

- 2008 TOUR DE KINGSTON/ULSTER -

Sunday, June 22, 2008

FORSYTH NATURE CENTER, KINGSTON, NEW YORK

TO REGISTER: call Big Brothers/Big Sisters: 845-338-0431 *or*
visit Bike Brothers on Boices Lane *or*
visit www.tobaccofreeactioncoalition.org

- THIS IS A FAMILY FRIENDLY, DRUG-FREE COMMUNITY EVENT -
"AN OUNCE OF PREVENTION=A POUND OF CURE"

- Educational Scholarships will be awarded -



Free Family Ride --- Start Time 12 noon

5.2 miles Flat and easy, D1, 2

Ride through historic Kingston, the first Capital of New York State. Enjoy a view of the mountains. Mayor James Sottile will ride with the group and stop at some of Kingston's interesting and historic sites. This is a 5.2 mile flat, slow ride that may take up to 1.5 hours.

Highlights:

- Old Dutch Church
- Forsyth Nature Center
- Friends of Historic Kingston Museum
- Senate House State Historic Site
- Fireman's Museum
- Tour of City Hall with Mayor James Sottile

- Rain Date: June 29 -

After the ride there is a **COOKOUT** *sponsored by Bike Brothers & Forsyth Nature Ctr.*
Free admission to the Senate House Historic Site (*sponsored by Friends of Senate House*)

Recreational Ride --- Start Time 10:00 a.m.

12 mile (flat and few hills) C2 *or* 22 mile (12 mile plus additional route with hills) C3
\$15 individual; \$25 Family (\$5 discount if received by 5/20)

This ride offers views of Catskill and Shawangunk Mountains. It begins in historic Kingston and winds its way through Hurley. In Hurley, sites include farmland and mountain views. There are a few rolling hills. This ride may take up to two hours. **Rain date: June 29**

Half Century --- Start Time 8:30 a.m.

50 miles B, C2 EXPERIENCED RIDERS and includes a **35 mile option**

\$15 individual; \$25 Family (\$5 discount if received by 5/20)

This faster paced ride will offer some hills. This ride will offer scenery from an assortment of Ulster County towns. In addition to the City of Kingston; Woodstock, Saugerties and the Town of Ulster will be part of the ride. This is a more challenging ride and is not recommended for beginners. Time of ride is up to 3 hours **rain or shine.**

FREE!!

BICYCLE RAFFLE FROM BIKE BROTHERS

FREE!!

GYM MEMBERSHIP RAFFLES FROM FITNESS UNLIMITED

T-SHIRTS while supply lasts

WATER BOTTLES while supplies last

BICYCLE SAFETY CHECK FROM BIKE BROTHERS

- Helmets are **REQUIRED** for all riders
- All riders must register and sign a waiver of liability
- An adult must accompany all riders under the age of 15
- All rides begin and end at Forsyth Nature Center
- **LODGING:** Special rates at Quality Inn, Thruway Exit 19-Kingston 845-339-3900 ask for 'Tour de Kingston'



WEEKEND IN THE HUDSON VALLEY! Enjoy Kingston, Woodstock, Saugerties and the rest of the Mid-Hudson Valley - Farmers Market on Saturday / Flea Markets / Shopping / Hudson River and more!

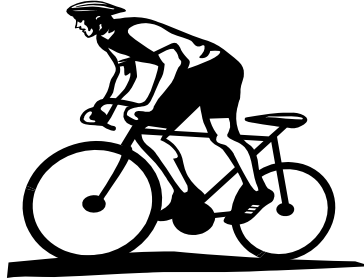


- THANKS TO OUR 2008 SPONSORS -

THE KINGSTON HOSPITAL CITY OF KINGSTON HANNAFORD BIKE BROTHERS The BRIDGEBACK
FRIENDS of the SENATE HOUSE CYCLE THERAPY WAL-MART TFAC-TOBACCO FREE ACTION COALITION
BIG BROTHERS/BIG SISTERS Dr. DOUGLAS ASTION THE BICYCLE RACK FITNESS UNLIMITED VO2-VELO
FORSYTH NATURE CENTER LIONS CLUB of KINGSTON KINGSTON POLICE NY STATE POLICE
PREVENTION CONNECTIONS TOWN of ULSTER POLICE TABLE ROCK UC PREVENTION PROJECT

Here's how to register now for the

- 2008 TOUR DE KINGSTON/ULSTER -



1. Print out the following
2008 Liability Waiver & Participant Sign-up Form

2. Read over the waiver
3. Fill out the Participant form
4. Mail form w/payment to address below

For a \$5.00 discount on rides, please mail the completed form before May 20th with payment to:

**2008 TOUR DE KINGSTON
20 Delta Place
Kingston, NY 12401**

Please make checks payable to: The Kingston Hospital Foundation

On the next 2 pages are the forms you need to register....
Thank you and enjoy the ride!

2008 TOUR DE KINGSTON Liability Waiver & Participant Sign-up Form

All ride participants MUST sign and date this waiver

Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement

ALL PARTICIPANTS MUST WEAR A HELMET

In consideration of being permitted to participate in any way in the Tour de Kingston Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. Acknowledge, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. Fully Understand that:
 - Bicycling Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("risks");
 - these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the Negligence of the "releasees" Named Below;
 - there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR THE LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the City of Kingston, Kingston Cycling Club, their respective administrators, directors, agents, officers, volunteers and employees, other participants, any sponsors, organizers, planners, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place (each considered on of the "RELEASEES" HEREIN) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I Will Indemnify, Save, and Hold Harmless Each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE.

Signature

Date

Yes, I have read and agree to the conditions of the liability waiver for the Tour de Kingston.

2008 TOUR DE KINGSTON

June 22, 2008

START AT FORSYTH NATURE CENTER, KINGSTON, NY

- PLEASE COMPLETE PARTICIPANT SECTION AND CHECK EACH RIDE(S) YOU WILL BE IN -

1.	_____	_____	_____
	PARTICIPANT (PRINT NAME)	SIGNATURE	PHONE #
	_____	_____	_____
	ADDRESS		EMAIL
	Ride Choice (please check): <input type="checkbox"/> FREE Family <input type="checkbox"/> Recreational (\$15 Individual / \$25 Family) <input type="checkbox"/> Half Century (\$15 Individual / \$25 Family)		
2.	_____	_____	_____
	PARTICIPANT (PRINT NAME)	SIGNATURE	PHONE #
	_____	_____	_____
	ADDRESS		EMAIL
	Ride Choice (please check): <input type="checkbox"/> FREE Family <input type="checkbox"/> Recreational (\$15 Individual / \$25 Family) <input type="checkbox"/> Half Century (\$15 Individual / \$25 Family)		
3.	_____	_____	_____
	PARTICIPANT (PRINT NAME)	SIGNATURE	PHONE #
	_____	_____	_____
	ADDRESS		EMAIL
	Ride Choice (please check): <input type="checkbox"/> FREE Family <input type="checkbox"/> Recreational (\$15 Individual / \$25 Family) <input type="checkbox"/> Half Century (\$15 Individual / \$25 Family)		
4.	_____	_____	_____
	PARTICIPANT (PRINT NAME)	SIGNATURE	PHONE #
	_____	_____	_____
	ADDRESS		EMAIL
	Ride Choice (please check): <input type="checkbox"/> FREE Family <input type="checkbox"/> Recreational (\$15 Individual / \$25 Family) <input type="checkbox"/> Half Century (\$15 Individual / \$25 Family)		

Minors (under 15) must have a parent or legal guardian with them on all rides.

Parent* NAME (printed): _____ Parent* Signature: _____

Date: _____ Minor's Name (printed): _____ Age: _____

*Or Legal Guardian

Minors (under 15) must have a parent or legal guardian with them on all rides.

Parent* NAME (printed): _____ Parent* Signature: _____

Date: _____ Minor's Name (printed): _____ Age: _____

*Or Legal Guardian

Minors (under 15) must have a parent or legal guardian with them on all rides.

Parent* NAME (printed): _____ Parent* Signature: _____

Date: _____ Minor's Name (printed): _____ Age: _____

*Or Legal Guardian

For a \$5.00 discount on rides, please mail this completed form before May 20th with payment to:

2008 TOUR DE KINGSTON
20 Delta Place
Kingston, NY 12401

Please make checks payable to: The Kingston Hospital Foundation