



All proceeds benefit the American Cancer Society

Tour de Coeur

# Ride North Idaho

Register **NOW!**

## Tour de Coeur - Sunday, August 30, 2009

The eighth annual Tour de Coeur will include popular family rides from 1 -33 miles, starting at Riverstone Park and continuing along the Centennial Trail and beautiful Lake Coeur d'Alene. All rides are on the Centennial Trail. The long ride (33 miles), a popular route for area riders, will start at Riverstone Park, then proceed on the Centennial Trail, out the Prairie Trail and back.

Registration includes "the best after-ride lunch", raffles, massage and entertainment at Riverstone Park following the ride.

**REGISTER TODAY!**

**\$50 registration fee**

includes ride, lunch and shirt for 2 adults and 2 children

**Registrations must be received by July 24, 2009**

to guarantee selected shirt size

Name (Please sign waiver on back)

Address

e-mail

City	State	Zip
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Phone	Emergency Contact	Phone
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Shirt Size YS  YM  YL  S  M  L  XL  2XL

Registration Fee: \$50

On-line Registration and credit card payments are accepted on-line at [www.acsidaho.org](http://www.acsidaho.org).

Riders are encouraged to raise pledges to further support ACS programs and services. Riders raising \$100 or more will receive a special recognition incentive. Indicate pledge amounts below. Please use the back of this sheet for additional pledges.

Name	Amount	Name	Amount

**Make checks payable to "Tour de Coeur"**

Please mail to: American Cancer Society

Tour de Coeur, ATTN:Cynthia Rozyla, 920 N. Washington, Suite 200, Spokane, WA 99201 FAX: 509-455-3990

For more information: Call 1-509-242-8295 or e-mail [cynthia@acsidaho.org](mailto:cynthia@acsidaho.org)

