

# ***Tour de Bend BIKE + HIKE*** ***Kid/Family Friendly Event—Rain or Shine***

**Sat. Oct. 22, 2016—Yonah Dam Park / Toccoa GA**

***Held in conjunction with the Tour de Tugaloo***

*Proceeds benefit the Stephens County Foundation—for the sake of our community.*

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## **THE EVENT: Tour de Bend — Bike to then hike The Tugaloo Bend Heritage Site**

The event begins with a bicycle safety clinic. Then kids and /or families are to ride their bicycles from Yonah Dam Park (approximately 2 miles-gentle terrain) to the Tugaloo Bend Heritage Site to go on a guided nature hike. After the hike, participants will gather around the fire pit to make s'mores and learn more about the history of the local Native American inhabitants and settlers from local historian. The group will then bicycle back to Yonah Dam Park to enjoy lunch and entertainment. All activities are supervised. Suitable for ages 10 and up. Bike and helmet required.—comfortable walking shoes recommended. Entry fees are non-refundable.

**Schedule of events:** Saturday October 22, 2016  
**10:30 AM :** Check-in at Yonah Dam Park on Yonah Dam Rd. / GPS Coordinates: 34.6788, - 83.3406  
**10:45 AM:** Bicycle Safety Clinic  
**11:00 AM:** Bicycle Ride to Tugaloo Bend  
**2:00 PM** Return from Tugaloo Bend (approximate time)

**Event Includes:** Bicycle safety clinic, supervised ride and guided hike, goodie bag, snacks/ refreshments , lunch, door prize drawing and event shirt (when registration is received by Oct. 12th).

**EARLY Registration: \$12 per child/ \$15 per adult. Register by October 12th to be guaranteed an event shirt.**  
\$2 discount per person for groups of 10 or more participants. Please contact us to make arrangements.  
Register online at [active.com](http://active.com) or use the form below. Make Checks payable and mail to Stephens County Foundation/TDT  
PO Box 23, Toccoa GA 30577

**After Oct 12th/ Day of Registration at Yonah Dam Park: \$15 per person..Cash or check only.**  
Ride shirt /goodie bag subject to availability.

**[tourdetugaloo.com](http://tourdetugaloo.com) / email: [tourdetugaloo@gmail.com](mailto:tourdetugaloo@gmail.com) / Contact :Duane Mahon/ Ride Director—(706) 886-8614**

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### **MAIL IN REGISTRATION FORM (one per participant)**

Rider Name: \_\_\_\_\_ Age: \_\_\_\_ Sex: \_M \_F AMOUNT REMITTED: \_\_\_\_\_

Address: \_\_\_\_\_ City State: Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ phone \_\_\_\_\_

Shirt: Size: YOUTH XS S M L XL ADULT XS S M L XL XXL

size (4) (6-8) (10- 12) (12-14) (18-20) **NOTE: ADULT SHIRTS TEND TO RUN A BIT BIG. SIZE DOWN.**

Group Name (if applicable): \_\_\_\_\_

#### **WAIVER/ PARENT'S CONSENT:**

I understand that the Tour de Bend (sponsored by Stephens County Foundation, Inc.) will be an event requiring good bicycle-handling skills and the ability to hike for a distance of up to two miles. (Special arrangements may be made for physically challenged participants.) I understand that bicycle helmets MUST be worn by all participants while operating bicycles. I am aware of the risks of bicycling and hiking events, and certify that the participant is physically able to participate in such event. In consideration of my child (my) being permitted to participate in this event, I waive any and all claims for myself, my child/ward, my heirs and personal representatives against The Stephens County Foundation, it's officers, members, and volunteers for injury or illness which may result directly or indirectly from my or my child/ward participation in this event. I or my child/ward agrees to obey all traffic laws and practice bicycling and hiking safety during the event. I further give permission for the use of my (my child's) name and photographic image in publishing an account of this event or in advertising this event or any other event sponsored by the Stephens County Foundation, Inc.

Signature \_\_\_\_\_ Participant/Parent or Legal Guardian if under 18)  
Date \_\_\_\_\_ 2016