

**RELEASE, WAIVER AND INDEMNITY  
PLEASE READ & SIGN** (one form for each rider)

In consideration of the acceptance of my entry, I, for myself, my heirs, executors and administrators, do hereby release and forever discharge Aylmer Bicycling Club, its members, 3 Port Tour, and its officials, volunteers, sponsors and any other parties connected with 3 Port Tour event, from all claims for damages, death, personal injury or loss of property, I may suffer as a result of my participation in 3 Port Tour recreational bicycle ride being held on Saturday, August 20, 2011. I am also aware that the ride may contain some risks, including the risk of falling, collision with other bicycles, motor vehicles or stationary objects, the effects of weather conditions, and the conditions of the road. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in 3 Port Tour.

I hereby consent to and permit emergency treatment in the event of injury or illness. I attest that I am physically capable and sufficiently trained to ride in 3 Port Tour. I attest that the equipment I will use is in good mechanical condition. I UNDERSTAND THAT BICYCLE HELMETS CAN PREVENT SERIOUS INJURY AND I AGREE TO WEAR ONE WHILE PARTICIPATING IN THIS EVENT and that at no time will I wear anything such as a baseball cap or headphones that may inhibit the correct use of a properly worn helmet.

I agree to obey all Ontario Highway Traffic Act laws.

I agree not to sue Aylmer Bicycling Club, its members, 3 Port Tour, and its officials, volunteers, sponsors and any other parties connected with 3 Port Tour event for any expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in this event and I further agree to indemnify and save them harmless from all claims against them made by me or on my behalf.

I have read and understand everything written above and I voluntarily sign this agreement.

**PLEASE READ AND SIGN THIS FORM.  
REGISTRATION WILL NOT BE ACCEPTED  
WITHOUT A VALID SIGNATURE.**

\_\_\_\_\_  
Name of Rider (please print)

\_\_\_\_\_  
Signature of Rider

\_\_\_\_\_  
Date

**MINORS:** Individuals under the age of 18 must obtain a SIGNATURE OF A PARENT OR GUARDIAN. By signing this release, I as a parent or guardian of the minor participant above, hereby give permission for my child or ward to participate in 3 Port Tour and I further agree individually and on behalf of this minor to the terms of the above release.

\_\_\_\_\_  
Name of Parent or Guardian (please print)

\_\_\_\_\_  
Signature of Parent or Guardian (if under 18)

\_\_\_\_\_  
Date

*Three supported routes, all starting and finishing in Aylmer, Ontario, Canada.*

*Aylmer is located on Hwy #3*

- 1/2 hour south east of London*
- 1 hour south west of Kitchener*
- 1 1/2 hours south west of Hamilton*
- 2 hours west of Toronto*
- 2 hours east of Windsor*

*The Heart of Bicycling in  
Southwestern Ontario*



**DON'T FORGET**

- Coffee, juice, muffins before the ride.
- Maps and written route at sign in.
- Showers and washrooms available.
- Under 16 must be accompanied by an adult.
- Helmets mandatory
- Bring spare tubes, patches, pump and tool kit.
- Road support will be provided along the route.

*This route was compiled over years of refinement by 3 John Racing preparing a master training route for the Raid de Pyrenees in France.*

*Presented by:*



*Supported by:*



**Aylmer Express Graphics Group  
presents the**



**SATURDAY  
AUGUST 20, 2011  
AYLMER, ONTARIO**



**160 km, 100 km, 50 km ROUTES**

*Ride the challenging routes of  
Southwestern Ontario's  
BEST CYCLING DESTINATION*

[www.threeporttour.com](http://www.threeporttour.com)



## 160 km - THREE PORTS

**START TIME** Tour the Ports of Elgin.  
**7:30am - 8:30am** Minimum traffic, maximum Challenge. One hill, many valleys.

## 100 km - TWO PORTS

**START TIME** Tour half the county in a half day.  
**8:00am - 9:00am**

## 50 km - ONE PORT

**START TIME** To Port Bruce and back to town. A shorter cruise through East Elgin.  
**8:30am - 9:30am**

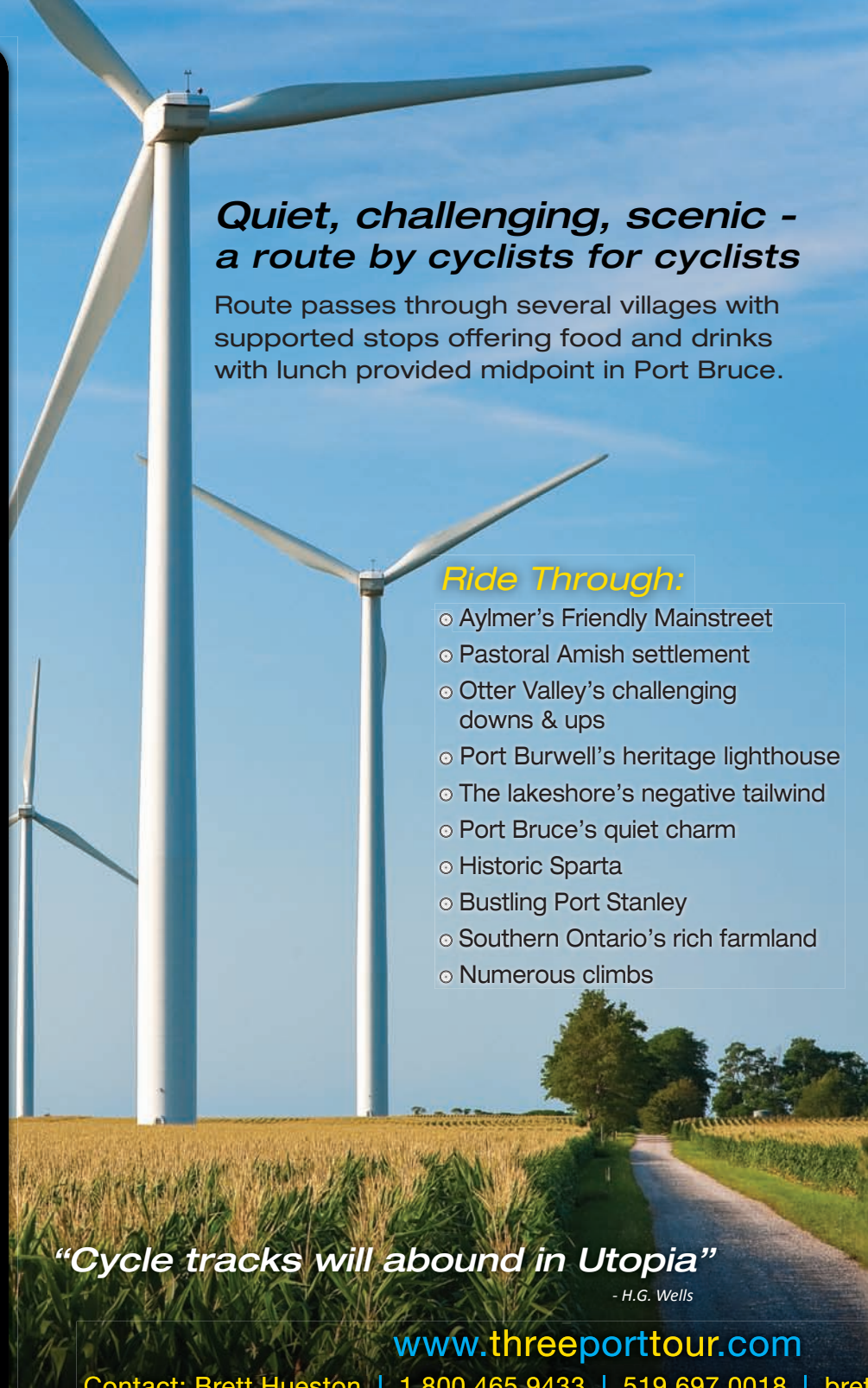
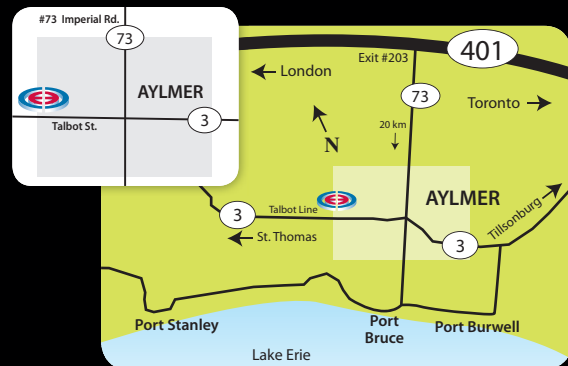


### Registration 7:00 am - 9:00am

#### Sign-in, start and finish at:

East Elgin Community Complex,  
531 Talbot St. West,  
Aylmer, Ontario

Camping available on-site, call 519-773-5631 or email [tklachan@eastelgincommunitycomplex.ca](mailto:tklachan@eastelgincommunitycomplex.ca)



## Quiet, challenging, scenic - a route by cyclists for cyclists

Route passes through several villages with supported stops offering food and drinks with lunch provided midpoint in Port Bruce.

### Ride Through:

- Aylmer's Friendly Mainstreet
- Pastoral Amish settlement
- Otter Valley's challenging downs & ups
- Port Burwell's heritage lighthouse
- The lakeshore's negative tailwind
- Port Bruce's quiet charm
- Historic Sparta
- Bustling Port Stanley
- Southern Ontario's rich farmland
- Numerous climbs

*"Cycle tracks will abound in Utopia"*

- H.G. Wells

[www.threeporttour.com](http://www.threeporttour.com)

Contact: Brett Hueston | 1.800.465.9433 | 519.697.0018 | [brett@aylmerexpress.ca](mailto:brett@aylmerexpress.ca)



Photos by: County of Elgin

## Register on-line or by MAIL

by August 5, 2011 to receive a 3 Port T-Shirt.

### \$50 Entry includes:

- Route map
- Coffee, muffins & fruit before the ride
- Snacks & drinks at rest stops
- Lunch in Port Bruce
- T-Shirt

(Cancellation up to August 5 - minus \$20 service charge)

Name: \_\_\_\_\_  
First Last

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

City: \_\_\_\_\_

Province/State: \_\_\_\_\_

Postal/Zip Code: \_\_\_\_\_

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

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

Emergency Contact: \_\_\_\_\_

Emergency Phone: \_\_\_\_\_

Club You Ride With: \_\_\_\_\_

Ontario Cycling Association member  Yes

Routes: Please check one.

You can change your mind the day of the ride.

50 km  100km  160km

T-Shirt size: S M L XL XXL

Register ONLINE [www.threeporttour.com](http://www.threeporttour.com) or mail registration form and signed waiver on the reverse side along with your payment to:

**3 PORT TOUR - c/o Aylmer Express Ltd.**  
**390 Talbot St. East, Aylmer, ON Canada N5H 1J5**  
**Cheque or money order payable to:**  
**Aylmer Bicycling Club**

PLEASE SIGN WAIVER ON BACK >