

REGISTRATION

20th Tour de la Vallée
August 15, 2010

Complete this form and return it with your \$20 registration fee to:

Tour de la Vallée
Northern Maine Medical Center
Roger Lagasse
194 East Main Street
Fort Kent, Maine 04743

Make check out to:
Edgar J. (Guy) Paradis Cancer Fund

Name: _____

Age: _____ M F

Team Name: _____

Address: _____

City: _____

State: _____ Zip _____

Enclosed is my \$20 registration fee.

Distance

- Century 100 miles
Metric Century 62 miles
Half-Century 50 miles
Quarter Century 25 miles

Shirt Size

Adult
XXL XL L M S

Each participant will receive a T-shirt, water bottle, and a Tour de la Vallée patch.

NMMC Physical Therapists will be available after the ride.

There will be a Barbeque for all participants, volunteers, and their families at Northern Maine Medical Center.



THANKS TO OUR SPONSORS

We want to thank all of the following for their generous support and contributions of money, food, prizes, support vehicles, etc.

CORPORATE SPONSORS

Baker, Newman, & Noyes
Northern Maine Medical Center
Irving
Paradis Investments
Key Bank
University of Maine at Fort Kent

CONTRIBUTORS

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Coca-Cola Bottling Company	Fort Kent Rotary
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Jes's Foodliner	China Garden
Babin's Grocery Outlet	Unicel
Jim's Corner Grocer	Rock's
Lakeview Restaurant	Saucier IGA
Rosette's Restaurant	Nissen Bread
LePage Bakeries, Inc.	
Paul's Gas	
River House Restaurant	

THANKS TO OUR SUPPORTERS

St. John Valley Partnership
National Honor Society, FKCHS, Wisdom,
Madawaska,
UMFK
Aroostook County Sheriff's Department
Police Departments: Fort Kent, Madawaska, Van Buren
Ambulance Services: Fort Kent, Madawaska,
Van Buren
NMMC Rehab Department

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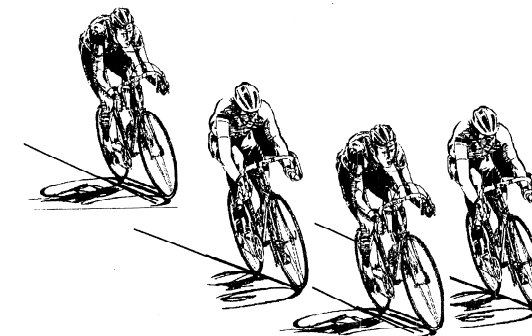
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TOUR de la VALLÉE

20th

A Bicycle Tour of the St. John River Valley

www.nmmc.org/biketour



August 15, 2010

Quarter – Century

25

Half-Century

50

Metric-Century

62

Century

100

Sponsored by:

EDGAR J. (GUY) PARADIS CANCER FUND
A service of Northern Maine Medical Center

BIKE THROUGH THE VALLEY WITH YOUR FAMILY AND FRIENDS

Bring your family and friends to ride with you on the grand tour of the St. John River Valley. In it's 19th year, the Tour de la Vallée promises to be a challenge for all riders.

You can choose to ride a quarter century (25 miles), a half-century (50 miles), a metric century (62 miles/100 kilometers) , or a century (100 miles). This is a fully supported ride with rest stops about every ten miles.

Each rest stop will be stocked with water, beverages, fruit and other healthy snacks. Lunch will be served at some of the rest stops. Although bathroom facilities may not be available at every stop, you will be informed of where you might find facilities along the route. Medical and mechanical assistance will be available during the route. Someone will be available to give you a ride if you need one. You should carry a spare inner tube in case of a flat. Let us worry about the details. You can have a grand time while you raise money to help families of the St. John Valley "live well with cancer."

THE FUNDRAISER

The Edgar J. (Guy) Paradis Cancer Fund (a service of Northern Maine Medical Center), Fort Kent, Maine, is a non-profit venture that provides support services to families from the St. John Valley who have been afflicted with cancer. The Fund provides financial assistance for travel and lodging of family members so they can accompany the cancer patient when treatment away from the St. John valley is necessary. The Fund also sponsors a monthly support group for cancer patients and their families and an educational program that is open to cancer patients, families, friends, and service providers from throughout Maine and New Brunswick. The Fund gets its money for these services from charitable donations and fund-raising activities such as this exciting bicycle tour.



FOR YOUR SAFETY

We require that all participants wear an ANSI or Snell approved bicycle helmet. The Ski Shop(Van Buren), and Daigle's Sport Shop (Madawaska) are offering a 20% discount on helmets for registered participants. A coupon will be included in your registration packet.

Participants should make sure their bicycles are in good operating condition.

HOW TO PARTICIPATE

1.) Complete the attached registration form. Return it to us with your \$20.00 registration fee. We will send you a packet of information, including pledge sheets, a map, and other tour information. On-site registrations will be \$25.00.

2.) Start soliciting pledges from family members, friends, colleagues, local businesses. Individuals must raise a minimum of \$200 in pledges to ride the Tour. Teams and families of three or more must raise a minimum of \$500 in pledges to ride the tour. Each team or family participant must be registered and pay individual registration fees.

3.) Start training for this beautiful tour of the St. John Valley now! Your registration material will include some training suggestions and safety tips.

FOR MORE INFORMATION

Call:
(207) 834-1812

or Write
Edgar J. (Guy) Paradis Cancer Fund
Northern Maine Medical Center
194 East Main Street
Fort Kent, Maine 04743



TOUR DE LA VALLÉE WAIVER

I sign this release to acknowledge that I understand the intent thereof, and I agree, absolve and hold harmless the Guy Paradis Cancer Fund, Northern Maine Medical Center, sponsors and any other parties connected with this event in any way singly or collectively, from and against any blame and liability for any injury, misadventure, harm, loss, inconvenience or damage hereby suffered or sustained as a result of participation in the (Tour de la Vallée) or any activities associated with it. I also hereby consent to and permit emergency treatment in the event of injury or illness. I hereby agree to wear a helmet at all times during the ride.

Signature

Date

Signature of Parent or Guardian (if under 18)

Children under 16 years of age must be accompanied by parents or an adult guide.