#### **NEW THIS YEAR!**

# For the Kids! Cyde in Character

Join us on an *all-new themed* children's
Tour route this year! This route will begin at
the Lion's Pavilion, go through the
McDonald's Trail, pit-stop at the Elementary
School Playground for games, drinks &
snacks, and a Costume Contest, and take
the McDonald's Trail back to the Pavilion.
Bring your children dressed in their best
superhero costume! Children will be
accompanied on this route by adults.



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



## 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 fundraising 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?**

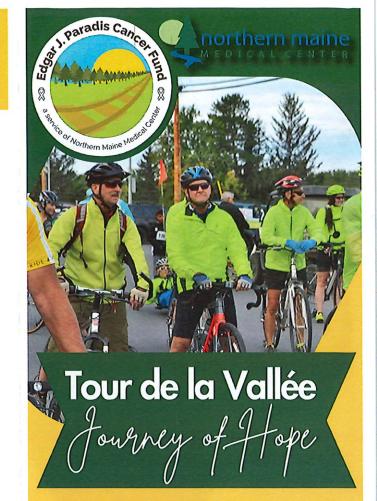
Join us for the after event starting at 11:00 a.m. at the Lion's Pavilion in Fort Kent on August 24, 2024!

#### **Tour Volunteers Needed!**

Contact Macey Thibodeau at 207-834-1329 or via email at macey.thibodeau@nmmc.org

#### Edgar J. (Guy) Paradis Cancer Fund

Northern Maine Medical Center
194 East Main Street
Fort Kent, ME 04743
www.paradiscancerfund.org



#### Saturday, August 24, 2024

Join us for the 34th annual Tour de la Vallée - Journey of Hope! 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)



### FORM A TEAM IN SUPPORT OF SOMEONE YOU KNOW WHO'S BATTLING CANCER

Customized t-shirts with your team name are available!

Early Registration Required for Team Shirts:

Please register by June 30, 2024

Contact Claire Landry at 207-834-1411 or via

email at claire.landry@nmmc.org

for more information.

## TOUR 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 34th 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, and 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 when 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 in pledges to ride or walk/run in the Tour. Registrants 15 years old and under are encouraged to raise a minimum of \$50 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:**

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!

## REGISTRATION FORM TOUR DE LA VALLÉE - JOURNEY OF HOPE SATURDAY, AUGUST 24, 2024

Complete this form and return it with your \$20 registration fee to:
34th Annual Tour de la Vallée
Northern Maine Medical Center
194 East Main Street
Fort Kent, ME 04743

Name:

Address:

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

Lity: State:
Email Address:
Phone Number:
CHOOSE YOUR JOURNEY:  Bicycling (depart from Pavilion at 9 a.m.):  The Vallée View Ride (Strip Road/Route 11 Loop) - 17.5 mile  The St. John River Ride (St. John Road) - 11 miles  The Combo Ride (The Vallée View Ride & St. John River Ride 28 miles  The Heritage Ride (Heritage Trail) - 35 miles
Cycle in Costume (McDonald's Trail) - 2.5 miles NEW
Walkers/Runners (depart from Pavilion at 9:30 a.m.): 3k - Pavilion to Elementary School and Back5k - Pavilion to Pleasant Street/Cross Bridge Street onto Warket Street/Cross Heritage Trail back to Pleasant Street/Return to Pavilion10k - Pavilion to Pleasant Street/Heritage Trail to Violette Settlement Road and Back
Notorcycles (depart from Pavilion at 8:30 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 - The Vallée Trails Ride (Poker Run will be an option!)  Depart at 8:30 a.m. from the Pavilion in Fort Kent/Ride  narked ATV trails to Long Lake Lookout/Return to Pavilion to enjoy un family events  Depart at 9:30 a.m. from the Long Lake Lookout/Ride marke  ATV trails to Pavilion in Fort Kent/Enjoy fun family events/Return to ong Lake Lookout
Indicate T-Shirt Size - Check One
Adult: S M L XL XXL XXXL  Youth: S M L  You may also register online at: www.paradiscancerfund.org OR by scanning the QR code