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**CHECK IN & START TIMES**

**100 Miles**

Check in starts at 5:30 a.m.  
Route starts at 6:30 a.m.

**100K**

Check-in starts at 6:30 a.m.  
Route starts at 7:30 a.m.

**50 Miles**

Check-in starts at 6:30 a.m.  
Route starts at 7:30 a.m.

**20 Miles**

Check-in starts at 7:30 a.m.  
Route starts at 8:30 a.m.

**3 Mile Walk/Run/Ride**

Check-in starts at 7:30a.m.  
Route starts at 8:30 a.m.

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## 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 your 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 the 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. The most important part is what money is in the envelope. (Your registration is separate from the fundraising minimum)

EVERY rider must sign Emergency & Event Waiver forms. Please bring the waiver that you received in your rider packet on the day of Tour. We will have extra waivers at the registration area but this slows down your check in time.

### Route Maps

Route maps are available at the registration area. Please pick-up a route map before you ride out.

### Along the Route

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

**Very Important - If you have stopped and DO NOT need assistance just give them a 'thumbs up' this helps them from having to stop when it is not necessary.**

**Course Closing** -The Route closes at **4pm** and there is no support after the close 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. For those who are riding the 100 mile, please know that 3 hours after you begin your ride, (or around 10:30am), if you have not hit REST STOP 5, you will be directed to do the following:

- 1) Turn around and continue back the way you came
- 2) Go into the loop, but know you that if you do not check into REST STOP 5 for a second time by 12:30pm, you are not on pace to finish by 4pm
- 3) At either the 10:30am time or 12:30pm time, you are welcomed to be "SAG-ed" in at this point. Or if you continue on, realize you are not on pace to finish by 4pm, and may get "SAG-ed" in at the end.

\*\*\*These rules are in place to protect riders and volunteers during this hot Tour! Please let us know if you have any questions!

**Rest Stops-** There will be rest Stops conveniently located at regular intervals along the route. You'll be able to get fruit, snacks and refill your water bottles. Porta Potties/Restroom facilities will be available as well on all routes except the 3 mile.

# American Diabetes Association® **Tour de Cure®**

**FINAL RIDER INSTRUCTIONS**  
Arkansas TDC on August 22nd!

## ATTENTION 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 (once they have turned in their fundraising minimum) will receive their Red Rider Jersey on the morning of the event at the Red Rider tent. Questions? Contact: Rick Selig at [rselif@diabetes.org](mailto:rselif@diabetes.org)



## **Location of Tour de Cure Arkansas**

Exact Address: Arvest Ballpark, 3000 S. 56<sup>th</sup> St. Springdale, AR 72762

Watkins road will be blocked off so please enter the parking lot off of 56<sup>th</sup> street into the ballpark.

## **What to Bring Checklist:**

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

## **Food Information:**

Snacks and coffee will be available before the ride, and lunch will be free for all of the riders.

## **Finish Line Festival...**

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

- Post event massage
- Music
- Health and wellness village vendors
- Beer Garden
- Kid's Zone



**Emergency Rider Phone Number**

If you have your cell phone with you and need help out on the course there will be an Emergency Rider Number to assist you

**(479)757-0426**

**This number will also be on bib and an armband**

**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 posted on the website: [diabetes.org/arkansastour](http://diabetes.org/arkansastour)

## **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 and 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 HELMET AND BIB NUMBERS  
ARE ON & VISIBLE FOR OUR SAFETY TEAM**



**FINAL RIDER INSTRUCTIONS**  
Arkansas TDC on August 22nd!

**Please direct all questions, comments or concerns to the staff at the American Diabetes Association!**  
**Office line 479.464.4121**

**Go TOUR!**