

# 1<sup>st</sup> Annual



**Saturday, May 22, 2010**

Join us on a 53-mile ride around Lakes Washington and Sammamish to raise funds for summer camp programs at Camp Camrec. Your support is needed to fund stipends for counselors and to provide scholarships for campers.

Our goal for each rider is to raise at least \$1 per mile by collecting pledges for Camp Camrec. All donations are tax deductible. Even better, all donors and riders will be entered in a raffle to win a pair of [Mariners](#) tickets.

**Course:** The course will start and end at Matthews Beach Park, 49th Ave NE & NE 93rd St, Seattle, WA. The ride will take place on busy trails and roads. We'll start groups off based on riding speed. Terrain is mostly flat with one long and several short climbs.

**Support:** None guaranteed during ride. We anticipate each group will loosely stick together with re-groups after climbs and stops.

**Start:** 8 am (arrive at 7:30am for pre-ride meeting)

**Finish:** BBQ Picnic Potluck from 11:30 am to 1 pm

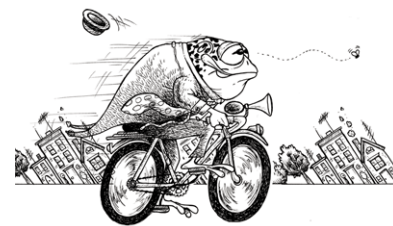
**For more information, please contact:**

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More ride details at: <http://camrec.org/get-involved/cycling-classic>.

We've added two new fully on-trail routes for recreational riders and families. Now everyone can participate and raise money for Camrec! Check out the 35- and 10-mile options! Wake up late, play at the park, and enjoy the BBQ. Even win some [Mariners](#) tickets!



### **Suggested Things to Bring:**

- Helmet (it's required!)
- Cycling mirror
- Rain Gear
- Water bottle or hydration pack
- Snacks
- Cell phone
- Patch kit, spare tube, pump & tools
- \$\$\$ for emergencies & goodies



## Camp Camrec Cycling Classic Registration Form

**One form per rider (children need their own forms and tandems need two forms)**

<b>LAST NAME</b>	<b>FIRST NAME</b>	<b>M.I.</b>	<b>DATE OF BIRTH</b>	<b>GENDER</b>
<b>E-MAIL</b>	<b>PHONE</b>		<b>EMERGENCY CONTACT NAME</b>	
<b>ADDRESS</b>			<b>EMERGENCY CONTACT PHONE</b>	

### Camp Camrec Cycling Classic 2010 RELEASE AGREEMENT

1. In consideration of the acceptance of this entry and by signing this Release for myself (or for the participant if the participant is under 18) I agree to RELEASE, HOLD HARMLESS, and INDEMNIFY Camp Camrec and all its sponsors, their respective officers, agents, members, employees and volunteers and any and all Countries, States, Departments of Transportation, State Patrols, Counties, Townships and Cities through which this Event may pass, and any other parties connected with this bicycle event including but not limited to elected and appointed officials and their employees for any injury, loss or damage suffered as a result of participation in this bicycle event or any activity associated with it, including injury, loss or damage caused by the NEGLIGENCE of any party.
2. I understand that there are certain risks associated with bicycle riding, including the risk of serious personal injury or death, and I expressly agree to assume these risks. I understand the route chosen may be challenging, not necessarily the safest or easiest route, and that weather, road or traffic conditions may make this ride more difficult. I warrant that I am in proper physical condition to participate in this event, that I am a sufficiently competent cyclist to handle the road conditions, and that my bicycle is in safe operating condition.
3. I understand that wearing a helmet that meets the CPSC, SNELL, ASTM or ANSI bicycle safety standards can minimize head injuries which may occur in a cycling accident, and that Camp Camrec requires all riders to wear helmets. I agree to wear a helmet while participating in this event and to follow the rules of the road and all applicable laws and safe bicycling practices. It is my sole responsibility to insure that my helmet meets CPSC, SNELL, ASTM or ANSI standards and to wear my helmet while participating in this event.
4. I give permission to Camp Camrec to use my image in any future promotional materials should it appear in photos taken during this Event.
5. I understand that this Release is also binding on my heirs and representatives. If I am signing on behalf of a minor, I accept full responsibility for all medical expenses incurred as a result of the minor's participation. I agree to HOLD HARMLESS and INDEMNIFY the entities named above for any claims brought on behalf of the minor.
6. By registering, I agree to read and familiarize myself with the information in the registration materials and follow the procedures and rules.
7. Any legal action that may arise from my participation in this event will be handled in the state of Washington according to Washington state law.

**By signing below, I pledge to ride safely and courteously and obey all vehicle traffic laws while riding on this Camp Camrec event.**

\_\_\_\_\_  
SIGNATURE OF ACTUAL PARTICIPANT

\_\_\_\_\_  
DATE

\_\_\_\_\_  
\*SIGNATURE OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18.

\_\_\_\_\_  
DATE

\*Consent for Medical Care and Treatment of a Minor: By signing above I authorize medical treatment for the minor registering for the Camp Camrec Cycling Classic and agree to be responsible for any costs associated with such treatment. Parent or legal guardian must accompany and be responsible for minors.

### Ride SMART Tips

Stay alert – watch for obstacles, cars, and other riders.

**Move** off the road when stopping – pull completely off the road to let cars and riders pass; do not block driveways or intersections.

**Act** like a car – obey all traffic laws and stop at stop signs.

**Retain** space between yourself and others – leave enough room to dodge obstacles.

**Tell** others when passing and pass on left.

