

Registration form

You can also register online at our safe and secure site
www.tourdecreemore.com

First Name _____ **Last Name** _____
Address _____
City _____ **Province** _____ **Postal Code** _____
Age _____ **Sex** Male Female
Daytime Phone# _____ **Evening Phone#** _____
E-mail _____

Event: 100km 40km 10km
Need a ride: Yes No **Give a ride:** Yes
Cost*: \$70 Adults before June 1
 \$80 Adults after June 1
 \$25 Kids under 14
MTB rental: \$45 **Size** M L
Shirt size: S M L XL

Entry fee includes limited edition micro fibre workout shirt, lunch, refreshments and draw prizes. Please make registration cheque payable to Tour de Creemore or Register and Pledge Online at our safe and secure site www.tourdecreemore.com

Waiver: Please read and sign.
 RELEASE, WAIVER & INDEMNITY – IN CONSIDERATION of the acceptance of my application and the permission to participate as a participant or competitor in the Tour de Creemore bike ride to be held on June 27, 2010 I, for myself, my heirs executors, and assigns HEREBY, RELEASE, WAIVE AND FOREVER DISCHARGE Trails, JDK Corporation, the Town of Creemore, Tour de Creemore, Kamikaze outdoor Gear, Creemore Brewery, volunteers, associations, sanctioning bodies, and sponsoring companies, and all their respective agents, officials, servants, contractors, representatives, elected and appointed officials, heirs and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as spectator, participant, or otherwise: whether prior to, during or subsequent to the event.

I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS and AGREE TO INDEMNIFY all of the aforesaid from and against and all liability by any or all of them arising as a result of, or in any way connected with my participation in the said event.

BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD AND AGREE to the above RELEASE, WAIVER AND INDEMNITY. I warrant that I am physically fit to participate in this event.

Date _____ Signature*** _____ Print Name _____

** Please fill the separate form for each family member
 ***if participant is under 18 years of age, parent or guardian must sign.

About Trails Youth Initiatives

Registered Charity #13505 0755 RR0001, www.trails.ca

Trails Youth Initiatives is a registered charity created in 1992 by Peter Dalglish and Jim Hayhurst Sr., two men of like minds with a mission to equip vulnerable youth to become contributing members of their communities.

The Trails programme was developed in response to the need for a new way of looking at the issues that face young people growing up in the city – issues like substance abuse, discrimination, sexuality, violence and hopelessness.

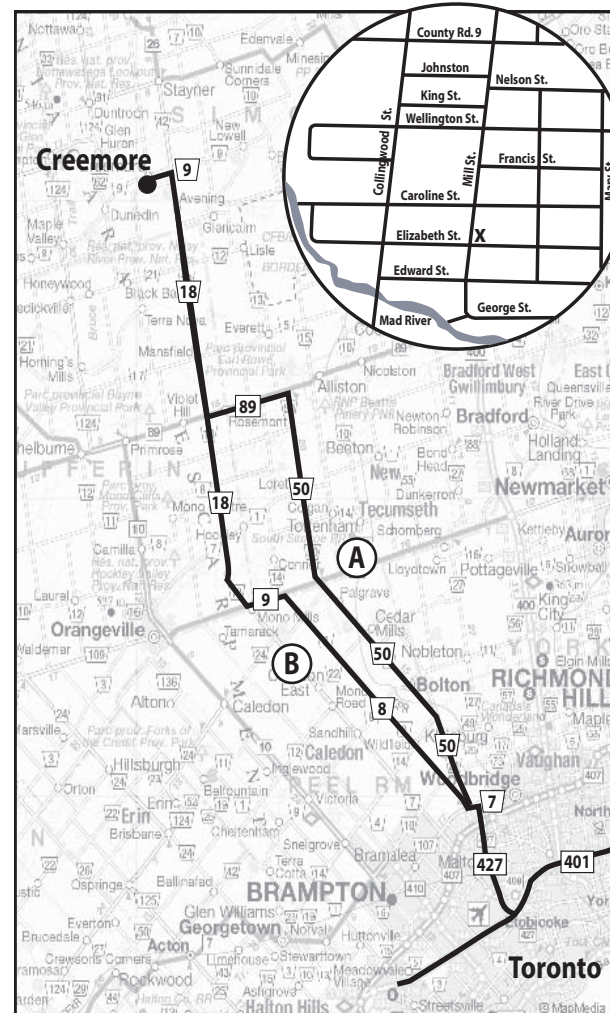
FOUR YEARS, FOUR SEASONS, FOR LIFE...

The programme runs for a full four years, year-round, with an optional Leader-in-Training fifth year that allows hands-on application of skills learned. Although using a traditional camp setting, Trails immediately broke tradition by working year-round with youth – two weeks in the summer and on weekends during the school year. In 2001, we were granted private school status by the Ontario Ministry of Education. Our kids can now earn up to 3.5 high school credits through our programme. This opportunity is unique to Trails and further illustrates our distinctive approach.

The boys and girls who attend Trails are selected from five schools within the inner city and are nominated by Guidance Counselors, Principals and Teachers. The criteria for selection are simple – perhaps best explained by one teacher’s testimony. When asked to identify the kids in her class, a teacher could name the kids at the top for their excellence and she could name the kids at the bottom for their turbulence. She could not remember the names of the kids in the middle. Trails wants those kids who are lost in the middle. The ones not previously identified as either the problems or the superstars. Those invisible kids who might otherwise fall through the cracks. Trails works on a preventative basis with young people who would otherwise not have the opportunity to be involved in such a programme. Our aim is to create a no-cost ripple effect in communities by having a large impact on a few, rather than a small impact on many.

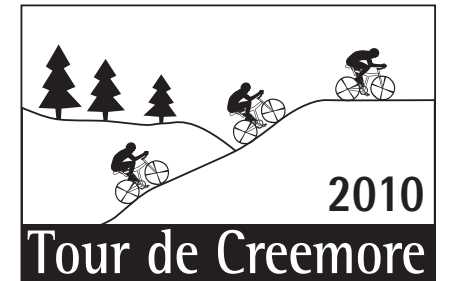
Our site is 250 acres of forest and lakes, located just half an hour north of Toronto. Our camp offers boys and girls aged 12 to 16 the chance to develop relevant knowledge, practical skills and the self-confidence to use them. Our staff is highly skilled and come from a variety of backgrounds, but with one common focus – a dedication to youth and a commitment to making a difference.

Driving Instructions



Route A (1.5 hours)			Route B (1.5 hours)		
Directions	Road	Km	Directions	Road	Km
			START AT 401		
NORTH	427	8	NORTH	427	8
WEST	7	1	WEST	7	1.5
NORTH	50	51	NORTH	8	30
WEST	89	10		(Gore Rd.)	
NORTH	18 & 42	25	WEST	9	4
	(Airport Rd.)		NORTH	18 & 42	45
WEST	9	2		(Airport Rd.)	
SOUTH	Mill St.		WEST	9	2
			SOUTH	Mill St.	
MEET AT BREWERY					

The KC X-FITT's 17th Annual Tour de Creemore



In support of
Trails Youth Initiatives

Rides to choose from:
100km paved road
 (for experienced riders only)
40km paved road
 (for any level)
10km family ride
Bike rentals available

Sunday, June 27, 2010
starting at 9:00 a.m.
"Rain or Shine"

**KC X-FITT presents
17th Annual Tour de Creemore
Sunday, June 27, 2010
Creemore brewery in the
Town of Creemore**

Last year over 100 riders enjoyed the beautiful scenery off the country roads of the picturesque Town of Creemore.

Last year we raised \$27,000 for Trails Youth Initiatives and we hope that this year as we ride again for Trails, we can raise even more.

Refreshments and energy bars will be provided along the routes. Lunch will be served in a local restaurant, after the ride, with donations of Creemore beer.

There is also a fifty per cent chance of winning a fabulous prize from our sponsors. A limited edition "Tour de Creemore" t-shirt will be provided for all participants.

You can drop-off your registration at the reception desk of the following Clubs until 12 noon June 23, 2010*:

- Cambridge club
- Adelaide club
- Toronto Athletic Club

or you can bring it with you to the ride.

Thank you for supporting the Trails Youth Initiative.

For more information contact **Kimchan Ramrattan** at (416) 722-0897 or send an email to info@tourdecreemore.com

*If you are renting a bike your registration must be submitted no later than June 15.

Course Map



----- 40/10km ————— 100km

100km ride

From Creemore, travel north on Mill street. Just a few hundreds meter into the ride you will climb a steep hill. At the top of the Hill the Mill Street turns into the Fairgrounds Rd. S. Continue riding north approximately 15 km and turn left (west) on Road 33. Continue your ride to Concession 10 and turn North. After one country block, turn left on 36/37 Sideroad and then right to Osler Bluf Rd. On your left side will be Osler Bluf and you will see the Blue Mountain. After approximately 5 km you will turn left (at Mair Mills) and then left again to Scenic Caves Rd. It is a long steep hill climb. Once you get to the top of the Blue Mountain continue your ride to Ravena and turn left to Gray Road 2. This will be your pit stop, beside a small corner store. After brake you will continue riding south for 12km and turn left (East) on Gray Rd. 31. In Rob Roy 31 turns left. From there on it is a beautiful scenic ride (slightly downhill) very fast and on windy roads that will take you back to 33/34 Sideroad. On Concession 6 (just before the Airport turn right and ride for 16 km until you merge to 9. Follow it for 4 km and turn right to Mill street.

40km ride

From Creemore, travel north on Mill street. Turn left on Rd 9 and after 4 km take the right turn to Concession 6. Ride north and turn right to 33/34 at the airport. Ride for one country block and turn right to Fairgrounds Rd. 6 S. It is a gradual climb that finishes with a very steep descent to Creemore. At the bottom of the hill proceed straight to the Brewery on Mill street.

cut here

Pledge form - Tour de Creemore

Name	Address	Amount		Paid

Rider Name: _____

Tel #: _____

Donations over \$10.00 will receive a charitable donation receipt on ride day. Please make all pledge cheques payable to: Trails Youth Initiative Please photocopy the pledge form, if necessary. **You can also donate online at www.trails.ca**

**The KC X-FITT's
17th Annual
Tour de Creemore**

Proudly Sponsored by

JDK Capital Corp.

and

Tom's Place

Mitchell Sandham

D&A Autobody

Cyclepath on the Danforth

Creemore Brewery

Polar Capital

mynextrace.com