

PLEASE COMPLETE ALL SECTIONS LEGIBLY

Troop 111 Activity Parental Permission/Release Form

Event: **Cannonball Century Bike Ride (100, 62 or 35 miles)**
Date/time: **Sunday September 28, 2008, 6:00 am-3:00 pm**
Place: **Stafford and Fauquier Counties, VA**

1. My son/ward _____ has my permission to participate in the above Troop 111 activity. In the case of injury or illness, I authorize Troop 111 to render emergency first aid and/or seek all necessary medical attention for my son. In such cases, I understand that I will be notified as soon as possible. I agree to hold harmless and blameless the leadership of Troop 111 (including members of Troop 111's committee and any adults participating in or providing assistance to the activity) and St. Agnes Parish in the event of any injury or illness resulting from participation in this activity. I waive all rights to any civil action against the above mentioned parties. I have noted any medical or other special consideration on the Troop 111 Emergency Medical Treatment Form; if my son has had any serious illness, injury, or medical treatment over approximately the last 6 weeks of which the Troop should be aware, I have provided the details on the upper half of the back of this permission slip (check here if applicable: ____). I understand that a medical clearance or doctor's note may be required prior to participation.

(Signature of Parent or Guardian)

(Date)

2. If you will not be home or at work during this event, please list an emergency telephone number through which you can be reached (and the contact person at that number):

(Number)

(Contact person)

3. Please remember that the Troop needs/expects parents to attend and/or drive for at least one of every three events their sons attend to provide adequate transportation and supervision. Please fill in one of the following:

(A) _____ (name of adult) WILL ATTEND this event and ____ will drive or ____ will not drive own car;

(B) _____ (name of adult) will drive ____ TO or ____ FROM or ____ BOTH WAYS but will not stay; or

(C) _____ we cannot attend or drive for this event.

If driving, I will drive a _____ (type of car) and can carry ____ (number) of bicycles.

4. **Estimated cost \$25 Scouts**
\$35 adults

CHECK _____ (attach check payable to Troop 111)
TROOP CREDIT _____ (only with positive balance!)

- PERMISSION SLIP DUE BY MONDAY 9/15/08 -

Please read!! -- Detach here for important information below -- Please read!!

Cannonball Century Bike Ride, Sunday Sept. 28, 2008, 6 am-3 pm

This is a Senior Scout challenge event, a fast-paced century road ride—100 miles for the full century, 62 miles for the metric century. A 35 mile route also is available—parents must accompany junior Scouts on this event. Meet at St. Agnes lower parking lot 6 am sharp Sunday morning to depart for Stafford County VA. Return to St. Agnes approximately 3 pm. More info at <http://www.bikefred.com/CBC/cbc.html>

The ride is a fully supported biking event organized by the Fredericksburg Cyclists, a bike club based in Fredericksburg. The route will be along rolling (that means hills), rural roads in Stafford and Fauquier Counties. A fully supported ride means there are food and drink stations along the route, cue sheets with turn-by-turn directions, sag vehicles in case of mechanical trouble, and a picnic at the end. This means you carry only water bottles (2 recommended) and minimum gear (cell phone) while riding.

Bikes: **IMPORTANT**—check your bikes carefully before the ride; tune-up and adjust as needed before the ride. Road bikes much better than mountain bikes. Plan to ride as light as possible—no backpack needed. Eat breakfast before coming. Unless there is a picture-perfect forecast, bring light rain jacket. You **MUST** wear a **BIKE HELMET** and complete a waiver form for the bike club. Sunday event, so attend vigil Mass on Saturday.