

REGISTRATION

2021 Tour de la Vallée

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

31st Annual Tour de la Vallée
Northern Maine Medical Center
194 East Main Street
Fort Kent, Maine 04743

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

Name: _____ Age: _____

Address: _____

City: _____

State: _____ Zip _____

Email Address: _____

Phone Number: _____

- ☐ Enclosed is my \$20 registration fee.
- ☐ Sign the Waiver on the reverse.

Choose a distance to complete:

Bikers/Motorcyclists:

- _____ Century – 100 miles
- _____ Metric Century – 62 miles
- _____ Half-Century – 50 miles
- _____ Quarter Century – 25 miles
- _____ Mountain Bike – 35 miles

Walkers/Runners: ____ 3k ____ 5k ____ 10k

I will participate (circle one):
LIVE or VIRTUALLY

Indicate T-shirt Size – Circle one

Adult: XXXL XXL XL L M S
Youth: L M S

You can also register on-line at
<http://paradiscancerfund.org>



TOUR THROUGH THE VALLEY
WITH YOUR FAMILY & 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 31st 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 ride a 35-mile mountain bike route. Or you can choose to walk/run 3, 5 or 10 kilometers. All routes are fully supported with rest stops.

Rest stops will be stocked with various different items such as water, beverages, fruit and other healthy snacks. 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 along 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.”



TOUR de la VALLÉE

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

www.nmmc.org/biketour
<http://paradiscancerfund.org>
<https://www.facebook.com/tourdelavalleeepf>



August 29, 2021

BIKERS/MOTORCYCLISTS:

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

MOUNTAIN BIKERS: 35 Miles

WALKERS/RUNNERS:

- 3k
- 5k
- 10k

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

#ejpvirtualtour

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 gets its money for these services from charitable donations and fund-raising activities such as this exciting tour. The Tour de la Vallée is the major fundraising event of the Paradis Cancer Fund.

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. Also, we **HIGHLY** suggest that bikers walk their bikes across all railroad tracks.

FOR MORE INFORMATION

Call:
Claire Moss at (207) 834-1411

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

HOW TO PARTICIPATE

- 1.) Complete the attached registration form and return it to us with your registration fee. We will send you a packet of information, including pledge sheets and other Tour information. Immediate family members (living in the same household) of three or more will have a combined fee of \$50.00. (Ex. Mom, dad, kids).
- 2.) Start soliciting pledges from family members, friends, colleagues and businesses. Individuals are encouraged to raise a minimum of \$100.00 in pledges to ride or walk/run in the Tour. Registrants 15 years old and under are encouraged 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.
- 3.) Start training now for this beautiful tour of the St. John Valley! Your registration material will include some training suggestions and safety tips.

If you raise \$100 or more in pledges, you will receive a free Tour de la Vallée t-shirt.
A prize will be given to the 15-year-old and under and the 16-year-old plus who raises the most pledge money.

Participants in the Virtual Tour are encouraged to share their progress by posting regular updates on Facebook by using #ejpvirtualtour.



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:

Signature of Parent or Guardian (if under 18):

Date: