



Pedal for KIDS



Pédalez pour les ENFANTS

September 7-11



www.jumpstartpedalforkids.ca

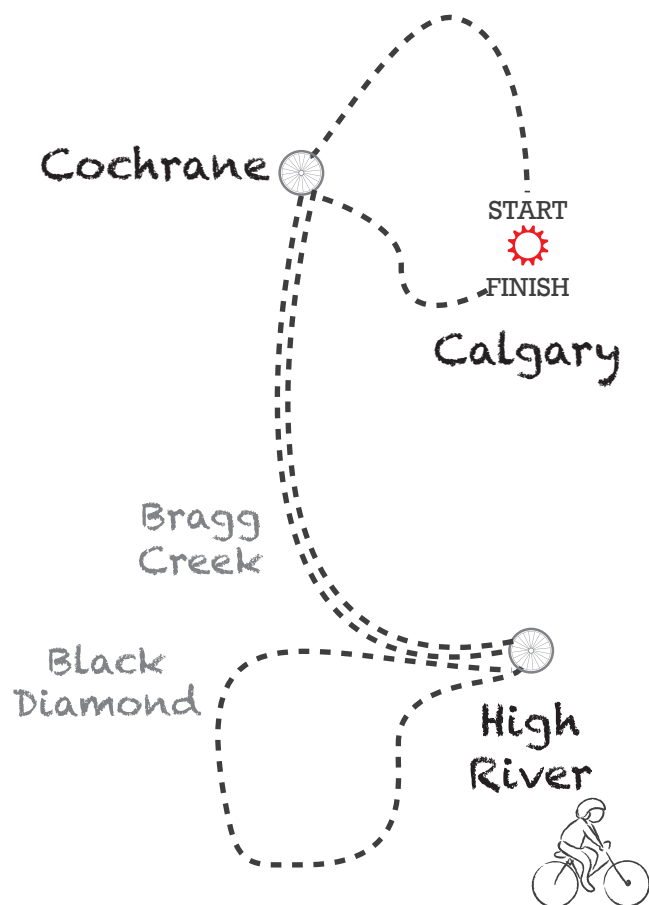
Jumpstart Pedal for Kids is an annual fundraising event where riders from all over Canada embark on a five-day, 500-kilometre ride in order to raise funds in support of Jumpstart.

Pedal for Kids attracts employees from across the Canadian Tire Family of Companies as well as a wide group of supporters from vendors, commercial partners, local businesses and community partners.

The Pedal for Kids ride will not only challenge riders as athletes, but will give them a sense of accomplishment, completing 500 kilometres and knowing they are making a difference.

Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

The vision of Jumpstart is simple: Canada, where all kids have a chance to fulfill their dreams. This year's 500-kilometre journey hopes to help thousands of kids fulfil their dreams. Will you be part of it?





Pedal for KIDS Pédalez pour les ENFANTS



Brought to you by
SPORTCHEK

ITINERARY

Arrival Day (Sept. 6) Calgary

For those of you arriving from outside of the region, plan to fly into Calgary on Wednesday, September 6, arriving at the hotel by 5 p.m. A team of technicians will be standing by to build and tune your bikes while you enjoy a relaxing dinner and rider brief.

Day 1 (Sept. 7) Calgary to Cochrane

On the first day of the ride, we will head north and west rolling out of Calgary into the scenic hills surrounding the city. These secondary roads provide some of the nicest riding available and are host to many cycling tours, events and riders. We will be staying the night at the Cochrane Ramada. 83 km - 850 m gain

Day 2 (Sept. 8) Cochrane to High River

This will be the longest ride of the five days and will showcase some of the most popular cycling roads around Calgary. Climbing out of Cochrane and then cruising a long gradual descent towards Bragg Creek before turning east through rolling hills to High River. On a clear day, you will have a brilliant view of the foothills and mountains in the distance. We will be staying at the High River Ramada for two nights. 120 km - 860 m gain

Day 3 (Sept. 9) High River Loop

Turner Valley is home to some epic climbs and endless miles of rolling hills. We will

avoid the epic climbs in favour of the rolling and open roads as we loop from High River, through Turner Valley, Black Diamond and back to High River.

98 km - 780 m gain

**This is the one-day ride option!*

Day 4 (Sept. 10) High River to Cochrane

This is the big day of the ride. We will re-trace our steps from High River back to Cochrane. The reverse direction offers a unique perspective on the terrain you were riding past on your way down from Cochrane as this will be a slow ascent out of Turner Valley to Bragg Creek. In Bragg Creek there will be a shuttle organized for any riders not wishing to test their legs that will take them to Cochrane (trimming 30 KM off of the ride). For those that continue on from Bragg Creek, there is great pavement, wide shoulders and scenery that will keep you distracted while climbing back up to Cochrane and to the Cochrane Ramada. 125 km - 1125 m gain

Day 5 (Sept. 11) Cochrane to Calgary

Climbing south out of Cochrane to avoid the deadly "Cochrane hill", we will cruise along secondary treed roads that wind through the valley between Cochrane and Calgary. As we approach the city, we will transition to a cycling path that will follow the Bow River through the city directly to the FGL Sports office, where you can step off of your bike knowing that you completed this amazing 500 km route! 83 km - 675 m gain

DATES

Sept. 7-11, 2017

5-DAY RIDERS
MUST RAISE
\$3,000 FOR
JUMPSTART!

WHAT'S INCLUDED IN 5-DAY RIDE?

Pre-ride

- Online fundraising site
- Rider web site with ride and route info, training, nutrition and tech tips
- Pro-deals on bikes and cycling apparel

During the ride

- Transport from the airport
- Bike assembly by experienced techs
- 6 nights lodging
- All meals, water refills and ride snacks
- Detailed route information
- Support vehicles
- Luggage transfers
- Guides and support crew
- 2 branded cycling jerseys and arm warmers
- Swag bag and t-shirt
- Daily awards during the ride

Conclusion of the ride

- bike pack up at the conclusion
- final dinner
- hotel near the airport
- photos downloads

* Private room supplement: \$450

* All planning and event logistics will be run by a team from FGL Sports

* Bicycle Technician support provided by Sport Chek bicycle mechanics

* One day ride options available!
Raise \$500 for Jumpstart, spend an epic day on the roads (custom jersey included)

questions? pedalforkids@fglsports.com

www.jumpstartpedalforkids.ca

