



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!

\$20 registration fee

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

Phone

Emergency Contact

Phone

Shirt Size YS YM YL S M L XL 2XL

Registration Fee: \$20

Online Registration and credit card payments are accepted on line at 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

