Contact Debbie Chaga at 610-494-3033 Email: <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sun, Aug 8 9:00 am</b> Miles:30 Class:C <b>Highland Orchards</b>	Meet at Chadd's Ford Elementary School - please park in the lower stone parking lot. We'll make one stop at Highland Orchards, so bring money for food and produce. Contact Steve Bertolini at 302-529-1122 or <a href="mailto:spbert465@hotmail.com">spbert465@hotmail.com</a>
<b>Thur, Aug 12 6:00 pm</b> Miles:31 Class:B-/C+ <b>Pool Boy Loop</b>	Join me on Pool Boy's loop for a quick ride around the back roads of South Jersey. This is a great ride for C+ riders to try out. Lots of great roads and I'm happy to report that the new bridge on Mill Rd is finished. Cue sheets will be provided. Ride starts at Kings Way High School, Rts 322 & 551 just over the Commodore Barry Bridge. Rain cancels. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sun, Aug 15 9:15 am</b> Miles:10-15 Class:All <b>Single Track Heaven</b>	Join Dan D. and Bob M. for a mtb adventure at White Clay Park near Newark, DE. All groomed trails, no big climbs, just pure fun. Any mtn bike will work. Bob Martin is a 100% definite maybe. Directions..I-95S..273W(Newark)...Right at Red Mill (then immediate left on Red Mill). Red Mill will become Polly Drummond Hill Rd after crossing Kirkwood(Rt2). Park in Zingo shopping center, near McGlynn's bar. Shopping center is first light past Old Coach. I live in Aston, it takes me 28 minutes. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>
<b>Sat, Aug 21 8:00 am</b> Miles:45+/- Class:C+ <b>Pre-DVBC Picnic Ride</b>	Join Dreamer for a nice ride out in horse country before the DVBC picnic. Either ride or drive to Drexel Lodge Park, West Chester Pk/Rt 3, Newtown Square PA. See DVBC website for more info. Don't forget to RSVP if you're coming. We'll ride out of the park, work up a nice appetite, and be back in time for all the picnic goodies. Contact Debbie Chaga at 610-494-3033 or <a href="mailto:dreamerdeb@gmail.com">dreamerdeb@gmail.com</a>
<b>Sat, Aug 21 11:00 am</b> Miles:TBD Class:All <b>DVBC Club Picnic</b>	This year, the picnic will be held in Drexel Lodge Park (See p. 1 of this Newsletter or website for more information) Hopefully some club members will step forward and list a ride to the picnic. If you plan to attend, please RSVP by August 14th. Contact Dom Zuppo at 484-483-7456 or <a href="mailto:domzdvc@comcast.net">domzdvc@comcast.net</a>
<b>Sun, Aug 22 9:00 am</b> Miles:70 Class:C+ <b>Phila Folk Festival</b>	We will ride to Valley Forge and take the trail up to Schwenksville, listen to music all afternoon, then return before dark. Meet at Rose Tree Park. Contact Alex Moeller at 610-476-2475 or <a href="mailto:agmoeller1@gmail.com">agmoeller1@gmail.com</a>
<b>Sat, Aug 28 8:00 am</b> Miles:TBD Class:All <b>Brandywine Paint Ride</b>	Cycle a section of the tour and paint as you go, or gather together in a car, carry your bikes on its rack, paint your section quickly, then return to the start and go out for a ride. Meet at Pocopson Elementary to split into teams and get paint, instructions, and maps. This is really important work for prepping our Tour, so your time is much appreciated. Contact Dom Zuppo at 484-483-7456 or <a href="mailto:domzdvc@comcast.net">domzdvc@comcast.net</a>
<b>Sun, Aug 29 9:00 am</b> Miles:35 Class:C+ <b>Art Museum</b>	Meet at Drexel Hill Cylery(use Rite Aid lot)in DH. Brief stop at Lloyd hall for nature break and water. No lunch stop. Post ride Ming's meal. Contact Dan Dillon at 610-494-4949 or <a href="mailto:Grey48Wolf@verizon.net">Grey48Wolf@verizon.net</a>

## Bike Dirt

F.X. Pedrix is AWOL this month; don't know for sure where he is—maybe in France, maybe in Outer Mongolia, maybe holed up in his living room with Babs and a cold six pack trying to stay out of the heat.

Mike Keating did contribute these paragraphs for the missing Pedrix's consideration. Forgive me, for I do not have FX's way of twisting words, so I will simply share Mike's report as he wrote it. —*The Editor*.

**Weekend in New England:** Ride report from what's becoming my annual summer solstice weekend in New England (without Barry Manilow). On Friday June 25 I drove to Whiteface Mountain in the Adirondacks. Rated the 26<sup>th</sup> most difficult climb in the U.S., its statistics (7.9 miles, 8.6% average grade) are similar to Alpe d'Huez. A new policy this year allows bikes to ride during normal hours for a fee of \$5. One can still go around the gate after-hours. A warm sunny day made the ride as enjoyable as 8% climbs get. Conditioning (had to save something for Mt. Ascutney on Saturday and possibly Sunday) and time constraints (wanted to catch the 6:10 Port Kent-Burlington Lake Champlain ferry) caused me to turn around about two-thirds of the way up.

Apart from some frost heaves, this is a fantastic and speedy descent with very few tough curves. Reached 44 mph on non-aero wheels and could have gone higher but frost heaves combined with PowerCranks tend to make one cautious.

At Port Kent there were more pedes-



**Dear Gear Grrl**  
DVBC's Q&A Expert answers your trickiest bicycling etiquette questions

Dear Gear Grrl,

I'm always the last one to the top of every climb. I really want to be a better climber. Do you have any tips for me?

Mario (Not from Swarthmore)

Dear Not from Swath,

If you want to be a better kisser, practice, practice, practice. If you want to be a to be a better climber, practice, practice, practice. Go out and climb every hill you can find. Twice, maybe three times (this can also be applied to kissing if multiplied by twenty (but I digress . . .)).

the hills. Also throw in some interval training. Go out and climb the hill on Sycamore Mill up to RTP. There used to be a white line on the way up where Plastic Boy and I used to sprint back in the days when he used to ride. It was fun hitting that line and going as hard as we could for as long as we could. It really helped our climbing. Charlie Stockley once said to someone "You've got a \$5000 bike and 5 cent legs." Remember, it's not about the bike, it's about you. Have fun on them thar hills!

trians and cyclists than v-ehicles getting off the ferry. After a good night's sleep at the home of friends in Grantham, NH (last year the Whiteface ban of bikes until 5:30 resulted in a 1:00 a.m. arrival) it was off to Mt. Ascutney. Rated the 39<sup>th</sup> toughest U.S. climb this is a traditional proving ground for Mt. Washington. At 11.5% (max 18%) and 3.7 miles it's about the same grade and half the distance as MW. The rule of thumb is to ride Ascutney twice. For MW your time will be about 2.25 times your Ascutney average and you need one gear lower than the lowest you used on Ascutney. Perhaps the steepest 1.5 miles to start any climb in the U. S.

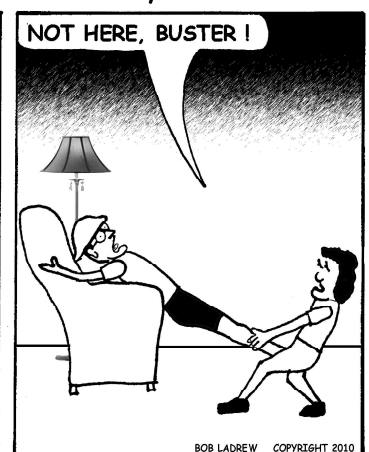
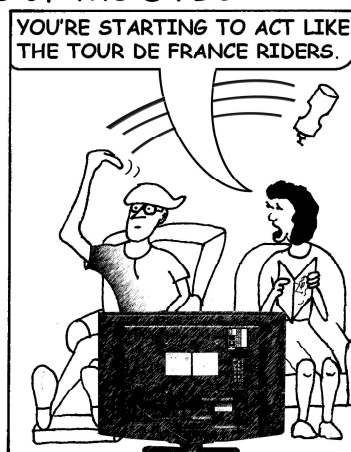
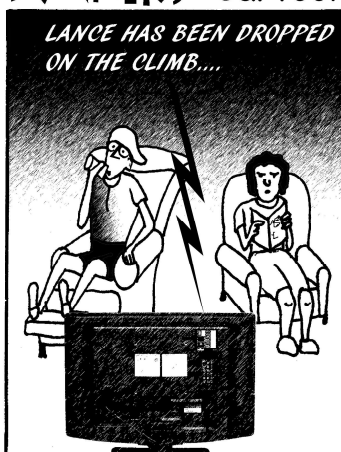
About 1 mile up I was fading so I decided to break the climb into intervals. Rather than stand around to recover I de-

scended and started up again. Surprising myself I pushed hard (I was on a 28-pound bike with a 30/27 low gear – hardly the special gearing recommended for this climb) all the way to mile 3. My decision to forego butt butter had consequences when a light rain made for damp shorts – I should have gotten my Assos in gear. The light rain made the descent even more fretful – the steepness gives one little confidence in the ability to stop.

Attempting a 20-minute cool down ride at the bottom I gave up after 5 minutes. I had obviously gotten my money's worth on the climb. Ok, I tried but a little Manilow did start to creep in: "When will this leg burning end? And when will I climb you again?" — *Mike Keating*

## BONKERS Cartoons of the DVBC

by Bob LaDrew



BOB LADREW COPYRIGHT 2010



## DVBC BRANDYWINE TOUR

Sunday, September 5, 2010  
26, 50, 65, and 100-mile routes

**Great Food Stops!**  
**FREE PIZZA AT THE END OF THE TOUR**

Ride through some of the Delaware Valley's most beautiful scenery. Fully supported with food and drink stops and SAG drivers on all routes. Proceeds from this tour and other club activities support a variety of local bicycling and open-space organizations, with over \$18,000 donated by DVBC in the past five years.

**REGISTER ONLINE AT [WWW.DVBC.ORG](http://WWW.DVBC.ORG)**

**TIME:** 7:30-10 a.m. for all routes. All support services end at 4:30 p.m. Century riders should arrive promptly at 7:30 a.m. Ride held rain or shine.

**PLACE:** Pocopson Elementary School, 1105 Pocopson Road, Pocopson (in Chester County), PA

**DIRECTIONS:** **From Route 202** just south of West Chester, take Route 926 (Street Road) west. Go 2.7 miles to the stop sign. Turn right at stop sign and continue on 926 west one-tenth mile across bridge. (See school as you cross bridge). Turn right at light and take first left into parking lot. **From Route 1** in Chadds Ford, take Creek Rd. (formerly Rte. 100) north 2.7 miles until it merges with Rte. 926 west. Follow Rte. 926 across bridge, then follow directions above. **From West Chester**, follow Route 52 South for 2.7 miles. After crossing bridge over Brandywine Creek, take first left onto Pocopson Road. The school is about 3/4 mile ahead on right.

**COST:** Pre-registration (if postmarked by August 27): \$25, or \$32 with DVBC PDF membership. Day of the ride: \$30, or \$37 with PDF membership. *(PDF members receive all benefits of club membership except for mailed copies of the newsletter, which they can download online at [www.dvbc.org](http://www.dvbc.org). This saves the club printing and mailing costs, and saves trees!)*

### Pre-Registration Form (Must be postmarked by August 27)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_ E-mail address: \_\_\_\_\_

Intended ride distance (please check one): 26 miles ☐ 50 miles ☐ 65 miles ☐ 80 miles ☐ 100 miles ☐

#### Waiver/Release

In consideration of the acceptance of my application for entry into the above event, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the said event. This release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities and their respective agents and employees from and against any and all liability arising out of or connected in any way with my participation in said event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

Signature: \_\_\_\_\_ Signature of parent or guardian: \_\_\_\_\_  
(If you are under 18 years of age.)

Please send this signed form, with a check or money order made out to DVBC, by August 27, to:  
Brandywine Tour, Delaware Valley Bicycle Club, PO Box 156, Swarthmore, PA 19081  
*Online registration also available at [www.dvbc.org](http://www.dvbc.org)*



Delaware Valley Bicycle Club  
P.O. Box 156  
Swarthmore, PA 19081  
www.dvbc.org

**APPLICATION FOR DVBC MEMBERSHIP** (expires one year from date renewed or joined)

Membership includes: DVBC newsletter (10 issues/year), discounts at most Club sponsors, Club subsidized events.  
Your membership also helps influence local government decisions concerning bicycle issues.

**Annual membership: \$15 per household**

Circle one: *New Member* or *Renewing Member*

Please print clearly and use your 9-digit zip code, if known:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ Birth Date: \_\_\_\_\_

EMAIL: \_\_\_\_\_

**The DVBC Safety Fund is used to promote issues regarding cycling safety in the Delaware Valley.**

I wish to contribute (circle appropriate amount):

\$1 \$5 \$10 \$15 \$20 \$25 Other: \$ \_\_\_\_\_

**AMOUNT ENCLOSED:**

\$15 membership + \_\_\_\_\_ Safety Fund = \$ \_\_\_\_\_

**I will volunteer for (circle all interests)**

*Ride Leader* *Tour Volunteer* *Newsletter*

Other: \_\_\_\_\_

**Please send your check or money order to: Delaware Valley Bicycle Club, P.O. Box 156, Swarthmore, PA 19081**

In consideration of the acceptance of my application for entry into the DVBC, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me, as a result of my participation in the DVBC. In addition, this release is intended to discharge in advance the promoters, the sponsors, the Delaware Valley Bicycle Club, the promoting clubs, the officials, and any involved municipalities or other public entities (and their respective agents and employees) from and against any and all liability arising out of or connected in any way with my participation in any event, even though that liability may arise out of negligence or carelessness on the part of the persons mentioned above.

I further understand that serious accidents occasionally occur during bicycle riding; and that participants in bicycle riding occasionally sustain mortal or serious personal injuries, and/or property damage, as a consequence thereof. Knowing the risks of bicycle riding, nevertheless, I hereby agree to assume those risks and to release and hold harmless all of the persons or entities mentioned above who (through negligence or carelessness) might otherwise be liable to me (or my heirs or assigns) for damages. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding to my heirs and assigns.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature of parent or guardian (if under 18 years)