

**Regist. Form For 20, 30, 50, 63, 75 mile**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age on Sept. 24, 2011: \_\_\_\_\_

**REGISTRATION FEE**

\$30.00 by September 10<sup>th</sup> \$20.00 (age 13-16)  
\$35.00 Day of Ride

Families or Teams of at least 4 will be \$25 for ea. person prior to Sept. 10<sup>th</sup> (must register together, reg. price day of ride) Children 12 and under ride for free but must be accompanied by a parent or guardian

20 mile  30 mile  63 mile  75 mile

T-shirt: Adult sizes only  S  M  L  XL

Make checks payable and mail checks and completed information to:

**The Tammy Wilson Foundation**

1002 Meadowood St. Greensboro, NC 27409

OR

Register on line at: [www.tourdetammy.com](http://www.tourdetammy.com)

**HELMETS ARE REQUIRED**

**Assumption of Risk:** I am aware that participation in the Tour de Tammy Bike Ride can be dangerous and I am voluntarily participating in this activity with knowledge of the dangers involved and hereby agree to accept any and all risks of injury or death suffered by me as a result of my participation in this activity. I release The Tammy Wilson Foundation, Guilford County, GTCC and all sponsors from any claim for injury that might result. I understand that I must have a "DOT or Snell" approved helmet and it must be worn by me at all times while on the course. I understand that this is not a closed course and I must abide by all the rules of the road. I hereby give permission to the Tammy Wilson Foundation to use my name and photographs taken during the event in any promotional material or publications. I certify that I have read this waiver and release and understand its significance. There will be NO REFUNDS.

Participants Signature: \_\_\_\_\_

Parent/Guardian Signature & Date: If under 18: \_\_\_\_\_

**Registration Form for Fun run/walk**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age on Sept. 24, 2011: \_\_\_\_\_

**REGISTRATION FEE**

\$20.00 by September 10<sup>th</sup> \$10.00 (age 13-16)  
\$25.00 Day of Event

Families or Teams of at least 4 will be \$20 for ea. person prior to Sept. 10<sup>th</sup> (must register together, regular price day of ride) Children 12 and under walk for free but must be accompanied by a parent or guardian.

T-shirt: Adult sizes only  S  M  L  XL

Make checks payable and mail checks and completed information to:

**The Tammy Wilson Foundation**

1002 Meadowood St. Greensboro, NC 27409

OR

Register on line at: [www.tourdetammy.com](http://www.tourdetammy.com)

**Assumption of Risk:** I am aware that participation in the Tour de Tammy Walk/Run can be dangerous and I am voluntarily participating in this activity with knowledge of the dangers involved and hereby agree to accept any and all risks of injury or death suffered by me as a result of my participation in this activity. I release The Tammy Wilson Foundation, Guilford County, GTCC and all sponsors from any claim for injury that might result. I understand that this is not a closed course and I must abide by all the rules of the road. I hereby give permission to the Tammy Wilson Memorial Fund and to BERT to use my name and photographs taken during the event in any promotional material or publications. I certify that I have read this waiver and release and understand its significance. There will be NO REFUNDS.

Participant's Signature: \_\_\_\_\_

Parent/Guardian Signature & Date; If under 18: \_\_\_\_\_

**The Tammy Wilson Foundation  
1002 Meadowood Street  
Greensboro, NC 27409**

Don't Miss "The Tour de Tammy" September 24, 2011

6<sup>th</sup> Annual

**"TOUR de TAMMY"**

**Bike Ride & Fun Run/Walk**

Presented by the Tammy Wilson Foundation



**20, 30, 50, 63, 75 Mile Routes**

**Fun Run / Walk Route**

Rural scenic routes!

Fully staffed rest stops!

Great door prizes!

Breakfast and Lunch!

**Saturday, Sept. 24, 2011**

**SIGN IN-** Participants should sign in and pick up ride information. Registration will open at 7 A.M., at the Fire Training Center on GTCC Jamestown Campus. (See Map)

**ROUTES-** 20, 30, 50, 63, 75 mile routes will be loop routes that start and finish at the Fire Training Center on GTCC Jamestown Campus. The courses will go through portions of Greensboro, rural Guilford and Randolph Counties. All routes are rolling to hilly. Minimal traffic and beautiful scenery should be expected.

**START TIMES**

<b>Bike:</b>	<b>Run / Walk</b>
75 mile at 8:00	
63 mile at 8:00	9:30
50 Mile at 8:30	
30 Mile at 8:30	
20 Mile at 8:30	

**(RAIN OR SHINE)**

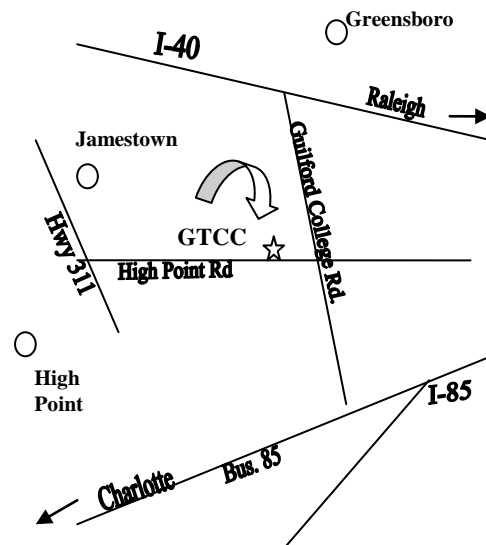
**REFRESHMENTS –** A wide variety of refreshments will be provided at each rest stop. Breakfast and Lunch will also be available for all participants.

**Tour de Tammy Bike Ride**  
Entry Fee Includes:

- ❖ Participants T-shirt
- ❖ Drawing for Door Prizes
- ❖ Refreshments
- ❖ Staffed Rest Stops
- ❖ Breakfast & Lunch
- ❖ Sag support

**Tour de Tammy Walk / Run**  
Entry Fee Includes:

- ❖ Participants T-shirt
- ❖ Drawing for Door Prizes
- ❖ Refreshments
- ❖ Breakfast & Lunch



Guilford Tech. Comm. College  
601 High Point Rd  
Jamestown, NC 27282

**What is The Tammy Wilson Foundation?**

The Tammy Wilson Foundation is a non profit organization that evolved after a wonderful mother, beloved friend, and dedicated paramedic passed away at a very young age. Tammy Wilson was a paramedic with Guilford County who lost her life after a courageous battle with cancer in February 2006. Tammy left behind two children Collin and Megan. After such a long battle with her terminal illness, several of her co-workers and friends saw a need to reach out and help not only her children, but any children of fallen Paramedics in North Carolina. The Purpose of The Tammy Wilson Foundation is to raise funds to assist with the educational expenses for such families.

All donations are tax deductible.

**To Register or Donate**

By Mail – Use form on the back

On Line – [www.tourdetammy.com](http://www.tourdetammy.com)

Drop off –  
1002 Meadowood St.  
Greensboro, NC 27409  
Or  
Sat. Sept 24<sup>th</sup> at GTCC the morning of the event

**Thank You to our Sponsors**

- Moses Cone Health System
- Piedmont Triad Ambulance Service
- GTCC Jamestown Campus
- Chick-fil-a
- VF
- Zoom Apparel & Printing
- Primo Water
- Cycles de Oro
- Spinz
- EMS Management & Consultants
- Carter Brothers
- Gregson Signs
- Beeson Signs
- The Vitamin Shoppe
- R H Boone Construction