

**NEW THIS YEAR!**

## For the Kids! Cycle 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.



**THEME: Superheroes**

**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](mailto: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](http://www.paradiscancerfund.org)



## Tour de la Vallée *Journey of Hope*

**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)





BIKE



WALK



MOTORCYCLE



ATV

## 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!

## 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](mailto:claire.landry@nmmc.org)  
for more information.

## 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

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 from Pavilion at 9 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 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 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 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 marked ATV trails to Long Lake Lookout/Return to Pavilion to enjoy fun family events
- \_\_\_\_\_ Depart at 9:30 a.m. from the Long Lake Lookout/Ride marked ATV trails to Pavilion in Fort Kent/Enjoy fun family events/Return to Long 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.paradisecancerfund.org](http://www.paradisecancerfund.org)  
OR  
by scanning the QR code

