SALEM BICYCLE CLUB’S
MONSTER COOKIE METRIC
CENTURY BICYCLE RIDE
Sunday, April 26, 2020

WHAT
The Monster Cookie Metric Century is suitable for cyclists of all levels. The event is a recreational ride, not a race, and will proceed rain or shine. The route takes cyclists 62 miles (100 km) over back roads to Champoeg State Park and back to Salem. Participants desiring a shorter ride can ride to the first rest stop and back for a 34-mile ride. The ride is open to all bicyclists who agree to ride safely and lawfully. Each participant must wear a helmet that meets CPSC requirements. Law enforcement officers will patrol the route and may issue citations for traffic violations.

WHERE
The ride will start at the mall on the north side of the State Capitol Building. From I-5, take the Market St. exit (#256). Go west 1.7 miles to Summer St. Turn left and go 0.5 mile to the Capitol Mall. Parking is available in any of the state parking lots — the Green Lot at Summer and Union Streets, the Yellow Lot at Summer and Marion Streets, and the Red Lot at Center and Capitol Streets. In addition, on-street parking is available in the area.

REGISTRATION
The preregistration fee is $35.00. Preregistrations by mail must be postmarked by April 19. Riders preregistering may order a lunch to be delivered to Champoeg State Park for $7.50. (Riders planning to ride the 34-mile option should not order a lunch.) Lunches will not be available for purchase on the day of the ride. Packet pickup and day-of-registration will open at 8:00 a.m. and close at 10:00 a.m. Riders’ packets will be at the registration table for those who have preregistered.

START TIMES
To ensure that course marshals are in place, registration and packet pick up will not open until 8:00 a.m. Participants may start anytime after they have registered. However, to help ensure the safety of all cyclists, faster riders are encouraged to start between 8:00 and 9:00 a.m. Slower riders are encouraged to start between 9:00 and 10:00 a.m.

T-SHIRTS
Short sleeve T-shirts are available for an additional $18.00 if ordered at preregistration. See https://www.BikeReg.com/monstercookie for an image of the t-shirt.

WHAT TO BRING
Choose clothing for all possible weather conditions. Also bring a spare tube(s), patch kit, pump, at least one water bottle and tools for on-the-road repairs.

SUPPORT
Snacks, fruit, refreshments, and toilet facilities will be available at a rest stop and at Champoeg State Park. The route will close at 4:00 p.m. Riders should pace themselves to ensure that they have completed the ride by that time. A sagwagon will sweep the course at the end of the day. Mechanical problems are the responsibility of each rider.

DONATION
The Salem Bicycle Club will dedicate $1.00 of each registration fee to promote cycling and bicycle safety in the community.

MORE INFORMATION
For more information, contact Hersch Sangster at 503-390-8024 or MHSANG@aol.com -Monster Cookie
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April 26, 2020

Please Print Clearly – *One Person Per Form* — This Form May Be Photocopied

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Day of Ride Emergency Contact

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Fees:

- **Preregistration (adult)** ................................................................. $35.00
- **(under 18 accompanied by a parent/guardian)** ................... $18.00
  
  Registrations by mail must be postmarked by April 17. The day-of-ride registration fee will be $45.00.

- **Lunch delivered to Champoeg State Park** ........................................ $7.50
  
  Turkey | Beef | Ham | Vegetarian | Gluten-free Turkey

- **Souvenir T-Shirt** ........................................................................ $18.00
  
  X-Small | Small | Medium | Large | X-Large | XX-Large | XXX-Large

- **Club Member Discount:** .......................................................... -$2.00
  
  Salem Bicycle Club | Discount available for preregistrations only.

Total Enclosed: __________

☐ I've read the release and signed on the last page of this form.

Make checks payable to: Salem Bicycle Club
Send form and fees to: Monster Cookie Metric Century, P.O. Box 2224, Salem, OR 97308

*Please do not staple your check to the form. Sorry, no refunds.*

**IMPORTANT**

Please read and sign the Release and Waiver of Liability agreement on the next page of this ride entry form, and return both pages to the Salem Bicycle Club.
LEAGUE OF AMERICAN BICYCLISTS ("LAB")
RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY
AND PARENTAL CONSENT AGREEMENT
("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in the SALEM BICYCLE CLUB ("Club") sponsored Bicycling Activities ("Activity") 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, in good health, and in proper physical condition 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 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 conditions 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 in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, its administrators, directors, agents, officers, members, volunteers and employees, other participants, any sponsors, advertisers, and, if applicable, owners and leasers of premises on which the Activity take 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 NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY 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.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

_________________________  __________________________
Participant's Printed Name  Participant's Signature
(age 18 or older)

_________________________
Date

AND I, THE PARENT AND/OR LEGAL GUARDIAN OF THE MINOR(S) IDENTIFIED BELOW, understand the nature of Bicycling Activities and the experience and capabilities of each of the minors and believe the minors to be qualified to participate in such activity. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREED TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINORS' ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, ANY OF THE MINORS, OR ANYONE ON THE MINORS' BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

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Parent/Guardian's Printed Name  Parent/Guardian's Signature

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Participant's Printed Name (under 18)  Date