

REGISTRATION

25<sup>th</sup>, Tour de la Vallée  
August 16, 2015

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

Tour de la Vallée  
Northern Maine Medical Center  
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 \_\_\_\_\_

Email Address: \_\_\_\_\_  
☐ Enclosed is my \$20 registration fee.

Are you a biker \_\_\_\_ or walker/runner \_\_\_\_?

Chose a Distance

Bikers: Walkers/Runners

- ☐ Century 100 miles (7:00) ☐ 3mile (4.6K) (9:30)
- ☐ Metric Century 62 miles (7:30) ☐ 5mile (7K) (9:30)
- ☐ Half-Century 50 miles (7:30) ☐ 10mile (15.7K) (9:30)
- ☐ Quarter Century 25 miles (8:30)

Shirt Size  
Adult  
XXL ☐ XL ☐ L ☐ M ☐ S ☐

Would you be interested in purchasing a custom cycling jersey? Y or N  
Female: S M L  
Male: S M L

Each participant who **PREREGISTERS** before **JULY 17, 2015** will receive a T-shirt. There will be two prizes given. One prize will be given to the person over the age of 16 who raises the most pledge money. The other will be given to the person under the age of 16 who raises the most pledge money.

There will be a Barbeque for all participants, volunteers, and their families at the Lions Pavilion starting at **11AM!!**

**Registrations will begin at 6:30am!**

**PLEASE BE ADVISED THAT THE EVENT WILL BE HELD AT THE PAVILION IN THE FORT KENT PARK (BEHIND THE CATHOLIC CHURCH).**



Visit Us On Facebook!



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

Dysart Bangor Marden's  
American Legion Thomas O. Cyr Post 147  
American Legion Post 145  
Acadia Federal Credit Union  
Daigle Oil Company Tang's Palace  
Irving Woodlands LLC Long Lake Motor Inn, Inc.  
TNT Road Company Marquis Well Drilling  
Northern Maine Medical Center  
Norstate Federal Credit Union  
Paradis Investments Daigle & Houghton  
RF. Chamberland, Inc. United Insurance  
Plourde, Morneault, & Dubay  
L&L Paradis, INC. Edwin Pelletier & Sons  
Paradis Shop&Save(Madawaska)  
Ridgewood & Crosswinds Central Building Supply  
Twin Rivers

CONTRIBUTORS

Daigle Sport Shop  
The Ski Shop  
Bouchard Farms  
Coca-Cola Bottling Company  
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Paradis Family Shop & Save  
Babin's Grocery Outlet  
Jim's Corner Grocer  
Lakeview Restaurant  
Rosette's Restaurant  
Larry's One Stop  
Dolly's Restaurant  
Fort Kent Rotary  
John's Shurfine Foods  
Tulsa Inc.  
China Garden  
Rock's Diner  
Saucier IGA  
Deschaine Sanitation  
WAGM TV 8  
Bob's Neighbor hood  
Bob's Service Center

THANKS TO OUR SUPPORTERS & VOLUNTEERS

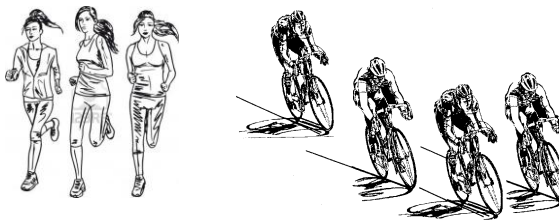
Fort Kent Rotary Club  
National Honor Society: Wisdom & Madawaska  
Aroostook County Sheriff's Department  
Fort Kent Police Department  
NMMC Maintenance Dept.; & Finance Dept.  
Cancer Survivors & Families  
Girl Scout Troop 161  
Fort Kent Lions Club

TOUR de la VALLÉE

25th Anniversary

A Bicycle Tour and Walkathon/Marathon of  
the St. John River Valley

[www.nmmc.org/biketour](http://www.nmmc.org/biketour)  
<http://paradiscancerfund.org>  
<https://www.facebook.com/tourdelavalleeipf>



August 16, 2015

BIKERS:	Walkers/Runners:
Quarter – Century	3mile (4.6K)
25	5mile (7K)
Half-Century	10mile (15.7K)
50	
Metric-Century	
62	
Century	
100	

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

TOUR THROUGH THE VALLEY WITH YOUR FAMILY AND FRIENDS

Bring your family and friends to ride or walk/run with you on the grand tour of the St. John River Valley. In its 25<sup>th</sup> year, the Tour de la Vallée promises to be a challenge for all riders.

You can choose to ride 25, 50, 62, or 100 miles. Or you can choose to walk/run 3, 5, or 10 miles. All routes are a fully supported with rest stops.

Rest stops will be stocked with various different items such as water, beverages, fruit and other healthy snacks. At some rest stops there will be PB&J sandwiches. 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. If you are biking, 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 The St. John Valley. The Fund gets its money for these services from charitable donations and fund-raising activities such as this exciting tour.



FOR YOUR SAFETY

If you are a biker, we require that all participants wear an ANSI or Snell approved bicycle helmet. Participants who are biking 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 before **July 17** to be able to receive a free t-shirt the day of the tour. We will send you a packet of information, including pledge sheets, a map, and other tour information. On-site registrations will be \$30.00. Immediate family members (living in the same household) of three or more will have a combined fee of \$50.00. (Ex. Mom, dad, kids) On-site registrations for family members (living in the same household) will be \$60.00.
- 2.) Start soliciting pledges from family members, friends, colleagues and businesses. Individuals must raise a minimum of \$100.00 in pledges to ride or walk/run in the Tour. Registrants under the age of 16 need to raise a minimum of \$50.00 in pledges to ride or walk/run in the tour. 100% of all monies raised go directly to support local cancer patients and their families. **If you raise \$1,000 or more, you are entitled to receive a custom cycling jersey.**
- 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)728-7302 /Dorine Deschaine**  
**(207)543-7475 /Roland Paradis**  
**(207)543-6263 /Daniel Paradis**  
**(207)543-6924 /Robert Paradis**

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. Photographs that are taken during ride might be used as promotional material in the future.

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.*

