



TDK de TOUR Kingston ULSTER

Sunday, June 26, 2016

Register now for the 11th Annual YMCA/HealthAlliance Tour De Kingston!

Start times and distances:

- 9am 25 and 50 Mile Road Rides and 28 Mile Trail and Road "Endurance Ride"
- 10am 10 and 18 Mile Rail Trail Rides
- 11am 5 Mile Family Ride – THIS RIDE IS FREE – BUT PLEASE REGISTER!

All rides begin and end at Forsyth Park, Lucas Avenue, Kingston, NY. Parking is at Dietz Stadium. Registration includes Commemorative Patch Kit, Post-ride BBQ and Raffle Ticket. Register online at www.tourdekingston.com or use the registration form below. All proceeds benefit Tour de Kingston Community Scholarships, the YMCA of Kingston and Ulster County and the HealthAlliance Foundation.

The Fine Print (Important Notes): Helmets required for all riders. All riders must sign waiver. Those under 15 must be accompanied by a parent or guardian. No rain date, refunds or exchanges.

Thanks to our Sponsors:



2016 Tour De Kingston Registration Form

Name: _____

Address: _____

Telephone Number: _____ Email: _____

Parent/Guardian if Under 15 Years: _____

Emergency Contact Name and Phone Number: _____

Ride (Circle one): 5 Mile Family (FREE) 10 Mile Rail Trail 18 Mile Rail Trail 28 Mile Trail/Road 25 Mile Road 50 Mile Road

Individual Registration Fee: \$30 Advance, \$40 Day of Ride Couple/Family: \$50 Advance, \$60 Day of Ride

Check payable to: YMCA. Mail to TDK, c/o YMCA, 507 Broadway, Kingston NY 12401 Questions? Call the YMCA 845-338-3810