

Derby Bikes



MY “DERBY BIKES” FITNESS PLEDGE:

I, the undersigned, do hereby commit to participate in the Derby Health Collaborative Derby Bikes initiative to promote better health through physical activity. I will commit to:

- Consistency: I pledge to incorporate bicycling into my routine at least 3 times per week.
- Progression: I pledge to gradually increase the duration and intensity of my rides by 5% each week.
- Safety First: I pledge to prioritize safety by wearing a properly fitted helmet.
- Traffic Awareness: I pledge to obey all traffic laws and signals.
- Visibility: I pledge to increase my visibility to motorists by using bright clothing and lights, especially during low-light conditions.
- Maintenance: I pledge to perform regular bike maintenance checks to ensure my bike is in safe working order.
- Explore: I pledge to explore new cycling routes and discover the joy of cycling in my community.
- Community: I pledge to connect with other cyclists and participate in local cycling events or groups.

WAIVER FOR PARTICIPATION

I hereby, for myself, my children, my heirs, my executors, and my administrators, waive and release any and all rights and claims for damages I or my child may have against the Derby Recreation Commission, City of Derby, or USD 260 and their representatives, successors, and assigns for any and all injuries suffered by myself or my child at any activity sponsored by this group. I consent and agree to receive email about community biking events.

Full Name: _____ Email: _____

Parent (If <18): _____ Email: _____

Participant Signature/Date

Parent Signature/Date

Why Bike?

- Bicycling is an excellent form of cardiovascular exercise that strengthens the heart and lungs, improves blood circulation, lowers blood pressure, and helps maintain a healthy weight.
- Cycling is an eco-friendly mode of transportation that produces zero emissions. It helps reduce air pollution and traffic congestion, making cities cleaner and more livable.
- Bicycling can be a stress reliever, providing an opportunity to clear your mind and enjoy the outdoors. It can boost your mood and improve your overall mental well-being.
- Cycling can be a social activity, connecting you with friends and family through group rides or bike tours. It can also foster a sense of community and encourage a more active lifestyle.



Return this form to the Community Wellness Director at The DRC, 801 E. Market, Derby, KS 67037. For more info, call 316-788-3781.