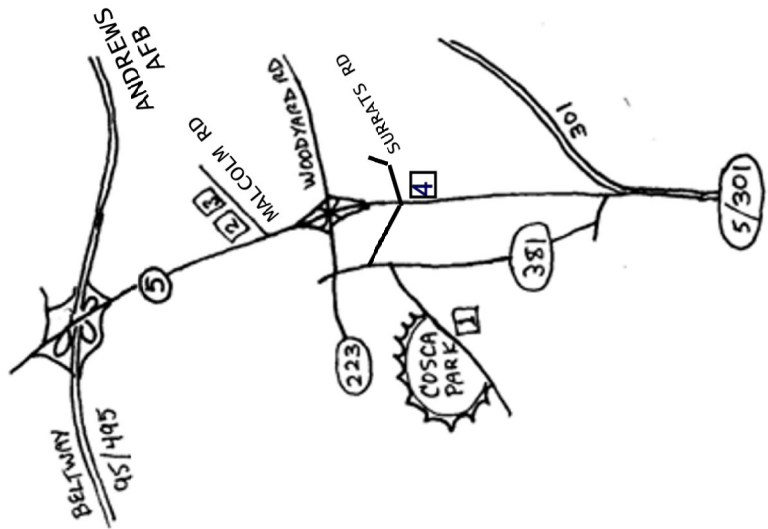


# Bicycle Rides of 26, 40, and 63 miles

## ACCOMMODATIONS

- [1] Camping, Cosca Regional Park  
(opposite Athletic Complex entrance)  
\$20 per night / \$10 seniors, + \$3 electricity  
Register in person, 7:00am to 3:00pm
- [2] Comfort Inn 7979 Malcolm Rd, Clinton  
301-856-5200
- [3] Econolodge 7851 Malcolm Rd, Clinton  
800-55-ECONO or 301-856-2800
- [4] Colony South Hotel & Conference Center  
7401 Surratts Road, Clinton  
800-537-1147 or 301-856-4500



Saturday  
May 1, 2004

Oxon Hill Bicycle and Trail Club

ohbike.org

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT:

In consideration for being permitted to participate in this Oxon Hill Bicycle and Trail Club bicycle ride, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of bicycling activities and that I am qualified to participate in such activity. I further acknowledge that the activity will be conducted over public roads and facilities open to the public during the activity and upon which the hazards of traveling are to be expected. I will obey all Maryland traffic laws and practice safe cycling. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activity.
  2. FULLY UNDERSTAND that: (a) Bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis, and death ("risks"); (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation or that of the minor in the activity.
  3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, other participants, any sponsors, advertisers and, if applicable, owners, lessors and employees of premises on which the activity takes place, (each considered one of the "releasees" herein) from all liability, claims, demands, losses or damages on my account caused, or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligently rescue operations; and I further agree that if, despite this agreement I, or anyone on my behalf, makes a claim against any of the releasees, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.
  4. CONSENT TO EMERGENCY MEDICAL TREATMENT in the event of injury or illness.
- I HAVE READ THIS AGREEMENT, UNDERSTAND ITS TERMS AND FULLY AGREE TO THEM.

Participant's signature \_\_\_\_\_ Date \_\_\_\_\_

### ADDITIONAL MINOR RELEASE FOR RIDERS UNDER 18:

AND I, THE PARENT AND/OR LEGAL GUARDIAN OF THE ABOVE NAMED MINOR HEREBY GIVE MY PERMISSION AND CONSENT VOLUNTARILY AND FREELY FOR MY CHILD TO PARTICIPATE IN THIS BICYCLE RIDE. I further agree individually and on behalf of my child to the above terms after having fully read the terms.

Parent/Guardian's signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name of Parent or Guardian \_\_\_\_\_ Phone \_\_\_\_\_

The Oxon Hill Bicycle and Trail Club  
presents

THE  
**SOUTHERN MARYLAND  
MAY METRIC CENTURY**  
*(63, 40, and 26 mile options)*

**Saturday, May 1, 2004**

LOUISE COSCA REGIONAL PARK  
ATHLETIC COMPLEX  
Clinton, MD

**Registration 7:00 - 9:00 A.M.**

**Rest stop closes at 2:00 P.M.**

**Last Course Sweep at 3:00 P.M.**

**Registration Fee: \$12**  
**(\$15 after April 28)**

Children 18 and under FREE  
(must be accompanied by an adult)

**FEATURES**

- Map and Cue Sheet
- Course Markings
- Rest Stops every 20 miles
- Snacks and Drinks
- Sag Wagon Support

COURSE DESCRIPTION

The SOUTHERN MARYLAND MAY METRIC meanders over some of Southern Maryland's nicest rural roads, including the Merkle Wildlife Sanctuary, during Dogwood, Lilac, Azalea, Tulip and Iris blossom season. The course is rolling with a few flat stretches and hills. The 100 kilometer (63 mile) figure-eight loop has rest stops for snacks and drinks at about the 20 and the 40 mile marks.

The FUN 40 and the TERRIFIC 26 Not ready for 100 kilometers? An optional 20 mile return is also available at the first rest stop for a total of 40 miles. Two optional shortcuts can further reduce the total to 26 miles.

DIRECTIONS TO THE START

Take Beltway Exit 7-A (MD Rt. 5 south) for 4 miles. At Clinton, turn right on MD Rt. 223 (Woodyard Road) and go 3/4 mile. Turn left at light on Brandywine Road (Md Rt. 381). Go one mile to the light at Thrift Road and turn right. The Louise Cosca Park Athletic Complex entrance is on the right in about one mile. Follow signs to the registration area.

REGISTRATION FORM

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
E-mail \_\_\_\_\_  
Phone \_\_\_\_\_

Emergency Contact:

Name \_\_\_\_\_  
Phone \_\_\_\_\_

I plan to ride:

63 miles  40 miles  26 miles

REGISTRATION FEE

(\$12 per rider 18 and older) \_\_\_\_\_  
(\$15 after April 28)

**IMPORTANT: Please read and sign  
release form on the back.**

**PRE-REGISTRATION:**

Mail with check to:

**Oxon Hill Bicycle and Trail Club  
P.O. Box 81  
Oxon Hill, MD 20750**

**Website:** [ohbike.org](http://ohbike.org)

**E-mail:** [info@ohbike.org](mailto:info@ohbike.org)

**Phone:** 301-567-0089