

REGISTRATION FORM

The All New TOUR DE LA VALLÉE

JOURNEY OF HOPE

Saturday, August 26, 2023

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

33rd Annual Tour de la Vallée
Northern Maine Medical Center
194 East Main Street
Fort Kent, ME 04743

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

Name: _____ Age: _____

Address: _____

City: _____

State: _____ Zip: _____

Email Address: _____

Phone Number: _____

CHOOSE YOUR JOURNEY:

Bicycling (depart at 8 a.m.):

_____ The Vallée View Ride (Strip Road/Route 11 Loop) 17.5 miles

_____ The St. John River Ride (St. John Road) 11 miles

_____ The Combo Ride (The Valley View Ride combined with the St. John River Ride) 28 miles

_____ The Heritage Ride (The Heritage Trail) – 35 miles

Walkers/Runners (depart at 8 a.m.):

_____ 3K – Pavilion to Elementary School and Back

_____ 5K – Pavilion to Pleasant Street/Cross Bridge Street onto Market Street/Cross Heritage Trail back to Pleasant Street/Return to Pavilion

_____ 10K – Pavilion to Pleasant Street/Heritage Trail to Violette Settlement Road and Back

Motorcycles (depart at 9 a.m.):

_____ The Dave Morin Memorial Ride – Depart from Pavilion/Ride to Caribou via Route 161/Ride to Van Buren and return to Pavilion via Route 1

ATVs (depart at 9 a.m.):

_____ The Vallée Trails Ride – Depart from Pavilion/Ride Marked ATV Trails to Long Lake Lookout/Return to Pavilion (trail map will be provided upon registration)

Indicate T-Shirt Size – Circle One

Adult: XXXL XXL XL L M S

Youth: L M S

You may also register online at:

<http://paradiscancerfund.org>

OR

by scanning the QR code

THE

EDGAR J. PARADIS

CANCER FUND

MISSION

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.



Unable to Bike/Ride/Walk?

Join us for the after event starting at 11am at the Lion's Pavilion in Fort Kent on August 26, 2023!

FUN FAMILY ACTIVITIES WILL INCLUDE:

Live Music

Food Vendors on Site

Events for All Ages

Face Painting

Obstacle Courses

E-Bike Raffle



THE

ALL NEW

TOUR DE LA VALLÉE

JOURNEY OF HOPE

Saturday, August 26, 2023

The 33rd annual Tour de la Vallée – Journey of Hope will be different this year! This day will kick off with the well known Tour to include: Biking, Walking, Motorcycles and ATV rides. The day will be topped off with fun family events for all ages!

Sponsored by:

Edgar J. Paradis Cancer Fund
(a service of Northern Maine Medical Center)

BIKE



WALK



MOTORCYCLE



ATV



FOR MORE INFORMATION CALL
Claire Landry at (207) 834-1411

OR EMAIL
claire.landry@nmmc.org

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

TOUR THROUGH THE ST. JOHN VALLEY WITH YOUR FAMILY & FRIENDS

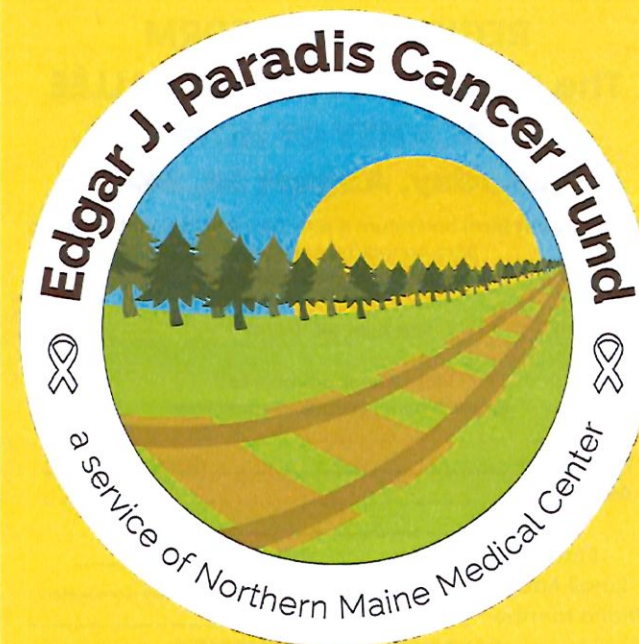
Bring your family and friends to ride or walk/run with you on the grand Tour of the St. John River Valley. In its 33rd year, the Tour de la Vallée – Journey of Hope promises to be a challenge for all riders. You can choose to ride a scenic bike, motorcycle or ATV route, or walk/run. All routes are fully supported with rest stops. See registration form for details.

Rest stops will be stocked with various 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."

HOW TO PARTICIPATE

- 1.) Complete the attached registration form and return it with your \$20 registration fee. You will be sent a packet of information, including pledge sheets and other Tour information. Pre-registration for immediate family members (living in the same household) of three or more will have a combined registration 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.
- BIKERS/WALKERS:**
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.



**SCAN THE QR CODE WITH
YOUR PHONE CAMERA TO
REGISTER FOR THE TOUR
(REGISTRATION
REQUIRED FOR TOUR
PARTICIPANTS ONLY)**



SCAN ME