

**Weston Boy Scout Troop 157
Cape Cod Bike Trip
Brewster, MA
September 14-16, 2007**

Our September trip will be a two-night trip to Cape Cod for biking on the Cape Cod Rail Trail. We will **meet at the Scout House promptly at 4:00 PM on Friday afternoon September 14, 2007**. We'll drive 128 south, route 24 south, 495 southeast, 25 east, cross the Cape Cod Canal, 6 east, then route 6A east to the entrance to Nickerson State Park in East Brewster. We will pitch tents in the park, and camp overnight. Saturday morning, we'll cook our breakfast, do a gear check on our bikes and review bike safety, and then head out on the Cape Cod Rail Trail heading north toward Wellfleet. Depending on interest and ability, we may continue on route 6A and other side roads out toward Provincetown, to achieve 50 miles (for cycling merit badge). 1:00 PM will be the turnaround point, for a return on bikes to the park.

There, we'll produce a gourmet dinner and settle in for the night. Sunday morning, we will cook breakfast at camp, pack up, and may go on a short bike ride on the Rail Trail toward Dennis if there is time and interest. We should be back in Weston between 12:00 noon and 2:00 PM Sunday, September 16th. We can expect temps to be about 40-50°F Fri and Sat nights, so scouts will need a lightweight sleeping bag. Consult our regular packing list at www.troop157.org for what gear to bring. For biking, stretch exercise pants (tights) are advised, though we will bring duct tape to tape down pants as needed. Mid-day temps should be in the 60s. Scouts should also bring either a day pack or a bike bag, along with a water bottle that can be attached to the bike. Gear for overnight use can be packed in a duffel bag. **Cost of this trip will be \$40**, to cover food, gas expenses, and park fees. Each scout should **also bring about \$15** for meals/snacks on the road going and returning, and while biking. **Give this signed permission slip to me (David Kwiatkowski, Scoutmaster). Please send a check for \$40 to Mrs. Susan Hughes, 680 South Ave, # 7, Weston MA 02493.** The following adults are planning to go on this trip, and we expect more: Mr Kwiatkowski, Mrs. Foster, Mr. Eluchans, Mr. Meyer.

Permission/Waiver Form

_____ has my permission to go on the above-described trip with members of Boy Scout Troop 157 of Weston, Massachusetts, and participate in all activities. I acknowledge that I have read the following waiver in its entirety, that I understand it, and that I agree to be legally bound by its terms.

I understand that the activities described for this trip carry the risk of personal injury. In consideration of the benefits to be derived, and in view of the fact that the Boy Scouts of America is a nonprofit, educational institution, membership in which is voluntary, and having full confidence that reasonable precautions will be taken to insure the safety and well-being of my son on this activity, I agree to and support his participation, and I waive any and all claims against the leaders and their assistants on this trip, and the officers, agents, and representatives of the Boy Scouts of America.

In case of emergency (and in the event that a parent/guardian cannot be reached) I give my permission for my child to be treated at the nearest medical facility.

Parent/Guardian Signature: _____ Date: _____

Telephone where I can be reached during outing: _____