

Alberta 2016



Jumpstart
Bon départ

Pedal for KIDS



Pédalez pour les ENFANTS

September 8-12



Are you up for
the challenge?

Red Deer ◊ Cochrane ◊ Olds ◊ Canmore ◊ Calgary



Pedal for KIDS Pédalez pour les ENFANTS



Brought to you by
SPORTCHEK

In 2016 Jumpstart will return west on a route that will give you a taste of Alberta through grasslands and pasture to the edge of the Canadian Rockies (and back) finishing at the head office of FGL Sports. Even if you joined on that epic adventure, this year promises to be every bit as exciting as we explore the wide open spaces between Red Deer, Olds and Cochrane before riding west to Canmore, Banff and back, finishing in Calgary. This tour will be easier than many in the past, but don't underestimate the challenge (or the rewards) as we seek to make this year's event one to remember.

ITINERARY

Arrival Day (Sept. 7)

Red Deer

For those from outside the region, plan to fly into Calgary on Wednesday, September 7. We will have bus transfers to Red Deer (departing by 4:00 pm — transfer time 1h30). Our team of mechanics will build your bike while you enjoy dinner and prepare for the trip. Red Deer is a modern and thriving city of 100,000 people and will provide a warm welcome.

Day 1 (Sept. 8)

Red Deer to Olds

On the first day of our journey, we'll ride west of Red Deer to Sylvan Lake and then south to Innisfail, and then on to Olds, a pleasant community with a historic center.
95 km; 455 m gain

Day 2 (Sept. 9)

Olds to Cochrane

Similar in distance with slightly more elevation gain, we'll ride south along the aptly named Cowboy Trail (yes, paved) as you will enjoy views of the Rockies in the distance.
93 km; 725 m

Day 3 (Sept. 10)

Cochrane to Canmore

Riding west towards the Rocky Mountains we reach Canmore, a city home to outdoor enthusiasts and adventure seekers. Surrounded by majestic mountains, this idyllic town is home to a great local music scene among other attributes.
75 km; 530 m

Day 4 (Sept. 11)

Canmore to Banff (and back) with an option to Lake Louise

The Legacy Trail links Canmore and Banff so you have the opportunity to ride this dedicated bike path to Banff. Loop to Lake Minnewanka and then continue towards Castle Junction before returning to Banff and Canmore. Those wanting a longer ride can venture all the way to Lake Louise and back.
+/-120 km; 815 m

Alberta 2016

DATES

September 8-12, 2016

LEVEL

We have listed the daily distances and elevation gains, so you have a sense of what training you need to do.

WHAT'S INCLUDED?

- 6 nights lodging
- All meals, on course snacks
- Detailed maps and route information
- Support vehicles
- Luggage transfers
- Guide/support crew
- Branded cycling apparel
- Online fundraising site
- Digital support leading up to and during the ride
- Single supplement: \$450 (if you require a single room) *5% GST on trips in Alberta

**RAISE
\$5,000
AND ALL
COSTS ARE
COVERED!**

*Trip planning, operations and guide/crew support provided by Great Explorations

*Bicycle Technician support provided by Sport Chek bicycle mechanics

*One day ride options available
For details contact:
pedalforkids@fglsports.com

visit www.jumpstartpedalforkids.ca



Day 5 (Sept. 12)

Canmore to Calgary

Rising early, we will depart Canmore towards Cochrane and the head office of FGL Sports, where the ride finish celebrations await. There is always a fun dinner to conclude and for those staying overnight, you can depart at your leisure anytime on the morning of Sept. 13.

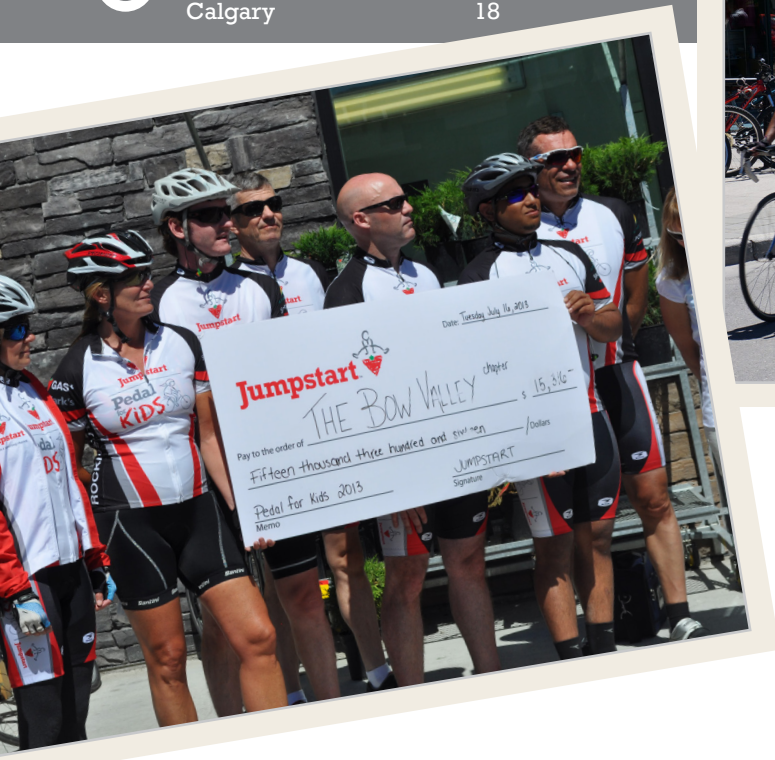
115 km; 675 m



WEATHER IN SEPTEMBER

Average Daily High °C

Red Deer	18
Olds	19
Cochrane	18
Canmore	18
Banff	18
Calgary	18



Lake Louise



BANFF
NATIONAL PARK

Banff



Cochrane



Canmore



Olds



Red Deer
START



FINISH

Calgary



visit www.jumpstartpedalforkids.ca



ACCOMMODATIONS



Ramada Red Deer Red Deer

This Ramada hotel has a swimming pool and on-site restaurant.



Ramada Olds Olds

This Ramada hotel has a swimming pool, hot tub and fitness center.



Ramada Cochrane Cochrane

This Ramada hotel has a swimming pool and fitness center.



Ramada Canmore Canmore

This Ramada is located off Hwy 1 and is newly renovated with an indoor heated pool.



Best Western Plus Suites Calgary

Centrally located, the hotel is close to trendy 17th Avenue district with its numerous shops and restaurants, the Saddledome, Stampede Park, The Talisman Centre, Calgary Tower, and the Glenbow Museum

→ 1 in 3 families cannot afford to enroll their kids in organized sports.

Can you help?

visit www.jumpstartpedalforkids.ca

questions? pedalforkids@fglsports.com

