

American Diabetes Association® **Tour de Cure**

Final Rider Instructions for 2015 Alabama Tour de Cure

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Tour Staff

Lauren Clowers

Event Chair

Aimee Johnson

CHECK IN & START TIMES

102 Miles

Check in starts at 6:00 a.m.
Route starts at 7:00 a.m.
Route markings will be **ORANGE**

64 Miles

Check-in starts at 6:00 a.m.
Route starts at 7:00 a.m.
Route markings will be **GREEN**

45 Miles

Check-in starts at 7:00 a.m.
Route starts at 8:00 a.m.
Route markings will be **YELLOW**

17 Miles

Check-in starts at 7:00 a.m.
Route starts at 8:00 a.m.
Route markings will be **PINK**

5 Mile Family Loop

Check-in starts at 8:00 a.m.
Route starts at 9:00 a.m.
Route markings will be **RED**

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, and get your bike ready and stretch.

You must have raised the \$200.00 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.

EVERY rider must sign Emergency & Event Waiver forms. If you did not turn in a waiver at a packet pick-up, please visit www.diabetes.org/touralabama to download the form. 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. 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 routes close at **4pm**. 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.

102 Mile Riders - There will be a cutoff at Rest Stop #3. If you have not reached that intersection by 11 am, you will be re-directed to the 64 mile course. This is to ensure all riders are off the course by the 4 pm close time.

Rest Stops -There are rest stops conveniently located at regular intervals along the route. You'll be able to get fruit, Go Macro and refill your water bottles. Porta-potties/restroom facilities will be available at most rest stops!

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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: 205.870.5172 x3070**

Bike Shop Partners

A special thanks to all of our official Tour de Cure Bike Shop Partners.



Location of 2015 Alabama Tour de Cure

University of Montevallo - Student Activity Center, 61 College Drive
Montevallo, AL 35115

Parking:

Please park in the lot just adjacent to the Student Activity Center (SAC)

What to Bring Checklist:

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

Food Information:

Breakfast and coffee will be available before the ride thanks to Walmart. Rotisserie Chicken, Pasta Salad, Potato Salad, Garden Salad, Fresh Veggies & Fruit with Assorted Chips and Dips lunch will be free for all of the riders.



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Emergency Rider Phone Number

If you have your cell phone with you and need help out on the course please call the Emergency Rider Number for assistance at: 205-281-4728

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: 205-870-5172 x3069

For more information please visit our FAQ page on our website or you can reach our staff at:

Lauren Clowers
lclowers@diabetes.org
205.870.5172 ext3069

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**