

## Welcome

Welcome to the Dickinson County Hospital Foundation's 3rd Annual **Tour de Dickinson** Bike Ride for the Entire Family on Saturday, August 15, 2009. This event is a recreational bicycle ride for all ages with a portion of the proceeds to help support programs and services of the DCH Foundation. A portion of this year's proceeds will be designated for the Kid's G.E.T. Healthy initiative. Our mission is to promote good health and family participation.

## The Ride

The scenic ride will consist of five non-competitive routes with rest stops and SAG support. All rides will begin at Giant Pine Mountain's Kiwanis Ski Club Building. The riders will continue through downtown Iron Mountain and Italian Fest. After the downtown tour, the riders will be directed to Bass Lake Road and their individual routes. Traffic control will be provided for the downtown tour and major intersections. **All riders are required to wear helmets.**

## The Routes

### The 5.5 mile (9 K) Family Route

After the downtown tour, the ride will continue back to Pine Mountain on Belagomba Road. This ride will have traffic control on the main roads and intersections.

### The 20 mile (32 K) Short Route

An enjoyable ride down Bass Lake Road with views of the Menominee River.

### The 28 mile (45 K) Medium Route

A longer ride similar to the 18.4 mile route but including Lake Antoine.

### The 56 mile (90 K) Long Route

A more challenging ride that will follow the Bass Lake Route and Lake Antoine but will also include Upper Pine Creek & the Norway Spring.

### The 64 mile (100 K) Century Route

Similar to the long route, but including the beautiful and scenic Norway area. The ride returns to Pine Mountain.



DICKINSON COUNTY  
HOSPITAL FOUNDATION

1721 S. Stephenson Avenue  
Iron Mountain, MI 49801



# August 15, 2009

## Start Times (CDT)

9:00 AM for the 32K-100K

9:15 AM for the 9K Family Ride

You may leave on your own earlier  
but please note rest stop times

## Location

Pine Mountain's Kiwanis Ski Club Building  
N3332 Pine Mountain Rd, Iron Mountain, MI

## Registration

Friday, August 14: 4:00-6:00 PM

Saturday, August 15: 7:00—8:45 AM

## Event Sponsor



## Hosted By

DICKINSON COUNTY  
HOSPITAL FOUNDATION





## Special Activities

**Italian Fest**—Join downtown Iron Mountain's Italian Fest for a day of authentic Italian foods, wine and fun! There will be local Italian cuisine and wines along with entertainment from noon until midnight. Show your Tour de Dickinson event wristband for FREE entry!!



## Additional Biking

**Fumee Lake Natural Area**—The 1,092 acre area is used in a wide range of activities. Enjoy a day of mountain biking, hiking or relaxation! [www.fumeelakes.org](http://www.fumeelakes.org)

## Accommodations

**Dickinson Area Partnership**—Contact the Chamber of Commerce at 1-800-236-2447 or [www.dickinsonchamber.com](http://www.dickinsonchamber.com).

## Event Sponsor



DICKINSON  
COUNTY  
HEALTHCARE  
SYSTEM

## Media Sponsors

Frog Country WJNR-101.5 FM  
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WHTO Hot Oldies 106.7 FM  
WZNL Star 94.3 FM  
The Bear 93.1 94.1 FM  
WMIQ Talk 1450 AM  
Charter Media  
The Daily News  
The Advertiser

## More Information

Erika Justus, DCH Foundation  
(906) 776-5790

[Erika.Justus@dchs.org](mailto:Erika.Justus@dchs.org)

# REGISTRATION FORM

Only 1 registrant per form (may photocopy)—please print

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Street \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ Age (on August 15, 2009) \_\_\_\_\_

E-mail Address: \_\_\_\_\_  
(only used for Tour de Dickinson updates)

**Route I Plan to Ride (please circle):** Family Fun Ride 5.5 mile (9K) \* 20 mile (32K) \* 28 mile (45K)  
56 mile (90K) \* 64 mile (100K)

### Registration (T-Shirt Not Included):

\_\_\_\_\_ Prior to June 30th (\$15)

\_\_\_\_\_ July 1st—July 31st (\$20)

\_\_\_\_\_ August 1st—August 15th (\$25)

\_\_\_\_\_ Family Fun Ride/9K (\$5 per person)

\_\_\_\_\_ Kids in Carts (Free)

### Optional Purchases:

\_\_\_\_\_ Tour de Dickinson T-Shirt (\$10)

(Must Pre-Order Before August 3rd)

**Please Circle Size:**

Small \* Medium \* Large \* X-Large

XX-Large \* Child Medium

**Total Enclosed (Fees are not refundable) \$** \_\_\_\_\_

I agree that bicycling is a potentially hazardous activity and that serious injuries or death can occur from accidents, negligence or carelessness. I am in good health and proper physical condition to participate in this activity. I agree that route markings and maps are provided for my convenience only and not to guarantee a safe route or trip. I voluntarily participate in this event and assume all risks associated with participating in this event, including, but not limited to, illness, injury, falls, contact with other participants, effects of the weather, traffic and conditions of the road, all such risks being known and appreciated by me. I will obey all laws, ordinances and regulations and will do my best to make this ride fun and safe for everyone. I consent to emergency medical treatment in the event of injury or illness. Having read this waiver and knowing these facts and in consideration of your accepting my registration, I, for myself and anyone entitled to act on my behalf, waive and release Tour de Dickinson/DCH Foundation and all of the cooperating sponsors, groups, agencies or municipalities, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations conducting or supporting this event. I am the parent and/or legal guardian of a minor participant, I certify that the minor is in good health, qualified and in proper physical condition to participate in the Tour de Dickinson and I hereby release, discharge, covenant not to sue, and agree to indemnify and save and hold harmless all of the above released parties from all liability, claims, demands, losses or damages on the minor's account incurred in connection with the DCH Foundation's Tour de Dickinson or its related events and activities. I will indemnify, save and hold harmless each of the released parties from any litigation in connection with the minor's participation in DCH Foundation's Tour de Dickinson and its related events and activities. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purpose. I will wear a bicycle helmet while riding in the 2009 DCH Foundation's Tour de Dickinson.

Participants Signature \_\_\_\_\_

Parent or Guardian if Under 18 \_\_\_\_\_

Please return your advance registration form and your check made payable to:

**DCH Foundation \* 1721 S. Stephenson Ave \* Iron Mountain, MI 49801**

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

