

# Curtis Memorial County Park...

## Directions

### From 1-95...

Take exit 133 (Rt. 17 North) towards Warrenton. Stay on Rt. 17 North for 6 miles to Hartwood Road. (You will see signs for Curtis Memorial County Park with a traffic light at this intersection.) Turn right onto Hartwood Road and follow it for 2.1 miles to Curtis Park on the right (the road is called Jesse Curtis Lane). Follow the signs in the park for the Cannonball Century.

### From Warrenton...

Take Rt. 17 South approximately 31 miles from the bypass around Warrenton to the traffic light at Hartwood Road. Turn left onto Hardwood Road and follow the directions above to Curtis Park.

## Accommodations

The following motels are located on Rt. 17 North just off the I-95 exit and are approximately 8 miles from the start of the Cannonball Century.

Days Inn North	(540) 373-5340
Super 8	(540) 371-8900

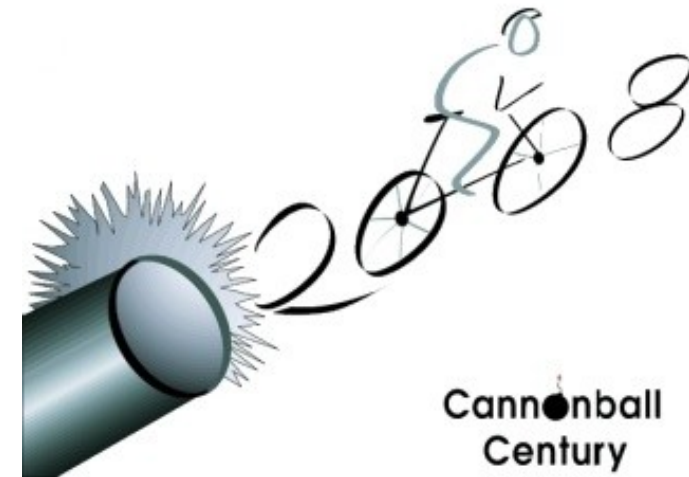
### Need Additional Information? Contact...

Morgan Jenkins  
Phone: (540) 372-7055  
Email: [morgkell@cox.net](mailto:morgkell@cox.net)  
<http://www.bikefred.com>

### Important Dates to Remember...

**Registration Deadline:** Sept. 19, 2008  
**Cannonball Century:** Sunday, Sept 28, 2008

**The Fredericksburg Cyclists**  
PO Box 7844  
Fredericksburg, VA 22404



**Sunday, September 28, 2008**

**7:30 am**

**Curtis Memorial Park  
Hartwood, Virginia**

**SAG SUPPORT!**

**FREE LUNCH!**

**WELL-STOCKED REST STOPS!**

**Our theme is Margueritaville.  
Celebrate with us after your ride!**



A portion of the proceeds to support  
*The Salvation Army's Christmas Toy Drive,  
Fredericksburg Pathway Partners and The  
Friends Of The Dahlgren Railroad Heritage  
Trail*

**The Fredericksburg Cyclists**  
PO Box 7844  
Fredericksburg, VA 22404  
<http://www.bikefred.com>

Welcome to...

# The Fredericksburg Cyclists' 11th Annual Cannonball Century!

Once again your ride will take you through the beautiful countryside of Stafford and Fauquier Counties. The ride is fairly flat with some rolling hills. We will provide you with well-stocked rest stops features homemade goodies, cue sheets and well-marked routes, SAG vehicles, mechanical support by Olde Towne Bicycle Shops and communication services offered by the Rappahannock Amateur Radio Club. A free lunch is available after the ride.

We offer, as an option, a 100% cotton long-sleeve t-shirt. See registration form - must be ordered by Sept. 19, 2008.

We are pleased to announce that this year we are working in association with The Friends of the Dahlgren Railroad Heritage Trail who are providing volunteers to give you a wonderful riding experience. The FDRHT is a non-profit organization of volunteers are currently working toward the completion of the proposed DHRT rail trail in King George which will become a part of the Potomac Heritage National Scenic Trail.

We will also continue to support the Salvation Army's Christmas Toy Drive by providing helmets for children receiving bicycles and the Fredericksburg Pathway Partners - a local group dedicated to creating a pedestrian and bicycle friendly community.

Registration 7:00 - 8:30 a.m. The routes will open to riders at 7:30 a.m.

Once again our theme is Margueritaville. Come enjoy entertaining rest stops and a great party at the end of the ride!

We look forward to seeing you there!!



Morgan Jenkins, Century Coordinator

### RELEASE AND ASSUMPTION OF RISK

*Important! This is a legal document. Please read and understand before signing. If you have any questions, consult an attorney.*

In consideration of my participation, I waive, release, 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 against the sponsors and promoters of Cannonball Century and The Fredericksburg Cyclists, or other sponsors or affiliated organizations and their respective agents, officers, and employees for any and all damages, injuries or claims which may be sustained by me directly or indirectly arising out of my participation in Cannonball Century.

I, the undersigned, freely acknowledge and realize the dangers of participating in Cannonball Century 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, as well as the possibility of physical and/or mental trauma (or injury). I understand that any route or activity chosen as part of our outdoor adventure may not be the safest, but has been chosen for its interest or challenge. I understand that the route requires bicycling on public roadways and in bad weather and that cyclists have been hospitalized and/or killed 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 accidents.

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

I will wear an ANSI or SNELL certified helmet when riding a bike during Cannonball Century. I will obey all Virginia traffic laws and regulations. I understand that if I leave the route, I am no longer on the ride.

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 Cannonball Century relating to wearing a helmet, riding single file, wearing an identification tag, appropriate behavior, as well as other Fredericksburg Cyclists' organization requirements.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2008

Participant's Signature: \_\_\_\_\_

Print Participant's Name: \_\_\_\_\_

### ANSI or SNELL Approved Helmet Required

**PARENT/GUARDIAN RELEASE:** Everyone under eighteen (18) years of age must have the following completed:

I, as parent or guardian of the above named minor, hereby give my permission and consent voluntarily and freely for my child to participate in Cannonball Century, and further agree individually and on behalf of my child to the above terms after having fully read the *Release and Assumption of Risk*.

Parent or Guardian Signature: \_\_\_\_\_

Print Name: \_\_\_\_\_

## 2008 Cannonball Century Registration Form...

Copy this form as necessary include the **signed Release** or register online at [www.bikefred.com](http://www.bikefred.com) or [active.com](http://active.com).

**Deadline:** Sept. 19, 2008 **ONE** form per registrant.  
Registration on the day of event - add \$5.00 per rider.

**Registration Fees:**

[ ] One Adult (18 & up)	\$25
[ ] One Child (12-17 years)	\$15
[ ] One Child (Under 12)	<b>FREE</b>
[ ] Entire Family Fee (maximum)	\$60

**2008 Cannonball 100% Cotton LONG-Sleeve T-Shirt:**  
Optional, not included in registration fee, available only with pre-registration. No orders accepted after Sept 19.

**T-Shirt Size:** Small \$15 [ ] Medium \$15 [ ]  
Large \$15 [ ] XL \$15 [ ] XXL \$18 [ ]

**My Enclosed Check TOTAL:** \$

Please make check payable to **FCC**, enclose a business size, self-addressed, stamped envelope, and mail to:

**The Fredericksburg Cyclists  
PO Box 7844  
Fredericksburg VA 22404**

### Please print your information clearly:

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Male** [ ] **or Female** [ ]

**Email:** \_\_\_\_\_

**Emergency Contact Phone:** \_\_\_\_\_

**& Name:** \_\_\_\_\_

**Ride Option (miles):** 35 [ ] 62 [ ] 100 [ ]  
**Is this your 1st Century? Yes** [ ] **No** [ ]  
**Fredericksburg Cyclists Club member? Yes** [ ] **No** [ ]