



Sunday, May 29

10:00 am @ St. Eugene Golf Resort & Casino

The Kootenay Rockies Kids Fondo, organized by the Cranbrook Sunrise Rotary Club, is a fun cycling experience for ages 6-13 (as of Dec 31, 2016). Kids may choose a flat 8 km, a flat 16.6 km or a more hilly 20.4 km cycling route. See map on reverse side or at krgf.ca

All participants will receive:

- * Kootenay Kids Fondo T-shirt
- * Water Bottle
- * CLIF Bar
- * Finishers Certificate
- * Mid course Nutritional Aid Station
- * Mechanical Support & Medical Support
- * Traffic & Safety Control

Registration & Pricing: Cost is only \$25!

To register, return this form by Thursday, May 19 to your school office or register online at krgf.ca

Payment by cheque only: Payable to Cranbrook Sunrise Rotary

Course Option (circle): 8 km 16.6 km 20.4 km

First Name: _____ Last Name: _____

Date of Birth: _____ Male _____ Female _____

Street Address: _____ City: _____

Email Address: _____ Phone Number: _____

Emergency Contact Name and Phone Number: _____

Parent/ Guardian Signature: _____

T-shirt Size (choose one):

Youth: Small (6-8) _____ Medium (10-12) _____ Large (12-14) _____ X-Large (18-20) _____

Adult: Small _____ Medium _____

Contact Info: Jason Tichauer: jason.tichauer@sd5.bc.ca or Penny Coyle: penny@tayloradams.net or info@krgf.ca



KOOTENAY

Kids **FONDO**

— Course Route 20.4 km
— Course Route 16.6 km
— Course Route 8 km

 AID STATION
HYDRATION - NUTRITION - FIRST AID

