



PARTICIPANT CONFIRMATION

Thank you for signing up for **Tour de FORCE**, Sunday, September 7th. It is wonderful to see so many cyclists passionate about preserving the excellent cycling routes in the rural areas of Flamborough and Halton!

Below is information in preparation for the Rally

BIKE ROUTES

View on-line www.stopthequarry.ca/CommunitySpirit/TourdeFORCE.php if any changes are required to the routes - a revised map will be provided the morning of the event.

ITINERARY

100K Rally		50K Rally	
Registration	7:30 - 8:00am	Registration	8:45 - 9:15am
Welcome from FORCE	8:15	Welcome from FORCE	9:15
Start of 100K	8:30	Start of 50K	9:30

BBQ (Harvey's)

12:00 - 2:00

Draw for Raffle Prizes

1:00 - 1:30

Please note:

- Helmets are mandatory
- Obey Ontario Highway Traffic Act (i.e. Stop signs & signals)
- Each cyclist must ride within their own ability / comfort level
- **Rest Station (Water & Bananas)** will be available along the route
- Course will be marked - if necessary revised maps will be provided
- Volunteer Drivers will be providing limited assistance along the course

What to Bring?

- Bottles for hydration (Energy / Electrolyte replacement drink recommended i.e. E.Load, Gatorade)
- Food (Bananas, Powerbars, Powergels)
- Puncture repair kit OR spare tube (W/tire levers, CO2 cartridge or pump)
- OHIP Card
- Cell phone
- Event goes rain or shine. Bring extra layers
- Fold out chairs / blankets for relaxing at the park

Thanks again for your participation. We are looking forward to a fun day of riding with friends from the cycling community!

CLAIM YOUR RIGHT TO RIDE