

## Registration form

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\*:  \$60 Adults before June 1  
 \$70 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.

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 15, 2009 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

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.

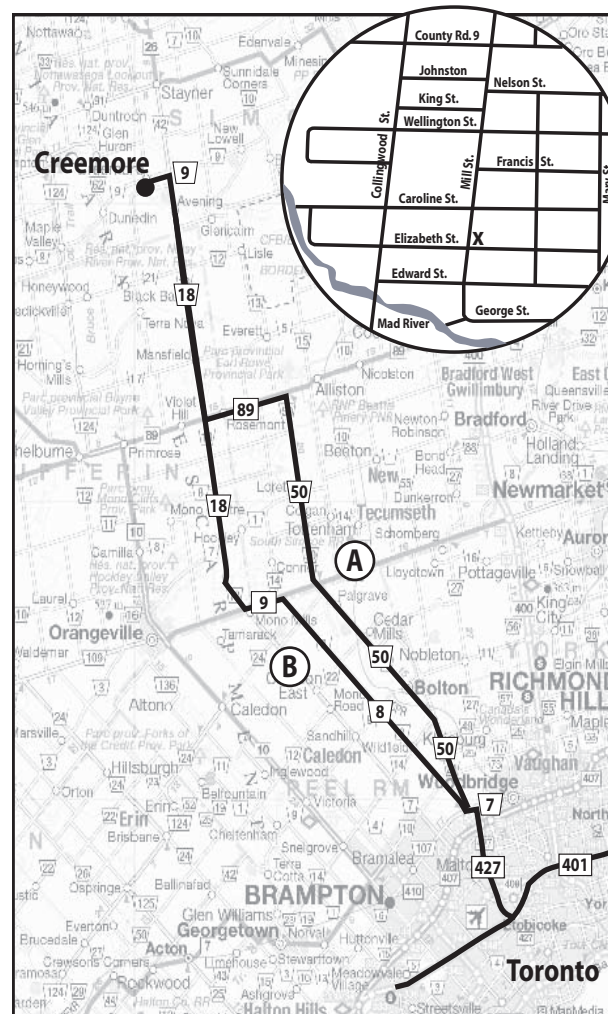
### FOUR YEARS, FOUR SEASONS, FOR LIFE...

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.

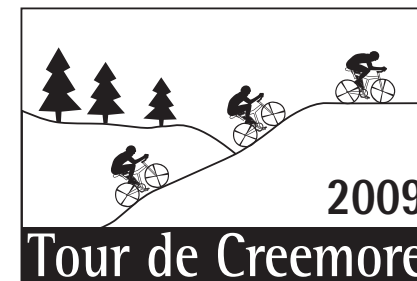
Our site is 250 acres of forest and lakes, located just half an hour north of Toronto. Our camp offers boys and girls aged 12 to 16 the chance to develop relevant knowledge, practical skills and the self-confidence to use them. Our staff is highly skilled and come from a variety of backgrounds, but with 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 16th 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 28, 2009  
 starting at 9:00 a.m.  
 "Rain or Shine"

**KC X-FITT presents  
16th Annual Tour de Creemore  
Sunday, June 28, 2009  
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.

We also raised \$27,000 for the Trails Youth Initiative. This year we are again riding in support of Trails Youth Initiative.

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 24, 2009\*:

- 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](mailto:info@tourdecreemore.com)

\*If you are renting a bike your registration must be submitted no later than June 14.

**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](http://www.trails.ca)

**The KC X-FITT's  
16th 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](http://mynextrace.com)**