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A portion of fees paid for the Tour du Canada ride are subject to GST/HST. For more detail on this tax see the Tour du Canada statement of policies.

Cycle Canada is registered with the Travel Industry Council of Ontario (TICO).  
Reg. # 50022860R.

## Tour du Canada Application (Page 1)

Participants in Tour du Canada, the cross-country ride, must be Members of Tour du Canada, the club. This application is the next step in registering for the ride. This signed application is to be accompanied by a \$150 application fee, which is not refundable and not transferrable.

When we receive your application, we will send you the following:

- An Emergency Contact and Personal Background form;
- A Declaration form on sponsorship, medical condition, maps and publicity;
- A Waiver and Release of Liability Agreement;
- A Checklist of Tour du Canada Essentials;
- A statement to affirm that you have read the registration material;
- A deposit form that summarizes the fee structure for the trip.

When you receive those forms, complete them, sign them and send them to Tour du Canada with a registration fee of \$600. All information that you provide to us is confidential in accordance with our privacy policy. A deposit of \$1,000 is due by February 1 in the year of the ride. All advance fee amounts are not refundable or transferrable but do apply to the total amount due in completing a registration. Final payment amounts are due by March 15 in the year of the ride.

### Application for Tour du Canada 2019

Name: \_\_\_\_\_ Membership #: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
E-mail: \_\_\_\_\_ Country: \_\_\_\_\_  
Cell Phone: \_\_\_\_\_ Age: \_\_\_\_\_ Male  Female   
If age 25 or younger, do you intend to submit a bursary application? Yes  No

In the background form referred to above, you will be asked to advise us of any medical conditions or dietary issues that may affect your participation in Tour du Canada. In submitting a registration application, are there any medical or dietary matters that you wish to discuss in advance?

Y  N  If Yes, please give details here or contact us when submitting this application:

The \$150.00 application fee is in Canadian funds.

Payment is by Cheque / Money Order  Interac e-Transfer  Wire Transfer

Please see "Paying Your Tour du Canada Fees" for details on methods of payment.

In making this application, I confirm that the statements of policies of Tour du Canada and of Cycle Canada, The Veloforce Corporation were received by me as part of my Tour du Canada application process. I certify that I have read those policy statements, fully understand their terms and will comply with policies that apply to my participation in Tour du Canada. I further understand that submitting this application does not guarantee my registration as a Tour du Canada rider.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Applicants of minority age (under 18) must provide written consent of a parent or guardian.

**BEFORE SIGNING THIS APPLICATION, PLEASE COMPLETE THE QUESTIONNAIRE ON PAGE 2.**

## Tour du Canada Application (Page 2)

Participating in galley duty is an essential component of being a Tour du Canada rider. Galley crew roles are assigned, based on skills and preferences. All galley crew members have a joint responsibility on galley duty but performing different roles makes the work go more smoothly. Please note that about one-third of dinners in the menu plan are vegetarian dishes. On those nights it's a vegetarian-only kitchen. For dinners where meat, poultry or fish is served there will also be a vegetarian option.

### Cooking and Camping Background

Which best describes your cooking experience?      Which best describes your tenting experience?

Frequently cook at home	<input type="checkbox"/>	Frequently take camping vacations	<input type="checkbox"/>
Occasionally cook at home	<input type="checkbox"/>	Occasionally take camping vacations	<input type="checkbox"/>
Rarely or never cook	<input type="checkbox"/>	Rarely or never take camping vacations	<input type="checkbox"/>

Do you enjoy cooking? Yes  No       Have you cooked for groups? Yes  No

Have you ever taken a cooking course? Yes  No       A food handling course? Yes  No

Please tell us more about your cooking interests/experience:

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**What galley crew role do you see for yourself? Please refer to the Memo to Prospective Tour du Canada Riders (Page 3 below) for descriptions of what is involved in each galley crew role.**

Dinner cook  Dinner clean-up manager  Breakfast cook  Breakfast clean-up manager

Vegetarian Specialist/Salad Chef  Crew Chief/Staff Liaison

### Tell Us More About Yourself

Do you have any special skills that would be useful on the Tour?

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Are you a vegetarian: Yes  No  If Yes, please give details (e.g., dairy, eggs, fish, vegan):

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Please use this space to tell us about your bike, your cycling dreams or why you want to see Canada:

"

## Memo to Prospective Tour du Canada Riders About Galley Duty

### The Tour du Canada Concept



Whenever we talk about Tour du Canada, we stress the importance of co-operation. We know from long experience that galley duty is essential to that spirit. Tour du Canada riders become part of a close-knit community. You live together and share the chores. Respond to fellow riders in the way that you would like them to respond to you. Be tolerant when someone is having a bad day, because you too will have your share of challenges. Nowhere is this ethic more important than in sharing responsibility for galley duty. If you come together as teams, you will be well fed. This note is intended to give you the basics on galley duty and some practical tips on making meal times memorable.

### Galley Duty Defined

Have you heard the Tour du Canada joke about the difference between Heaven and Hell — in Hell the cooks fix the bikes and the mechanics prepare the meals.

Galley duty has two meanings — to **cook** and to **clean**. Both are important roles and all are responsible for cooking and cleaning.

Let's face it, though. Each of us has a different set of skills and it's best for all to use those skills to best advantage.

You want someone who is mechanically inclined to help others in ensuring that bikes are roadworthy.

And you want someone with food sense in charge of the spice rack.

The challenge is to share the load fairly.

### Crew Chief/Staff Liaison

Each galley crew member has a responsibility for ensuring that chores are done. A crew chief role is to watch for gaps in galley routine — in effect, quality control for meals and clean-up.

A basic aspect of this role is liaison with staff in managing the food inventory. The goal is to have only one person in each crew dealing with staff to avoid crossed messages.

Someone who is a good cook should **not** be crew chief. Let cooks manage meal preparation and have someone else make the lists of what is needed for the galley.

That means discussing the planned menu and shopping list **two or three days before** your crew's turn at galley duty because staff plans ahead in collecting the necessary ingredients.

### Galley Crew Assignments

At the Orientation session in Vancouver, the first order of business will be meetings of galley crew members.

Riders are assigned to galley crews and the goal is to find the best use of everyone's skills.

Depending on total group size, we have three to six people in each crew. With less than six in a crew, the roles will be combined in order to cover staff liaison, the clean-up jobs and the vegetarian/salad job.

Often, a galley crew role lasts all summer. But responsibilities can be reassigned as long as there is advance consultation with staff.

### Division of Labour

Sharing the load for galley duty involves more than just figuring who is a good cook.

**Dinner Cook:** Obviously a key role because dinner is such a social meal.

**Breakfast Cook:** Some argue that breakfast is the most important meal. It's not as social as dinner but it is the meal that gives you a head-start on the day.

**Dinner Clean-up Leader:** With one person in charge of getting the pots cleaned, all galley crew members will be done sooner.

**Breakfast Clean-up Leader:** The big chore in the morning is getting the truck loaded. It's a job for fast riders because they will be the last to leave camp in the morning.

**Vegetarian Specialist/Salad Chef:** We have a salad and vegetarian option with each dinner.

**Crew Chief/Staff Liaison:** A role for those with attention to detail. See left-hand column.

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