

RELEASE

PLEASE READ CAREFULLY AND SIGN

In consideration of the acceptance of this application and my participation in the Tour de Cape, I hereby, for myself, my heirs, personal representatives, executors, administrators and assigns, and anyone entitled to act on my behalf, release and discharge the sponsors, directors, officials, employees and volunteers, from any kind of illness, damages or injury suffered by me as a result of my participation in or traveling to or from the Tour de Cape.

I know that bicycling is potentially hazardous. I should not enter the Tour de Cape unless I am medically able and properly trained. I assume all risks associated with riding the Tour de Cape, including but not limited to: falls, contact with other participants, the effect of weather, traffic, and conditions of the roads; all such risk being known and appreciated by me. I realize that bicycling is a strenuous activity which requires proper physical conditioning. I hereby certify that I am in such physical condition and in good health. I agree to wear all appropriate equipment, including a helmet at all times while riding the Tour de Cape.

I acknowledge that each bicycle route requires travel upon public highways and streets and that motor vehicle traffic and other uses of the highways and streets will continue and be present during my participation in the Tour de Cape.

Signature: _____

Date: _____

Printed Name: _____

Signature of Parent or Guardian if under 18 years of age: _____

Printed Name: _____

Address and Phone Number of Parent/Guardian signing this Release:

Address: _____

Date: _____

Child's Name: _____

Phone Number: _____

Name and Address of Adult Supervising Child during event:

Name: _____

Address: _____

SIGNATURE REQUIRED TO RIDE.



Register on-line at www.tourdecapegirardeau.com

The Tour de Cape
P.O. Box 42
Cape Girardeau, MO 63702-0042



SATURDAY, OCTOBER 5, 2019
PRE-REGISTER AND POSTMARK BY

SEPTEMBER 22ND

SPONSORED BY

THE CAPE GIRARDEAU COUNTY

ROTARY CLUB

AND

THE EVENING OPTIMIST CLUB OF CAPE GIRARDEAU



The Cape Girardeau County
Rotary Club

and



The Evening Optimist Club
of Cape Girardeau, Missouri
Proudly Sponsors



A Fun Ride For Everyone!
Saturday, October 5, 2019

Offering Rides Of:

- 100 Miles • 62 Miles • 30 Miles • 15 Miles

from Downtown Cape Pavilion • Cape Girardeau, MO

REGISTRATION AND PACKET PICK UP:

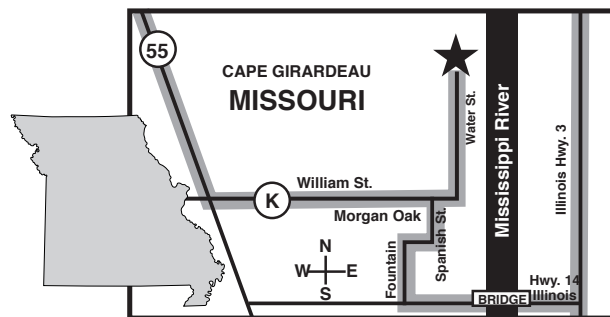
FRIDAY, OCTOBER 4TH - 4:30 - 6:00 P.M. - CAPE BICYCLE,
2410 WILLIAM ST.

SATURDAY, OCTOBER 5TH - 7:00 A.M. AT THE JOHN BOARDMAN
PAVILION (ON THE PARKING LOT ACROSS FROM THE WALL OF FAME),
WHERE THE RIDE STARTS AND ENDS.

RIDE START TIME:

MASS START: **8:30 A.M.** YOU MUST COMPLETE THE TOUR OF YOUR
CHOICE BY **5:00 P.M.** RIDE SUPPORT WILL NOT BE AVAILABLE AFTER
5:00 P.M. IF YOU LEAVE PRIOR TO OR AFTER THE DESIGNATED START
TIMES, REST STOPS & SAG SUPPORT MAY NOT BE AVAILABLE.

- Choose from a century ride (100 miles), a challenging metric century (62 miles), a mid-length 30 mile or a leisurely 15 mile route.
- Whichever tour is your choice, be prepared for beautiful scenery, great rest stops, and the opportunity to cycle with some wonderful people!
- The terrain includes some flat stretches, many rolling hills and, yes, several challenging hills.
- All rides start and end in Historic Downtown Cape Girardeau, Missouri at the Pavilion. There will be restrooms and ample parking available for all riders. The routes are clearly marked and there are several rest stops with food and fluids for refueling.
- This is a tour, not a race. Plan to ride at a rate appropriate to your training and ride objectives. We want you to take home many great memories of the Scenic Ozark Foothills.



Directions

In Missouri: Off I-55 take Exit #96 travel East on Route K (William Street) to the River Wall of Fame. From Illinois: Take Highway 3 to Highway 146 West across Mississippi River Bridge, immediate right on Fountain Street, right on Morgan Oak, left on Spanish St., right on William St. to the River Wall of Fame.



oldtowncape.org

Other Information

- **Ride Support:** Thanks to Cape Bicycle Cycling & Fitness & Cycle Werx for providing sag with mechanic over the route. Mechanic will be available at 7:00 a.m. to 9:00 a.m. to assist with last minute adjustments. Sag support **will not** be available after 5:00 p.m.
- **You must wear a cycling helmet in order to participate in this ride. You are expected to obey all traffic rules.**
- **Attendance prizes** There will be prizes awarded to randomly picked riders from several of our sponsors.
- **Shower passes available.** Bring your towel.
- **Lodging Information -**
Contact Cape Girardeau Convention & Visitors Bureau (800) 777-0068, info@visitcape.com or visit their website at www.visitcape.com



Proceeds for this event will help fund scholarships for disabled children whose parents would not otherwise be able to provide therapy for their children. For more information about this amazing group, please visit www.semohorsetherapy.org

For more information, contact
John (573) 200-0913
tourdecape@yahoo.com

Visit CYCLEWERX or Cape Bicycling and Fitness on Facebook
Visit us on the web for updates on activities being planned.

Register on-line at
www.tourdecapegirardeau.com

THE 20TH ANNUAL TOUR DE CAPE 2019

Sponsored by the
Rotary Club of Cape Girardeau County
and
The Evening Optimist Club

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone Number: _____

Email Address: _____

Entry Fee (Rain or Shine) :

_____ \$30.00 per person (ages 15 & up) if registration and payment is postmarked by September 22nd. All applicants whose registration is post marked by September 22nd (ages 15 & up) will receive a T-shirt!

\$35.00 if registration and payment is postmarked after September 22nd. Everyone gets a t-shirt, but not all may be available the day of the ride.

T-shirts

Please circle size: SM Med Large XLarge XXLarge
(If a shirt is needed for a rider under the age of 15, please note size and include an additional \$15.00)

(Children 14 & under are free with at least one registered adult.)

Distance you plan to ride:

100 miles _____ 62 miles _____

30 miles _____ 15 miles _____

Additional donation enclosed _____

Make check payable to:
Cape Girardeau County Rotary Club
P.O. Box 42 · Cape Girardeau, MO 63702-0042

Register on-line at
www.tourdecapegirardeau.com

signed release required to participate
(Helmets are required on all rides)