

Tour de Tots

The Jeff Gordon Children's Hospital

Registration

Carolinas Medical Center-NorthEast is pleased to present the annual *Tour de Tots* bike ride for the Jeff Gordon Children's Hospital. The charitable ride through scenic Cabarrus County will be held Saturday, Sept. 12, 2009, promoting community health and wellness while raising awareness for the children's hospital.

Over 300 cyclists are expected for the *Tour de Tots*, which will include a bike rodeo, 5K family ride, plus 31- and 62-mile tour courses. With a post-event celebration featuring food and entertainment, *Tour de Tots* has become a highly anticipated annual event!

The Jeff Gordon Children's Hospital at CMC-NorthEast offers a continuum of care for pediatric patients from birth to age 18 in a peaceful, serene environment where nature is the primary surrounding. Based on a hospital-within-a-hospital concept, the children's hospital ensures that supporting services and a growing number of physician specialists will be maintained at CMC-NorthEast, allowing pediatric patients and their families to remain in the local community rather than being referred outside the region for these services. The Jeff Gordon Children's Hospital provides highly specialized, truly exceptional pediatric care, right here at home.



JEFF GORDON
Children's Hospital

Participants can register one of three ways:

- 1 by calling ASK FIRST at 800-575-1275 or 704-403-1275; or
- 2 online at www.cmc-northeast.org/TourdeTots; or
- 3 by mailing the perforated registration form, along with check made payable to CMC-NorthEast (please note "*Tour de Tots*" in the memo section), to the attention of Gayle Deal, c/o Marketing Department, 920 Church St., North, Concord, NC 28025.

Fees: **\$25 Individual** **\$40 Family**
(two or more per household)

An "early bird" non-refundable fee of \$20 for individuals and \$35 for families is available for those who register before Aug. 29. T-shirts are available for "early birds" and while supplies last on the day of the event.

For more information on the *Tour de Tots*, visit www.cmc-northeast.org/TourdeTots

Itinerary

Where: The *Tour de Tots* begins and ends at the North Carolina Research Campus, located off I-85, Exit 60 in Kannapolis, NC.

Route: Cyclists have the option of a 31- or 62-mile route, or a 5K Family Ride, through scenic Cabarrus County.

When: Saturday, Sept. 12, 2009

7 a.m. - Registration

8:30 a.m. - 62-mile "Metric Century" start

8:45 a.m. - 31-mile "Half Metric Century" start

11 a.m. - 5K Family Ride start, Food

Safety support teams, support & gear (SAG) vehicles, food & beverage rest stops with fruit, crackers and water, and route maps will be provided.



Registration

Name _____

Address _____

City _____

State, Zip _____

Phone, E-mail _____

Emergency Contact: _____

Emergency Contact Phone: _____

Age _____

I am participating in the: 31-mile 62-mile 5K Family Ride

- \$25 Individual Registration
- \$40 Family Registration (two or more per household)

(Registration includes a t-shirt)
Shirt size: S M L XL XXL 3X

Method of payment

Check: Made payable to "CMC-NorthEast".

Please list "Tour de Tots" in the memo section. Mail along with your registration form.

Credit/Debit Card: Call ASK FIRST at 800-575-1275 for registration and payment.

Race day registration is CASH ONLY.



Rules for the Ride

- This is a "ride at your own pace" tour, not a race.
- This ride is for cyclists of all abilities and ages.
- Cyclists must be at least 14 years of age to participate in the 31 and 62-mile rides.
- **Helmets are required:** All riders must wear an approved helmet and obey traffic laws.
- No headphones allowed.
- All registered riders will sign a Waiver and Release form on the day of the event.

Directions

From I-85, Exit 60, head 3.2 miles northwest on Dale Earnhardt Boulevard. Turn right on South Main Street and travel one mile.



Carolinas Medical Center
NorthEast

Donations can be made to:
Jeff Gordon Children's Hospital
NorthEast Foundation
920 Church St., North • Concord, NC 28025
704-403-1369

TOUR DE TOTS
BENEFIT
BIKE RIDE

For the Jeff Gordon Children's Hospital

New Location!
North Carolina Research Campus

