

# - 5th ANNUAL TOUR DE KINGSTON/ULSTER -

Sunday, June 27, 2010

DEITZ STADIUM / FORSYTH NATURE CENTER, KINGSTON, NY

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

*or* visit any of these websites...

[www.tourdekingston.com](http://www.tourdekingston.com)

[www.tourdeulster.com](http://www.tourdeulster.com)

[www.tobaccofreeactioncoalition.org](http://www.tobaccofreeactioncoalition.org)

*or* contact the Kingston YMCA

- THIS IS A FAMILY FRIENDLY, DRUG-FREE COMMUNITY EVENT -



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

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. 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:

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

- 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

Awards for most pledges collected by an individual and a group, largest group of riders

## Recreational Ride (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. \* New Route \*

50 miles -A, B, C-2 EXPERIENCED RIDERS and includes a 35 mile option

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

This faster paced ride will offer 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 4 hours **RAIN OR SHINE.**

2010 OFFICIAL RIDING JERSEY AVAILABLE IN LIMITED NUMBERS

PLEDGES ACCEPTED AND GIFT CERTIFICATES AWARDED

TREK MOUNTAIN BIKE FROM FAVATTAS TABLE ROCK TOURS

FREE SAFETY CHECK BY REVOLUTION CYCLES, BIKE RACK & 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!



HEALTH ALLIANCE- CITY OF KINGSTON - YMCA- WAL-MART- BIKE BROTHERS- FORSYTH NATURE CENTER - HANNAFORD  
THE LIONS CLUB OF KINGSTON - THE BRIDGEBACK OF TKH - TOBACCO FREE ACTION COALITION (TFAC) - KINGSTON PAL  
KINGSTON POLICE - FRIENDS OF THE SENATE HOUSE - CYCLE THERAPY - KINGSTON NISSAN - THE BICYCLE RACK  
NY STATE POLICE - UPP - REVOLUTION CYCLES - UCCA- MAC FITNESS - FAVATTAS TABLE ROCK BICYCLE TOURS