

2009 Tour De Bondville
Information Sheet and Official
Registration Form



- Date: Saturday July 25, 2009
- Ride: There will be a 50 and 25 mile route to choose from. There will be two fully stocked feed stations along the route. Feed stations will have water, Gatorade, lots of energy bars, snacks and great fun people. We will also have a SAG support vehicle driving around in case anybody needs assistance.
- Start/End: Both the 50 & 25 mile rides will start and end at the Starting Gate Ski Shop in downtown Bondville, VT.
- Start time: 9am
- Showers: For those of you who are traveling from afar, we have arranged for showers to be available at the Stratton Sports Center for \$4 per person so you can freshen up before the after ride party.

After Ride Party: Festivities will start at 2:30 pm at the Three Peaks Inn located down the road from the Starting Gate Ski Shop in beautiful downtown Bondville. There will be a buffet lunch that is included in the \$25 registration fee. The bar will be open but is not included in the \$25 registration fee. Hey, you can't have everything for \$25.

Raffle Prizes: New to the tour this year, thanks to the generosity of our sponsors, we have some really awesome raffle prizes to give away. The raffle will be done at the after ride party at the Three Peaks Inn. You are automatically registered in the raffle give away when you send in your signed registration with a check. This is included in the \$25 registration fee. You must be present to win the raffle prize.

Tour De Bondville Jersey:

All registered riders and party animals get an official Tour De Bondville T-shirt. This is also included in your \$25 registration fee. The T-shirts take 6 weeks to get so I have to order them by June 1st so please get your registration forms and checks to me before June 1st. I will only order T-shirts for people who have sent in checks by June 1st. People who register after June 1st will not be eligible for a T-shirt.

Cost for the day: Due to the generosity of our sponsors and their contributions, the cost of the entire day is a mere \$25 per person. You heard right, the entire day, the ride, the feed stations, buffet lunch, raffles and really cool T-shirts for \$25 per person. Everything is included except showers at the Stratton Sports Center and drinks at the Three Peaks Inn.

IMPORTANT

It will really be a big help if you would send a signed registration form with your check back to me before June 1st. I cannot guarantee T-shirts for any checks I receive after June 1st.

I REPEAT

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Rider Registration Form

DISCLAIMER: I understand that riding is a dangerous sport and that Alan Bushell is not responsible for the condition of the roads, the traffic, the weather or anything else that might affect my ability to complete this ride safely. I am riding at my own risk. If I am hurt, injured, maimed, scarred, dehydrated, break bones, tear ligaments, get stitches, need surgery, get hurt in any other way, die or miss any Sise Cup races next season, I agree NOT to hold Alan Bushell responsible in any way. It is all my own fault.

Rider #1 Name: _____ Phone: _____

E-mail: _____ T-Shirt Size: **S M L XL**

Signature: _____ Date _____

Rider #2 Name: _____ Phone: _____

E-mail: _____ T-Shirt Size: **S M L XL**

Signature: _____ Date: _____

Party Only Registration Form

Party Animal #1: _____ T-Shirt Size **S M L XL**

Party Animal #2: _____ T-Shirt Size **S M L XL**

Party Animal #3: _____ T-Shirt Size **S M L XL**

Total # of People: _____ x \$25.00 each = \$ _____

Please make check payable to Alan Bushell and send by June 1st to:

Alan Bushell
20 Round Hill Lane
Port Washington, NY 11050
alan@procalc.com
516-767-0120

Check out what your fellow masters racers say about last years Tour De Bondville...

Brian Irwin **Class 3**

This is a SUPER event and one that should not be missed by anyone who rides a bike, no matter how serious or casually. Alan rolls out the red carpet worthy of a World Cup event. From participant t-shirts provided by his "sponsors" to any fuel, drink or otherwise at either of the two fully manned feed stations, Alan has left no stone un-turned or detail unchecked. He has route sheets with exact mileages and personally goes out and spray paints arrows on the roads throughout the route to ensure that no one gets lost. Just in case, however, he also has a sag wagon complete with medical staff in case of emergency (and as we all get older this is a concern).

Just when you think it can't get any better, he personally makes a deal with the devil to ensure perfect weather, sunshine and a tail wind every where we go. Then to show he is a great sport, he invites everyone to his house for enough food to feed a third world nation for a year. (Although I understand this "service" is being out-sourced this year to help stimulate the local economy.)

The only negative aspect of the ride that I can think of (tongue firmly planted in cheek and legal disclaimer because right now it sounds like a utopia) is that Paula McNamara participates and she can out ride just about anyone else who shows up and will do it as she is having a conversation with you as you are ready to cough up a lung. So if you're fragile male ego can't handle this, than by all means stay home. But if you are like me, you can use this as motivation to ensure that you are properly ready for this event because instead of watching her ride away from me on the climbs this year, I at least hope to keep her in sight and then chase back on at the top!

I have already started low levels of EPO and HGH treatments. Blood doping will commence 4-5 weeks prior to ride day.

Doug Carpenter
Class 5

"An instant classic! I will put this ride on my calendar every year. Alan does an amazing job putting together a quality event that is fun for everyone. The Tour de Bondville is a great chance to catch up with fellow masters during the summer."

Chris Iovinno
Class 5

Alan, I would first like to say thank you for your contribution and for putting together sponsors and great people that participate in this great event. I look forward to it now three years running.

The Tour De Bondville course is always beautiful. Riding along side people we ski and ride with throughout the year is something I look forward to. I can only hope we can keep this ride going for the next fifty years. That's how long we will still be skiing and riding correct, what age class would that be, class 15 ?????.

Jim Nash
Class 5

Alan, Just wanted to thank you for including us in this awesome event. The organization and support were nothing short of amazing and made for a day unsurpassed on the bike. We're already looking forward to next year's ride.

Hope the rest of your summer is just as fun.

Marc Baker
Class 5

Top 10 Reasons to Ride in Le Tour de Bondville:

10. It is an excellent excuse to get to VT for that extra weekend during the Summer. This event will mark your calendar for the whole summer.

9. It's a ride, not a race. The format of a 50 mi. and a 25 mi. option allows even a casual rider to join in the fun and get that sense of accomplishment. Bring your casual rider friends and family, they may no longer think you're crazy.

8. Bike envy. Cycling, like skiing, is an equipment sport. You'll be able to see some of the newest gear and, if you have any, show off all of your new gear to your jealous friends.

7. The clothing. We know ski racers have an odd affinity for wearing tight fitting speed suits, but it's not for the opportunity to show off our spandex riding clothes that we come to Le Tour De Bondville. It's for the T-Shirt at the finish!

6. Bragging rights. None of your friends at home want to hear about how fast you ski or how daring you are on the slopes - especially in the summer. This will give you a more current and timely excuse to regale them with tales of your strength and endurance.

5. The real "Le Tour". Knowing that all your friends will be talking about the happenings on Le Tour de France will provide motivation for you to follow Le Tour yourself. It's televised live every morning, but when it's over, it's over. You won't want to miss it.

4. The race crew. These volunteers are truly devoted to Le Tour - from the shopping for the feed stations, to loading and driving the SAG wagons, to providing roadside encouragement, to action photography - they do it all and make it a great day. And with a female to male ratio of something like 8:1, they outclass the stunning VT scenery by a wide margin.

3. The sponsors. Having such high profile sponsors makes you feel like you are in a world class sporting event.

2. Because you are riding with world class talent. What more needs to be said about Paula?

1. The NUMBER ONE reason to ride in Le Tour de Bondville: BECAUSE ALAN SAID SO! It's not a good idea to ignore Alan's advice.

Barney Phillips
Class 8

The Tour De Bondville is not the Tour De France, not even the Giro d'Italia. IT'S BETTER!!!!!!!!!! Unlike those other tours, you actually get to ride in this one. You don't need your own domestiques!! The two feed stations have everything you will need to get you through the ride. Other reasons to ride: First, it's not cold! Second, it lasts more than two minutes! Third, no ice, ruts, degraded course, and no super seed. Fourth, and most important, the after ride party!! The Tour De Bondville almost makes summer pleasurable. Just do it!!

Pat McNamara
Class 5

The Tour De Bondville is now a staple on the McNamara family schedule. The route, the feed stations, the other riders and of course the after ride party all combine to make it a great day and the best ride of the summer. This coming year, Liam (10 years old) really wants to see if he can complete the 25 mile ride. Finn will be back for a second year unless he goes to ski camp. The best part about the TDB is the fact that I get to see all my winter buds, the bad part is that they are all in lycra. We are all looking forward to another fantastic TDB and of course the post ride party. Not to mention, rumour has it that Alan is going to shave his legs in an effort to pick up a few hundredths of a second.

Tom Mann
Class 6

This is the most fun you'll have without going to a Sise Cup race! Beautiful scenery, great people, and a fun party afterwards. The bike routes are always interesting and challenging, but very manageable. I look forward to this every year. So much so that we're cutting our trip to Italy short just to make it to "The Tour" again this year.

Perry Beadon
Class 7

Last year was my first try at the Tour De Bondville. I entered with much trepidation. I am a novice rider and have spent most of my time riding alone because of my perceived lack of capability and great fear of being embarrassed by others who seem to have made riding a vocation.

As it turned out I was not in error. I came in just before they found Barney who had gone the wrong way and ridden 70 miles as compared to my 25 miles. My point is I really need more amateurs to create a peliton (new word) for the almost 60 crowd (Barney not included). I had fun and a real sense of accomplishment and encourage all like me to come out and play. And besides...I need someone other than Kip to talk to.