

2016 Alonzo Stagg 50/20 Hike - Permission Slip/Release Form for All Participants Who Are NOT Members of Troop 111 **(ONE NAME PER FORM!)**

This year's Hike is Saturday, March 12th (rain date Saturday, March 19th). **Each participant, whether hiking or staffing (or both), must complete an INDIVIDUAL COPY of this permission slip/release form – Do NOT combine names on one form.** Only Boy Scouts, registered Venturing Scouts, and adults who are currently registered with a participating Unit or with the District may participate – Cub and Webelos Scouts, non-BSA-registered youth, and Scouts and adults who are not registered in a participating Unit or with the District, may NOT participate. A **photocopy** of page 1 of this form for every participant **MUST** be attached to your Unit (or District Provisional) Registration form (which is due one week in advance of the hike); plan accordingly. The Hike Coordinator will not accept forms submitted independently; all forms must be submitted as a packet.

ENTER UNIT # _____ Please complete ONE of the following two options:

* My son/daughter (**print name**) _____ has my permission to participate in and be photographed during this year's Alonzo Stagg 50/20 Hike, as a (circle one): Hiker Staffer Both

* I (**print name**), _____, an adult (18 or older), will (circle one): Hike Staff Both

Please list Rank (if a Scout) or Position (if an Adult): _____

Please complete BOTH of the following sections:

A) If Hiking, intended distance in miles (options are 10, 20, 25, 30 to 47, and 50; minimum 10 miles): _____
(if staffing only, enter N/A in this space). Pricing is based on distance INTENDED; Be Rational and Honest.

B) All Hikers & Staffers should carry a charged cell phone; Provide Number: _____

In the case of injury or illness, I authorize the Hike Support Staff to render emergency first aid and/or seek all necessary medical treatment for my son/daughter/ward or myself. I agree to hold harmless and blameless the Boy Scouts of America, Chain Bridge District, the Hike Staff, all participating Units, 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 parties. I understand and acknowledge: A) that long-distance hiking is extremely strenuous and physically demanding; B) that the roads and trails used for this Hike are shared with numerous other users and are therefore hazardous; C) that my Unit is responsible for having a completed medical form for my son/daughter/ward or myself, immediately available upon request; D) that I may not depart the hike myself or pick up my son/daughter/ward between Support Stops without approval of the Hike Administrator; E) that the "Buddy System" is in effect throughout the Hike; F) **that I am responsible for reading all of the information concerning this Hike**; G) that if I am staffing, I must remain at my assigned post/position til the end of my assigned time frame, even if all the other participants from my Unit have dropped out; and H) that only BSA-registered participants are covered under the BSA accident and sickness insurance. My signature verifies my understanding of all the requirements and inherent risks of this event.

(Printed Name of Parent/Guardian or Adult Participant)

(Signature of Parent/Guardian or Adult Participant)

Date of Signature: _____

Please list an emergency contact person and telephone number where they can be reached during the Hike:

Name _____ Number _____

There is no charge for Support Staffers, unless they also hike (however, note that Tail End Charlies and Bluemont Loop Hiking Escorts are considered to be Staffers and are **not** charged). **Payments are made to YOUR UNIT ONLY (please contact your Unit Leader for your Unit's fee schedule).** There are no refunds unless the event is cancelled altogether, and consumables are ordered based on signups, so do not sign up frivolously.

Additional “Basic” Information – RETAIN THIS PAGE – Do NOT Turn it in with the Signature Page!

This year’s Hike is Saturday, March 12th (rain date Saturday, March 19th). The Hike was postponed in 2010 due to very heavy rains on the scheduled weekend; however, that was the only postponement since the Hike started in 1996.

District Staff members whose Units are **not** participating may sign up with a “Provo Unit” to hike and/or staff. **In addition to the permission slip/release form, these adults must attach a photocopy of a recent medical form to their permission slip/release form.** The Acting Leader of this Unit is Jack Person <michelleperson@comcast.net>. **This Provo Unit is NOT open to Scouts or adults in non-participating Units (only District Staff).**

HIKERS: There will be 3 different routes, varying by distance (10, 20, and 25-50 miles). The routes include local roads and the Mt. Vernon, Custis Lee, C&O Canal Towpath, Bluemont, 4-Mile Run, W&OD and Bluemont Connector Bike Trails. Hikers are specifically cautioned to be rational in selecting their intended hiking distance - even 10 and 20 mile hikes are challenging. Hikers who have not completed at least one 25 mile practice hike in the month before the hike should certainly NOT attempt to do more than 25 miles (you have been warned!)

IMPORTANT! - There will be a 3-stage start, based on distance. **Assembly is at St. Agnes gym in Arlington (1914 N. Randolph Street, 22207, home of Troop 111), as follows: 25-50 mile hikers: 5:00 am; 20 mile hikers: 6:30 am; and 10 mile hikers: 8:00 am.** Hikers who arrive late will NOT be allowed to attempt to “catch up with” the previously departed group(s), because they will have missed all the pre-hike instructions and also will have to run to catch up (which is dangerous). However, if a 25-50 Mile Hiker is late, they may still attempt the 20 mile Hike at 6:30 am, if they wish; and a 20 Mile Hiker who is late may attempt a 10 mile Hike at 8:00 am, if they wish.

The 10 and 20 mile routes will each both begin and end at the St. Agnes gym. The 25 and greater distance hikes will also begin at St. Agnes but will end at a Support Stop along the route (return trips to St. Agnes will be available from established Support Stops at Fletchers, Gravelly Point, and Bluemont Park, as needed). **25- 50 Milers Note:** St. Agnes is not directly accessed from either Lee Highway or Washington Blvd - if you have never been there before, it would be prudent to “scope out” the route before Hike Saturday, since you will be arriving in pre-dawn darkness.

All hikes will be supported at various Support Stops along the way, providing food, snacks, drinks, First Aid, access to support daypacks or duffels, return transportation to St. Agnes, and so on. In addition, there will be adults positioned at various critical “Waypoints,” others acting as “Tail End Charlies” for the various hikes, and still more providing roving bicycle support over most of the route. Hikers will be **required** to wear a ribbon of surveyor tape (which will be provided) in order to be recognizable to Hike Staff. This may seem trivial – it is not, especially if the weather is sunny and pleasant on Hike Saturday (because if it is, hundreds of other citizens will be on the trails).

Hikers may carry a light daypack, and 25-50 Milers may have a “support” duffel forwarded along the route, to the next Support Stop ahead of them (duffels are not needed for 10 or 20 milers). Hikers should label all items, especially bags, with their name, Troop number, and phone number! (as backup, hikers should also include a 3x5 card with the same information inside their daypacks and/or duffel bags). Fair Warning - Based on past experience, **anonymous items have very little chance of being reunited with their owners.** Smart-phones should be fully charged, and used sparingly. All Hikers are specifically cautioned to avoid smart-phone distracted hiking (you have been warned!)

There will be time cutoffs by which hikers must **leave** a Support Stop - up til Gravelly Point (~30 miles), this will be 2.5 mph; in addition, from Gravelly Point forward, hikers who are not **leaving** on a 3.0 mph pace will be strongly advised to drop out (past experience has shown that hikers who have not maintained a 3 mph pace to this point have virtually no chance to finish the Hike within 20 hours). Hikers who have not made the time cutoffs absolutely may not continue hiking on their “own recognizance” (no appeals); this is because their selfishness forces the downstream Support Stops to remain open far past their scheduled operational time frames, to accommodate them. **Hikers who continue on regardless will forfeit their Troop’s privilege to participate in future Alonzo Stagg Hikes.**

Based on past hikes, 10 milers will finish in 3-5 hours, and 20-25 milers in 6-10 hours. 50 milers tend to hike above 3 mph for the first 30 miles or so, then slow over the last 20 miles or so. Depending on their speed, 50 Mile Hikers may expect to finish between 8 pm at the earliest and 1:00 am at the latest.

Extensive additional information will be posted on the Troop 111 website: troop111.org – click on “Activities.”

2016 Alonzo Stagg 50/20 Hike – Hike Route Quick Summaries

(Refer to Directions for More Complete Details)

10 Mile Hike – From St. Agnes, hikers will be heading north on Quincy St., Military Rd., Old Glebe Rd., and Randolph St. to get to Chain Bridge. Crossing Chain Bridge, they'll be turning right on the C&O Canal towpath, where in 1 mile they'll come to the Fletchers Boat House Support Stop. From there, they'll continue inbound on the towpath (not the Capital Crescent Trail) to Key Bridge, and cross back into Virginia. At Lee Highway, they'll turn right onto the Custis Trail and head back to the Quincy St. access point, and from there walk 5 blocks to St. Agnes. **The 10 Milers will assemble at 8:00 am for Sign-Ins, Announcements, and Orientation, and start at 8:30 am; fastest arrive at Fletchers around 9:45, and return to St. Agnes around noon.**

20 Mile Hike - From St. Agnes, hikers will be heading north on Quincy St., Military Rd., Old Glebe Rd., and Randolph St. to get to Chain Bridge. Crossing Chain Bridge, they'll be turning left on the C&O Canal towpath, where in 4.6 miles they'll reach the Lock 10 Support Stop. From there, they'll turn around, walk back past Chain Bridge and to the Fletchers Boat House Support Stop. From there, they'll continue inbound on the towpath (not the Capital Crescent Trail) to Key Bridge, and cross back into Virginia. At Lee Highway, they'll turn right onto the Custis Trail and head back to the Quincy St. access point, and from there walk 5 blocks to St. Agnes. **The 20 Milers will assemble at 6:30 am for Sign-Ins, Announcements, and Orientation, and start at 7:00 am; fastest arrive at Lock 10 around 9:00, at Fletchers around 10:45, and at St. Agnes around 1:00 pm.**

25 and Greater Mile Hikes - From St. Agnes, hikers will be heading north on Quincy St., Military Rd., Old Glebe Rd., and Randolph St. to get to Chain Bridge. Crossing Chain Bridge, they'll be turning left on the C&O Canal towpath, where in 4.5 miles they'll reach the Lock 10 Support Stop. From there, they'll continue outbound to the Great Falls Tavern Support Stop (a little past Mile Marker 14), after which they'll turn around and return to the Lock 10 Support Stop for a second time. From there, they'll walk back past Chain Bridge and to the Fletchers Boat House Support Stop for their third stop (and final stop for the 25 Milers, who will have actually hiked 25.6 miles total; they will be returned to St. Agnes from this Stop). From there, the 30-50 Milers will continue inbound on the towpath (not the Capital Crescent Trail) to Key Bridge, and cross back into Virginia. At the Lee Highway intersection, they'll turn left, cross Ft. Myer Dr and Lynn St, and start on the Mt. Vernon Trail. Just before National Airport, they'll reach the Gravelly Point Support Stop, their fourth Stop. Walking past National Airport, they'll reach 4 Mile Run Creek, where they'll turn right on 4 Mile Run Trail, eventually dog-legging onto the new bypass. There will be a minor "Waypoint" support station at the end of the bypass, at Shirlington Rd. From here they'll shift one block right and continue on the W&OD Trail to the Bluemont Park Pavillion Support Stop,* the 39.5 mile mark. Four of the **NEW** (2012) "Bluemont Loops" (a 2.66 mile circuit of trails) completes 50 Miles. All Hikers that get to Bluemont Pavillion who have never done a Bluemont Loop should request an escort or accompany another hiker who hiked last year (i.e., someone who knows the route). **Except for the Tail End Charlies and several pre-identified very fast hikers (who will have assembly times 1 hour later), 25 and Greater Milers will assemble at 5:00 am, for Sign-Ins, Announcements, and Orientation, and start at 5:30 am. The fastest will arrive at Lock 10 (1st time, 8 miles) around 7:30, arrive at Great Falls Tavern (13.8 miles) around 9:15, arrive at Lock 10 (2nd time, 20.1 miles) around 10:30, arrive at Fletchers (25.3 miles) around 1:00, arrive at Gravelly Point (32 miles) around 2:30, and arrive at Bluemont (1st time, 39.5 miles) around 5:00.** Obviously the hiker arrival times expand as the hikers get further into the hike, so these times are a best guess at the average. To put it in Biblical terms, 50 Milers typically finish between 8:00 pm for the quick and 1:00 am for the dead.

* We may not have access to the Bluemont Pavillion this year, due to new insurance requirements. If this occurs, the final Support Stop will be located at St. Ann's, home of Troop 624 (which is located on the Bluemont Loop).

AWARDS: All hikers and staffers will receive a patch, regardless of distance, unless declined. Hikers who complete 25-49 Miles will receive a certificate, if requested. Hikers who complete 50 Miles within 20 hours will receive the Alonzo Stagg medal, a certificate, and a “Euro Sticker,” unless declined. All Units received an “Alonzo Stagg Hike 2016” flag streamer at the first organizational meeting.