



Join us on October 11, 2009 for the 2nd Annual Civista Potomac Heritage Bicycle Tour! Routes of 14, 33, 60, 80 and 100 miles designed for cyclists of all skill levels. Tour begins and ends in La Plata at the County Government Building on Washington Avenue, and travels through scenic southern Maryland. Enjoy the post tour Party with food and entertainment at The Crossing at Casey Jones Restaurant.

2nd Annual Civista Potomac Heritage Bicycle Tour



All proceeds benefit
Civista Health Foundation
www.civista.org

- First 250 entrants receive a T-Shirt, various souvenirs and admission to Post Tour Party
- Morning registration for 60, 80 and 100 mile tour starts at 7am and closes at 9am
- Riders for 14 and 33 mile tour should start no later than 10am
(If participant chooses to start too early—may finish before start of post tour party and may need to wait for party to begin, which begins at 11am)

With your paid registration you will receive:

- Map with Marked Routes and Cue Sheet
- Access to various Rest Stops
- SAG Wagon Service
- Post Tour Party with Food and Entertainment
(Party entry will be available for purchase by spectators and guests of the riders)

To register:

- Complete and return form with entry donation to Civista Health Foundation at P.O. Box 1701, La Plata, MD 20646
- On-line at www.civista.org or www.active.com

Entry Donation: \$30.00 per Rider (after 10/01/2009, \$35.00)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ **Email:** _____

Age: _____ **Male** _____ **Female** _____

Method of Payment: Check: _____ Visa: _____ MC: _____ AMEX: _____ Disc: _____

Amount: \$ _____ **Card Number:** _____ **Exp. Date:** _____

Signature: _____

Emergency Contact: _____ **Phone/Cell:** _____

Anticipated Ride Distance: 14 _____ 33 _____ 60 _____ 80 _____ 100 _____

T-Shirt Size: Med. _____ Large _____ XL _____ 2XL _____ Child _____ (large only)

WAIVER:

I know that bicycle riding on roadways is a potentially hazardous activity and that there will be traffic on the roadways. I should not enter and ride unless I am medically able and properly trained. I assume the risk of riding in traffic. I also assume any and all other risks associated with riding in this event including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and the condition of the roads, all such risks being known and appreciated by me. Knowing these facts, and in consideration of my entry acceptance, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf covenant not to sue, and waive, release and discharge Civista Health Foundation, including the Police Department, the Charles County Commissioners their employees, agents and assigns, Emergency Radio Systems, Tour Officials, Volunteers, any and all sponsors including their agent, employees, assigns, or anyone acting for or on their behalf, from any and all claims of liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation of this event. The Release and Waiver extends all claims of every kind of nature whatsoever, foreseen and unforeseen, known or unknown. The undersigned further grants full permission to Civista Health Foundation and or authorized agents to use any photographs, videotapes, motion pictures, recordings, or any other records of this event for any purpose.

My signature is my understanding of the Waiver: _____ Date: _____

Applications for minors will only be accepted with parental signature: _____ Date: _____

For more information call: 301-609-4132 or go to www.civista.org