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**Tour Director**

Taran Connelly  
 (732) 469-7979 ext. 3514  
 tconnelly@diabetes.org

**CHECK-IN & START TIMES**

**100 Miles**

Check-in starts at 6:30 a.m.  
 Route starts at 7:30 a.m.  
 Route markings will be **YELLOW**

**62.3 Miles**

Check-in starts at 7:30 a.m.  
 Route starts at 8:30 a.m.  
 Route markings will be **RED**

**35 Miles**

Check-in starts at 9:00 a.m.  
 Route starts at 10:00 a.m.  
 Route markings will be **BLUE**

**10 Miles**

Check-in starts at 10:00 a.m.  
 Route starts at 11:00 a.m.  
 Route markings will be **GREEN**

## What to Expect at Tour!

You've done your training. Now you're ready to have some fun! Tour de Cure is an exciting day and the more prepared you are, the better time you'll have.

### Arrival and Check-In

Pay attention to the arrival time for your chosen route distance. We want to make sure you have enough time before the ride begins to check in, turn in donations, get your bike ready and stretch.

### You must have raised the \$200 fundraising minimum to participate in Tour de Cure.

Please bring your collection envelope with any remaining donations you may have. Also, please make sure the envelope is filled out with your correct information to ensure you are given credit for those funds.

**EVERY rider must sign Emergency & Event Waiver forms.** Enclosed please find the form to fill out and bring with you. If you forget it on Tour Day, we will have extra waivers at the registration area, but this slows down your check in time.

### Route Maps

Route maps and cue sheets will be available at the registration area. Please pick-up a cue sheet before you ride out. You can also find the Ride with GPS route maps online at [www.diabetes.org/jerseyshore](http://www.diabetes.org/jerseyshore). Click on "Route Descriptions" and follow the links.

## ALONG THE ROUTE

**Route Support:** The SAG Vehicles (Support and Gear) will be offering support to Tour riders on every route and will be in marked vehicles with a Tour de Cure SAG magnet. If you have stopped along the roadside and need assistance, make sure to flag them down. SAG vehicles can provide cyclists with roadside assistance. They also have the ability to call in medical or emergency assistance anywhere along the route. **Minors must be accompanied by an adult in the SAG Vehicle, NO EXCEPTIONS.**

**Route Marshals:** Our official Route Marshals, in yellow vests, will be riding the routes on bicycles and motorcycles to ensure riders are following the "rules of the road." They are there to help you!

**Very Important:** If you have stopped and DO NOT need assistance, please just give them a "thumbs up." This prevents them from having to stop when it's not necessary.

**Course Closing:** The routes close at **4:00 p.m.** sharp and there is NO support after this time. Please ensure you have trained to be able to finish your route in time. As late afternoon approaches, one of our SAG Vehicles will ask you if you would like to be brought to the finish if needed.

**Rest Stops:** There are a total of five (5) Rest Stops conveniently located at regular intervals along the route. You'll be able to get fruit and snacks and to refill your water bottles. Port-o-johns/restroom facilities will be available at ALL Rest Stops.

## Location:

Corner of 5<sup>th</sup> & Ocean Ave  
Asbury Park, NJ 07712

### FOR RED RIDERS:

A Red Rider is a person who lives with diabetes and showcases the courage it takes to live every day with this difficult disease. All riders who have type 1 or type 2 diabetes are eligible to be a Red Rider and receive special recognition materials. With hundreds of riders who may share a similar story, and hundreds more to support them, being a Red Rider can help with the first step or the millionth – in the fight to live a healthier life!

Red Riders who have turned in their fundraising minimum will receive their Red Rider Jersey at the Red Rider tent.

### Questions?

Contact: Taran Connelly  
(732) 469-7979 ext. 3514  
tconnelly@diabetes.org

### Bike Shop Partners

A special thanks to our official Jersey Shore Tour de Cure Bike Shop Partners:

#### **Bike Haven**

[www.bikehaven.com](http://www.bikehaven.com)

#### **Brielle Cyclery**

[www.briellecyclery.com](http://www.briellecyclery.com)

## Parking:

Riders should park in the large parking lot on 4th between Ocean Avenue and Kingsley Street.

## What to Bring:

- Any cash or check donations in the collection envelope provided
- Your bike in good mechanical condition
- Your helmet. No helmet, no ride!**
- Completed emergency information form (enclosed)
- Clothing appropriate for the weather
- Any special food you must have
- Any diabetes supplies or medication you are taking
- Spare tube, patch kit and tools
- Personal ID and insurance cards
- Sunscreen & lip balm
- A water bottle and another bottle for sports drink
- Cash for any vendor purchases, such as photos or beer

## Food Information:

Your meal ticket for lunch is on your BIB. Breakfast and coffee will be available in the morning before your ride. Lunch will be free for all riders. Non-riders may purchase lunch on the day of the event for \$5.

## Finish Line Celebration:

Join us for a celebration at the finish. Here are a few things you can expect upon your return:

- Post-event massage
- Live music
- Health and wellness village vendors
- Team and individual photos opportunities
- Prizes & giveaways
- Kid's Zone



**Emergency Phone Numbers**

If you have your cell phone with you and need help out on the course, please call either of these Emergency Numbers for assistance:

**(848) 466-5060**

**Weather Information Line**

We will ride rain or shine, so prepare for hot weather and rain. If severe weather is predicted, event information will be pre-recorded at: (732) 469-7979 ext. 3506.

**Hotel Information**

Don't want to wake up early on Tour Day? Stay overnight! The closest hotel to the start/finish line is the Berkeley Hotel (732) 776-6700. Other hotels nearby include the Holiday Inn Express in Neptune (732) 922-9600 or the Comfort Inn & Suites in Tinton Falls (732) 389-4800.

**Ride Smart, Ride Safe**

A smart rider is a safe rider. Nothing is more important to us than your safety, so we've put in place everything we can to make sure you have a safe ride. You can do your part by following some simple rules of the road.

**Wear your helmet!** There's no room for negotiation here. Helmets must be worn at all times while on your bike.

**Obey all traffic laws.** Bicycles should be treated just like any other vehicle on the road. Most states legally treat bicycles the same as cars. This means you must stop at all stop signs and obey all traffic lights. Slowing down and rolling through an intersection (even when making a right turn) because there are no visible vehicles coming is NOT a stop!

**Use hand signals to indicate turns and stops.** Make the signal well before you turn or stop so you have time to return your hand to the handlebars.

**Ride single file.** We're sharing the road with other vehicles. Keep single file so that others on the road can safely pass you.

**Pass only on the left.** When passing another rider, take the following steps:

- 1) Check behind you to make sure there are no vehicles or other riders coming up from behind.
- 2) Pull out to the left of the rider you are going to pass.
- 3) Call out in a loud voice "passing on your left" to let him or her know that you are passing.
- 4) Pass the rider, pull back into a single file line and say "thank you."

**Use your voice to alert other riders.** Help each other out by alerting other riders to potential dangers along the route. When you see a pothole, call out "pothole" so others will know to look out or call out "car back" to alert riders ahead of you to a car approaching from behind.

**No "phones" while riding.** Cell phone and headphone use while riding is prohibited. If you need to make a call or answer your cell phone, pull off to the side of the road and dismount your bike before using the phone.

**Get out of the way when stopping.** If you need to stop at the side of the road, make sure you get far enough off the road to be out of the way of other riders. Two easy signals will let SAG vehicles or bike mechanic volunteers know whether or not you need help: To indicate that everything is ok and you do not need assistance, extend your arm and hold the "thumbs up" sign. To indicate that you need help, raise your arms over your head and cross them at the forearm. This will let SAG vehicles know that they should stop to help.

**PLEASE MAKE SURE YOUR BIB NUMBER IS ON  
& VISIBLE FOR OUR SAFETY TEAM!**