

**Get Out & Go Tours, LLC Trip Registration and Waiver Form**  
**Please print and mail the full document, including signed waiver, for each participant**

**General Information and Conditions:**

**~Sag Service:** Tour SAG service is designed to transport luggage to the next destination and be present at limited, selected points along the cue sheet route to assist cyclists with mechanical and personal needs, provide snacks, drinks and lunch, and assist with emergencies. Trailside support drivers attempt to leapfrog tour participants, with a focus on providing support to the slower paced cyclists. Success is sometimes limited by road conditions, driving route and terrain, and the daily spread of the group.

**~Trip fees:** Trip fees enable a full-service tour experience, including indoor lodging, tour meals, one-way motor coach transport, and prepared tour literature. As with all trips you should be prepared for incidental costs such as but not limited to transportation to and from the trip start, bike transport to/from the start, meals classified as non-tour, hotel incidentals, personal entertainment, phone calls, and ferry rides. The Get Out & Go Tours web site includes links and tour data for the routes used, so that you can learn more about the areas we visit, see your accommodations, etc. Get Out & Go Tours reserves the right to make modifications in lodging, food, and itinerary items as it deems necessary to improve the comfort and safety of the participants. Get Out & Go Tours is not responsible for expenses not specified as included in the trip fee.

**~Accommodations/Lodging:** The tour is priced for double occupancy in bicycle friendly motels and Inns (most rooms can accommodate up to 4 persons). Single occupancy is not generally available. Those wishing for single occupancy should consult the Get Out & Go Tour Director before committing to a tour. If you are registering without a roommate preference, the tour coordinator will pair you with a same sex roommate. If a same-sex roommate pairing does not exist as of the trip date, you will be allowed a single room without additional charge. Get Out & Go Tours reserves the right to change rooming arrangements to suit trip needs, but will not split up rooming preferences without participant agreement.

**~Bike Equipment and Safety:** Our prime concern (along with your enjoyment of the trip) is your safety. A hybrid or mountain bike in excellent working condition is necessary for C&O Canal and Great Allegheny Passage tours. **Each cyclist is expected to carry basic tools including those needed to change a flat, and know simple bike maintenance (like changing a flat). Wearing of helmets is mandatory.** Trip coordinator will include specialized tools, some spare tires and tubes, and a variety of gear found useful on previous trips. Please check with tour coordinator if you have questions.

**~What to Pack and Bring:** When you register, we will confirm with an e-mail and welcome letter. That letter will contain lots of pre-trip information, including baggage requirements. A list of necessary and suggested items to pack will be included on the website.

**~Payment and Cancellations:** Tour size is limited to maintain a friendly and personal nature, and maintain an ability to support this remote-access kind of trip. Therefore, it is recommended that you reserve space early with a **\$100 PER PERSON non-refundable deposit and completed WAIVER** - as trips sometimes fill quickly. **Tour balance is due 30 days prior to any registered tour.** Non-payment of balance by 30 days prior to your tour may result in cancellation, particularly if there is a waiting list. Late payment of balance due, or late registration (less than 30 days prior to a tour), is subject to an additional fee of \$25.00. **Cancellation between 30 and 14 days prior to a tour forfeits 50% of tour fee. Cancellation less than 14 days prior to a tour forfeits entire trip fee.** If some unexpected reason such as an act of God, impacts the tour route such as to render it impassable, Get Out & Go Tours reserves the right to re-route the tour. If such an event, or set of events requires Get Out & Go Tours to cancel the trip, a full refund will be provided.

**~Transportation:** It is up to each participant to make their own arrangements for getting themselves and their bicycles to the ride start, and home from the end. However, the coordinator usually works with the starting location entity for parking and will help coordinate local participant ride-pooling. Please contact the tour coordinator for assistance.

## Get Out & Go Tours, LLC - Registration

GAP and C&O Canal - 6 day DC-Pittsburgh (westbound) / 6 day Pittsburgh-DC (eastbound) trips:

___ C&O + GAP, DC to Pittsburgh	10/04/08 – 10/09/08	\$975.00
___ GAP + C&O, Pittsburgh to DC	10/09/08 – 10/14/08	\$925.00
___ C&O Canal, DC to Cumberland	10/04/08 – 10/06/08	\$475.00
___ C&O Canal+, Frostburg to DC*	10/11/08 – 10/14/08	\$525.00

\*Requires 10 registered participants to run

Complete Name (please print) \_\_\_\_\_

Street Address/Box No. \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail address \_\_\_\_\_

Roommate Preference(s) \_\_\_\_\_

Emergency Contact Name and Phone # \_\_\_\_\_

**PLEASE EXPLAIN** any special needs, i.e.- medical, physical or dietary, of which we should be aware.

\_\_\_\_\_

What is your average distance on a daily ride, what is your pace, and on what terrain?

\_\_\_\_\_

Tell us about your bicycle tour experience

\_\_\_\_\_

**REGISTRATION AND FEES** (please print clearly)

Deposit (\$100): \_\_\_\_\_ Balance (varies): \_\_\_\_\_ (due September 1, 2008)

For late registration, or payment of balance due less than 30 days prior to tour, add \$25 late fee.

**Make payments and send registration/waiver document to:**

Get Out & Go Tours, LLC  
43160 Wintergrove Drive  
Ashburn, VA 20147-4438

**INFORMATION: 703-728-8665 - WEBSITE: [www.getoutandgo.biz](http://www.getoutandgo.biz)  
E-MAIL: [info@getoutandgo.biz](mailto:info@getoutandgo.biz)**

## **GET OUT & GO TOURS, LLC - WAIVER AND RELEASE**

1) HELMETS ARE REQUIRED. I understand that Get Out & Go Tours, LLC requires bicycle helmets to be worn by all participants in all sponsored rides while operating bicycles and that there is no exception to this requirement. I agree to wear a helmet at all times during this tour/event while I am riding a bicycle.

2) I realize the dangers of participating in the tour/event for which I have registered and fully assume all risks including, but not limited to, collision with pedestrians, vehicles, other riders and/or fixed or moving objects, the negligence of other riders, sponsors promoters or drivers, and dangers arising from falls, road surface, equipment failure, inadequate safety equipment, weather conditions, exposure to significant risks while engaged in other voluntary activities related to the tour including, but not limited to, dining, transportation by ferry/boat, train or vehicle- support or other, swimming, as well as the possibility of physical or mental trauma (or injury). I understand that the tour routes require bicycling on public roadways and trails, and in bad weather, and that cyclists have been hospitalized or died because of traffic mishaps that are either their responsibility or others' responsibility. I further agree that I will bear all expenses incurred in any such condition. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.

3) I realize that touring requires physical conditioning and I represent that I am in sound medical condition. I have no physical or medical impairment that would endanger myself, or others. I understand and agree that a situation may arise during the tour that may be beyond the control of the sponsors, promoters, or organizers and agree to ride so as not to endanger myself, or others.

4) I hereby waive, release, and forever discharge for myself, my heirs, executors, administrators, legal representatives, (including successors), any and all rights and/or claims which I have, may have, or may hereafter accrue to me, and agree not to sue or file any claims of whatever nature against the organizers, other sponsors or affiliated organizations and their respective agents, volunteers, officers and employees for any and all damages, personal property losses, injuries or claims which may be sustained by me directly or indirectly arising out of my participation in Get Out & Go Tours, LLC bike tours.

5) I consent to emergency medical treatment if I am injured.

6) I agree not to use any of the coordinator's cue sheets or other trip materials for purposes of organizing any for-profit or non-profit tours or events. I agree to allow Get Out & Go Tours to use photographs that may include me, that were taken during the tour, for promotional purposes.

The above agreements and representations are my express understandings of the risks and I assume these voluntarily and freely without coercion or duress. This agreement may not be modified orally and may not be waived in any respect. I accept responsibility for the condition and adequacy of my bicycle and agree to abide by the rules of the tour related to the wearing of a helmet as well as other organization requirements. I am aware of the risk of bicycling and otherwise participating in this tour/event and voluntarily assume such risk. If no signature of guardian appears below, registrant is deemed to be at least 18 years of age.

**I have read and I understand this Waiver and Release and agree to its terms. I have also read and understand all items listed in the General Information and Conditions section of this document and agree to and accept those terms. I fully understand that I have given up substantial rights by signing this waiver and release, have signed it freely and without inducement or assurance of any nature, and that it is a complete and unconditional release of all liability to the greatest extent allowed by law. I also agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.**

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Signature/Date

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Parent/Guardian Signature if under 18