



UVMBA Membership Form

Upper Valley Mountain Bike Association

The mission of the UVMBA, is to promote safe mountain bicycling opportunities, which are environmentally and socially responsible

Name: _____ Date: _____
Last First MI.

Address: _____

City State ZIP

Phone: _____
Home Work

Email: _____

Club Membership-1year (make check payable to UVMBA):

\$20 General Membership \$30 Family Membership Age 14 and under Free

I would like to receive club notices by Email: yes no

RELEASE (YOU MUST SIGN THIS)

I, the undersigned, agree that the Upper Valley Mountain Bike Association, all its officers, directors, employees representatives and agents, the Green Mountain Bike Patrol, and all respective landowners, shall not be liable for, and shall be released, discharged and held harmless by me against all damage, injuries arising in whole or in part, directly or indirectly, from participation in the UVMBA Mountain Bike events and activities.

REQUIRED SIGNATURE: _____

REQUIRED SIGNATURE OF PARENT/GUARDIAN FOR

AGES 18 & UNDER: _____

(Make check payable to UVMBA)

Please print, fill out and mail with your payment to:

Tim Gilbert
265 Poverty Lane,
Lebanon, NH 03766

UVMBA Officers:

President

Tim Gilbert (Secretary) (603) 448-4128

Jennie Hubbard (Vice President) (802) 649-3882

Kevin O'Leary (Trail Boss) (603) 469-3630

Dick Jennings (Treasurer) (802) 296-7656

email: Timothy.P.Gilbert@Dartmouth.edu

email: Ms.J@valley.net

email: koleary1@mac.com

email: dick.jennings@mascomabank.com



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The UVMBA is a VIMBA Chapter Club as well as a IMBA affiliated Club. We fully support the IMBA rules of the trail.

Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association. These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

1. Ride On Open Trails Only.

Respect trail and road closures (ask if uncertain); avoid trespassing on private land; obtain permits or other authorization as may be required. Federal and state Wilderness areas are closed to cycling. The way you ride will influence trail management decisions and policies.

2. Leave No Trace.

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3. Control Your Bicycle!

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

4. Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.

5. Never Scare Animals.

All animals are startled by an unannounced approach, a sudden movement, or a loud noise. This can be dangerous for you, others, and the animals. Give animals extra room and time to adjust to you. When passing horses use special care and follow directions from the horseback riders (ask if uncertain). Running cattle and disturbing wildlife is a serious offense. Leave gates as you found them, or as marked.

6. Plan Ahead.

Know your equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. A well-executed trip is a satisfaction to you and not a burden to others. Always wear a helmet and appropriate safety gear.

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.