

# - 2009 TOUR DE KINGSTON/ULSTER -

Sunday, June 28, 2009

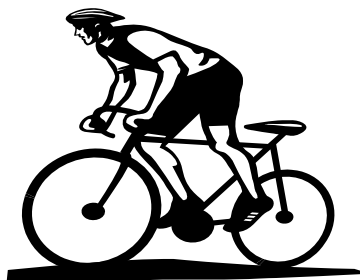
DEITZ STADIUM / FORSYTH NATURE CENTER, KINGSTON, NY

TO REGISTER: visit Bike Brothers on Boices Lane 845-336-5581

or visit [www.tobaccofreeactioncoalition.org](http://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 -  
*Meet World Champion Boxer Billy Costello*



## Free Family Ride --- Start Time 11:00 a.m.

5.2 miles Flat and easy, D1, 2 New 2009 YMCA SPONSOR/ all rides

Ride through historic Kingston, the first Capital of New York State. Enjoy a view of the mountains. 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. Rain Date: JULY 5 NEW 2009 SPONSOR: YMCA

### Highlights:

- Old Dutch Church
- Senate House State Historic Site
- Forsyth Nature Center
- Fireman's Museum

MEET WORLD CHAMPION BOXER BILLY COSTELLO

After the ride there is a COOKOUT sponsored by Bike Brothers & Forsyth Nature Ctr.

FREE admission to the Senate House and The Fireman's Museum

## Recreational Ride NEW ROUTE (25) Start Time 10:00 a.m.

12 mile (flat and few hills) C2 or 25 mile with NEW ROUTE

\$15 individual; \$25 Family (\$5 MORE DAY OF EVENT)

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 OR SHINE.

## Half Century --- Start Time 9:00a.m.

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

\$15 individual; \$25 Family (\$5 MORE DAY OF EVENT)

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.

TAG- ALONG BICYCLE RAFFLE FROM BIKE BROTHERS  
PLEDGES ACCEPTED AND GIFT CERTIFICATES AWARDED  
TREK MOUNTAIN BIKE FROM FAVATTAS TABLE ROCK TOURS  
FREE SAFETY CHECK BY KINGSTON CYCLERY, BIKE DEPOT & BIKE BROS.

- 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 2009 SPONSORS -

HEALTH ALLIANCE - CITY OF KINGSTON - YMCA - WAL-MART - BIKE BROTHERS - FORSYTH NATURE CENTER  
THE LIONS CLUB OF KINGSTON - THE BRIDGEBACK OF TKH - TOBACCO FREE ACTION COALITION -  
HANNAFORD - KINGSTON POLICE - FRIENDS OF THE SENATE HOUSE - CYCLE THERAPY - Dr. DOUGLAS ASTION  
THE BICYCLE RACK - KINGSTON POLICE - NEW YORK STATE POLICE - PREVENTION CONNECTIONS/ UPP  
KINGSTON PAL - KINGSTON CYCLERY - UCCA - MAC - FITNESS - FAVATAS TABLE ROCK BICYCLE TOURS

Here's how to register now for the

**- 2009 TOUR DE KINGSTON/ULSTER -**



1. Print out the following...

**2009 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 20<sup>th</sup> with payment to:

**2009 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!

## 2009 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.***

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Signature

Date

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

2009 TOUR DE KINGSTON

June 28, 2009

START AT FORSYTH NATURE CENTER, KINGSTON, NY

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

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

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