



American Diabetes Association Tour de Cure 2015

Route Guide

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► Location, Directions, Parking, Schedule.....2

► Fundraising Tips, Mobile App, Social Media 3

► Red Riders, Champions of Diabetes, Team Red4

► What to Bring, Safety Information, FAQ5-7

Thank you for registering for the **JUNE 7th 2015** **KANSAS CITY Tour de Cure!**

We couldn't be happier you made the decision to help Stop Diabetes by registering and fundraising for this year's Tour de Cure! We promise to go the extra mile to make sure your experience is memorable, and we're gearing up for another exciting event by offering all the extras you can expect from a Tour de Cure event including breakfast & lunch, scenic route choices for all types of riders, medical and on-course support, well-stocked rest stops, and a finish line festival full of fun and activities. This guide contains information to help you prepare for the Tour de Cure and tips to ensure you have an exceptional experience on the day of the ride. The Tour de Cure is fun, meaningful and, most importantly, it's for a great cause – raising funds in support of the over 29 million Americans living with diabetes and their families.

Route Descriptions

The Kansas City Tour de Cure begins at English Landing Park, Parkville, MO located at 8701 Clark Avenue. Our four routes are designed to appeal to all skill levels. **Routes* include:**

11 Mile Family Fun Ride (4-5 mph min., 10 minutes at rest stops) Accessible to all ages and fitness levels and features gorgeous scenery along the Missouri bluffs, along with bike mechanics as needed and a rest stop to await your family to ride back to the finish line together. This is a great way to get outside and do something active with the entire family!

25 Mile Leisurely Ride (4-5 mph min., 10 minutes at rest stops) This ride offers a bit more distance while still being safe and scenic and is on a beautiful paved road (note: one mile of this route is packed gravel) With two rest stops and beautiful views along the Missouri River, this route is a great choice for the beginner cyclist or families with older kids.

46 Mile Challenging (7 mph min. 10 minutes at rest stops) A challenge for the beginner to intermediate cyclists, this route follows the Missouri Bluffs or choose the hillier route option of Hwy. 45. A fabulous rest stop at the Train Depot in Weston awaits your arrival with refreshments, protein bites and spirited dancers celebrating your achievement. Full route support ensures a safe ride from start to finish. This is the perfect choice for the cyclist ready to ride a longer route.

63 Mile Metric Century (11 mph min, 10 minutes at rest stop) Expect more hills and possibly some gusty winds as you head west to Ridgewood Winery. This carefully crafted route has four memorable rest stops, which are about 12-18 miles apart, and includes our top-notch SAG support that will be there if you need it! This route is a true test of endurance – best suited for the experienced cyclist. 63 miles on Parkville and Weston's best roads guarantee an unforgettable experience.

*Please note these routes are subject to change based on final permits, and unexpected construction/road conditions. Final routes will be posted on the "Route Descriptions" page of our website as we get closer to the event. Please check our website for the most up-to-date route information.

For more information please contact: Jill Hathaway at jhathaway@diabetes.org or 913-383-8210 x6846.





Location, Directions, Parking, Schedule....

Location

Start and Finish at:

English Landing Park
8701 Clark Avenue
Parkville, MO



Directions & Parking Details

From North: take 35 south to MO-152, turn right then merge onto I-435 S toward Topeka, take the MO-45 exit, left onto NW River Rd and a right onto Main Street.

From South: take I-435W to Mo-45, left onto NW River Rd and a right onto Main Street

From East: take I-70W to I-435N, merge onto MO-152W, merge onto I-435 S and take the MO-45 exit, left onto NW River Rd and right onto Main Street

From West: take K-7 to Metropolitan Ave and go right, this becomes Mo-92, then take a slight right onto MO-45, slight right onto NW River Rd and right onto Main Street.

Parking will be available at the park and on Main Street. Please use only legal parking spaces as not to create a traffic hold up in Parkville. Look for VIP Parking for our Champions!

Once you arrive, please make your way to the **Rider Registration Check-In Tent**. At check-in, you will turn in your completed Emergency Information form (waiver) and any cash/check donations in the collection envelope. The waiver form and envelope are enclosed in the Welcome Rider Packet. If you've raised all of your funds online you do not need to bring a collection envelope with you. You will then receive your bib number.

Priority check-in will be available for Red Riders & Champions to Stop Diabetes. Teams may check in together or individually.



Event Lodging

Enjoy the Tour de Cure even more by staying close by to the start site the night before the big event! There are beautiful Bed & Breakfasts in Parkville and Weston. Make the Tour de Cure a weekend getaway!



Tour de Cure Starting Times

Check-in and packet pick up are available the morning of the ride from 6:00am-10:00am.

We recommend you check in 30-60 minutes before your ride. Start times are as follows:

63 Mile Metric Century

Ride Start 7:30 am
*[11] mph min pace

46 Mile Ride

Ride Start 8:30 am
*[7] mph min pace

25 Mile Ride

Ride Start 10:00 am
*[5] mph min pace

11 Mile Ride

Ride Start 10:00 am
*[4] mph min pace

Routes will be closed by 4pm.

Tour de Cure Schedule *

| | |
|----------|--|
| 6:00 am | Check In, Registration, & Breakfast open |
| 7:30 am | 63M ride begins |
| 8:30 am | 46M ride begins |
| 10:00 am | 25M/11M rides begins Check In, Registration & Breakfast close |
| 11:30am | Entertainment and Lunch begin |
| 12:00pm | Vendor Fair opens |
| 3:00pm | 11 and 25M routes close |
| 4:00 pm | 46 and 63 routes close Lunch closes |

Throughout the day, also enjoy:

- Yoga Stretching
- Kids' Activities
- Massage
- Spirit Dance Squads
- Color Guard

*may be subject to change



Fundraising Tips, Mobile App, Social Media....

Local Fundraising Information & Tips

The fundraising minimum in order to participate for the Kansas City Wheels to Weston Tour is: \$200

The funds raised through the Tour de Cure help to support diabetes research, advocacy, and community programs. Because we want to help make it as easy as possible for you to raise money here are a few fundraising tips for you:

1. Make it personal! Personalize your webpage, upload a picture and share your story! Why do you ride? Your donors will want to know and will be more inclined to donate if they know the cause is close to your heart.
2. Send emails! Your Tour Center provides you with message templates, Tour stationery and email tracking tools to get your fundraising moving.
3. Get social! Download the Facebook application and let social media do some of the work for you!
4. Go mobile! Use the mobile application available for iPhone and Android users and fundraise from anywhere.
5. Take it "offline"! Put up a Tour de Cure poster in your office and ask your co-workers to either sponsor you or ride with you!



Local Recognition & Incentives

If you go the extra mile to help us Stop Diabetes, you'll enjoy a unique experience at the Tour de Cure and beyond. We've added some special perks for our strongest supporters, including:

■ Top Individual Recognition

This year our Top 8 Individuals will receive special recognition on the morning of the Tour de Cure. We will recognize you in our start line announcements. The top 8 Individuals will also receive a treat filled special Champions Backpack.

■ Top Team Recognition & Incentives

Fast Facts: Diabetes

- 29.1 million Americans have diabetes.
- 86 million Americans have pre-diabetes.
- 1 in 3 children born today will develop diabetes in their lifetime if current trends continue
- The total annual economic cost of diabetes in America is estimated to be \$245 billion.

Fast Facts: Tour de Cure

- The largest cycling event for diabetes in the country
- 63,000+ participants nationwide
- We host 91 Tour de Cure events in 44 states

Fast Facts: American Diabetes Association

- Nation's leading 501(c)3 nonprofit health organization providing diabetes research, information and advocacy
- Founded in 1940
- Serves hundreds of communities across the country
- Mission: to prevent and cure diabetes and improve the lives of all people affected by diabetes.



Fundraising Tools & Resources



If you are looking for a new way to raise funds, consider using the Facebook application. If you are using our online fundraising tools, just log into your Tour Center and click the "Fundraise with Facebook" badge on your welcome screen.



The Tour de Cure is also ready to be with you on the go! The iPhone and Android apps make fundraising simple and easy. Simply log into your Tour Center and click on the App buttons or go to your app store and search Tour de Cure.



Red Riders and Champions to Stop Diabetes

Red Riders – You Are Why We Ride!



A Red Rider is a person who lives with diabetes and showcases the courage it takes to live every day with this difficult disease. Red Riders receive special recognition on the day of the ride, including a custom Red Rider jersey* to wear with pride as you lead the ride out! You'll also enjoy participation in the ceremonies and access to the special Red Rider Tent.

(*To receive the Red Rider jersey the minimum fundraising requirement must be met.)

Red Rider Hero Spotlight



Jayne Altic, a special Red Rider, joined Tour de Cure this year and within two months received Champion status and beyond. Thank you Jayne for your support and efforts.

How Do I Get Recognized as a Red Rider?

Contact **Jayne Altic** (kcrider@gmail.com) to let us know you want to be recognized as a Red Rider. Red Riders can participate as individuals, on their own teams, or can join Team Red – a team created for anyone who doesn't have another team to join but who would like to join others who support the movement to Stop Diabetes.



Champions to Stop Diabetes



When you ride in Tour de Cure, you take part in something unique. You join the ranks of some of the most passionate people in the country – people who care about cycling, health and, above all, finding a cure for diabetes. The **Champions to Stop Diabetes Top Fundraisers Club** is our way of thanking our most outstanding fundraisers, those who raise \$1,000 or more. Champions to Stop Diabetes will receive special recognition on the day of the event including a Champion medal, participation in the opening ceremonies and opportunities to be recognized throughout the year.



WHAT IS TEAM RED?

Team Red is a team for anyone who wants to support the movement to Stop Diabetes and doesn't have another team to join! If that's you this team is for you!

If you are already part of a family or corporate team ... great! But if you are riding solo, then Team Red is for you!

For more TEAM RED information please contact our Team Red Captain:

Jill Hathaway
Tel: 913-383-8210 x6846
Email: jhathaway@diabetes.org





What to Bring, What to Know....

TOP 10 THINGS TO BRING

10. The completed emergency information form.
9. Your collection envelope containing any donations by check. (Please convert cash or coins to a check payable to the American Diabetes Association.)
8. Your helmet. No helmet, no ride!
7. A well-tuned bike. Pack a spare-tube, patch kit, pump and tire tools.
6. A well-trained body and any medications or diabetic supplies you will need. Carry your personal ID and insurance cards.
5. Clothing appropriate for the weather. We ride rain or shine!
4. A water bottle and a second bottle for sports drink to ensure you stay well-hydrated.
3. A parent or guardian if you're under 18. Minors must be accompanied by an adult at all times. This includes riding in a SAG vehicle.
2. \$200 or more turned in on or before the day of the Tour de Cure in order to participate.
1. **Excitement for the great ride and the impact you're making to Stop Diabetes!**

Ride Details: What to Know Before You Ride

You'll see many people and things on the Tour de Cure route, all there to make your ride a better—and safer—one.

SAG Wagons – Standing for Support and Gear, these vehicles will be clearly marked with signs on the doors. Their main purpose is to patrol the route and assist the weary, broken down, or injured cyclist. In addition, they will lead the way in order to slow down any approaching vehicles and bring up the rear to make the pack of cyclists more visible to motorists.

Amateur Radio Operators – Known as the eyes and ears of the route, these individuals will be placed at each rest stop and/or in SAG vehicles on the route. With the help of their communications equipment, we will monitor where cyclists are on the various routes, where assistance may be needed, and the location of the first and last cyclists.

Medical Volunteers – This valuable group was selected for their ability to assist a cyclist in a variety of crisis situations. They bring an added sense of safety and security to the ride in the unlikely event of an injury or emergency.



Police Escorts – All local municipalities will be contacted and their assistance secured when possible. You will more than likely see local police slowing traffic at busy intersections, leading cyclists along the route and giving the okay to turn when sight distance is limited.

Mechanical Support – Mechanics will be available on the route to help if you break down, but we do recommend that you bring a few basic items such as a tool set and a spare tube. The mechanics may be delayed in reaching you if there are several people needing flats changed, and they will not have supplies to give as handouts.



Directional Signs – Directional signs will be alongside the road. Each turn will be preceded by a sign and will be followed by a confirmation to reassure you that you did in fact make the correct turn. On occasion, you may be on a road for a long stretch without having to make any turns. When this occurs, a straight ahead sign (accompanied by a straight ahead road marking) will be placed every few miles. There will also be signs to provide both you and approaching motorists with necessary information about the road ahead, such as “Rest Stop Ahead” or “Caution/Cyclists on Road.”

Rest Stops – Rest stops are conveniently located every ten to fifteen miles and will be fully stocked with fruit, snack bars, water and sports drink. Please take every opportunity to hydrate and stretch at the rest stops.

Your safety is our top priority. Please read all safety information in this guide as well as the more detailed Cyclist Guide found in your Tour Center under the Training tab. Please help us keep the ride safe for everyone by using proper cycling etiquette.



Safety Information, Training Resources....

Safety Information

The Tour de Cure is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we take every measure to make the ride as safe as possible, always remember that your safety is in your own hands. Please observe the following rules:



- Wear a helmet at all times – **NO EXCEPTIONS.**
- Carry ID and relevant medical information.
- No headphones or iPods; be aware of traffic sounds around you.
- Rules of the road apply; you have the same rights and duties as the driver of any other vehicle.
- Ride single file. Ride a **maximum** of two abreast when conditions allow, but do **not** impede traffic.
- Ride as far right as reasonable.
- Obey all traffic lights, signs, and regulations.
- Pass on the left **only**; announce “passing” or “on your left.”
- Use hand signals to indicate road hazards, stopping, slowing, right and left turns.
- Prepare properly in terms of nutrition, hydration and training for the route distance you’ve selected to ride.
- Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement, and the environment.
- Please refer to additional safety information on our website, diabetes.org/tour, as well as on bikeleague.org.

Riding safely and considerately is vital to your enjoyment and the safety of other riders as well as our ability to obtain event permits from local authorities.

The **future** of Tour de Cure as well as other organized cycling events depends on your cooperation with the rules above.

Training Resources

We want to help you prepare for the ride of your life! We will be offering a variety of group training rides, clinics and informational events to make sure you have all the knowledge and skills needed for a safe and enjoyable ride. For a schedule of training rides please visit our local website at www.diabetes.org/KCTOUR or call us at 1.888.DIABETES, ext. 6846



Volunteers Needed!



Each year, more than one million volunteers offer their time or resources to the American Diabetes Association to further the work of our mission. Volunteering is a great way to meet people, network, learn new skills and support the movement to Stop Diabetes. Support the American Diabetes Association – become a

The American Diabetes Association needs volunteers for events throughout the year. If you or someone you know to Stop Diabetes, please contact the Tour de Cure Volunteer Coordinator at 913-383-8210 jhathaway@diabetes.org. All Tour de Cure volunteers receive a T-shirt and lunch, and a

BIKE SHOP SPONSORS

Please visit our Bike Shop Sponsors for more info about training rides and special offers for Tour de Cure participants. A few of our Bike Shop Sponsors include:

[Velo +](#)

13440 Santa Fe Trail Drive
Lenexa, KS
(913) 888-0533

[Bike America](#)

3 locations
Overland Park, Lee’s Summit,
Olathe

[Family Bicycle](#)

7337 Broadway Street
Kansas City, MO
816-268-1757

**FOR MORE INFO ON
SAFE CYCLING, GO
TO:**

<http://www.bikeleague.org/>

The **League of American Bicyclists** has been working to improve the quality of bicycling in America almost as long as there have been bicycles.

**TOUR DE CURE IS
LOOKING FOR RIDING
ROUTE MARSHALS!**

If you are interested in helping ensure the Tour is a safe and fun ride, please contact the Route Chair at:

Jill Hathaway
jhathaway@diabetes.org
913-383-8210 x6846





Frequently Asked Questions....

AMERICAN DIABETES ASSOCIATION

6900 College Blvd.,
Ste. 250
Overland Park, KS 66211
913-383-8210 x6846
1-888-DIABETES
Fax 913-383-2319
Web: www.diabetes.org/KCTOUR



STOP DIABETES

1.800.DIABETES
www.stopdiabetes.com

YOUR TOUR DE CURE Committee Chair is:

Jill Hathaway
jhathaway@diabetes.org

Interested in helping plan the Tour de Cure event? Have some great ideas for how to make the Tour de Cure even better? Contact the Committee Chair to learn more about joining the Tour de Cure Planning Committee!



Frequently Asked Questions

This section answers some of the most frequently asked questions. We are happy to answer any additional questions you may have – just contact Jill Hathaway at 1-888-DIABETES, ext. 6846 or at jhathaway@diabetes.org

Q? What is the terrain of the ride like?

The terrain is mostly flat (except for Hwy. 45 for the 46 and 63 mile rides, which is hilly). Note: there is one mile of packed gravel before the Waldron Curve). The possibility of brisk winds offers the most challenge.

Q? How many route lengths are there?

There are 4 routes in which to choose: 11, 25, 46, 63 miles

Q? Can friends and family participate in the Finish Line festivities?

Friends and family members are welcome at the post-ride party, though they may be required to pay for lunch for a fee of \$10. Your friends and family can cheer you across the finish line then join you in touring the Vendor Expo taking part in on-site activities, and enjoying the exciting entertainment. Note: Food and beverage are available for purchase for event spectators (remove this line if not applicable)

Q? Can I bring my own personal SAG?

Personal SAGs are **not** permitted on the route. However, if you have someone in mind who can volunteer to drive a SAG available to all riders, please contact us.

Q? What if it rains?

We ride rain or shine! Pack rain gear just in case and don't let a little water stop you in the fight against diabetes! Check the website for updates in case of severe thunderstorms that could delay or cancel the routes.

Q? When does the finish line and route close?

The finish line is open to welcome all cyclists back but there are route time limits in certain jurisdictions. 11 and 25 mile routes close at 3pm. 46 and 63 mile routes close at 4pm. Party ends at 4pm.

Q? How many people can form a team?

We prefer each team to include five or more individuals, but you can have a team with two or more people.

Q? Can my child participate and ride with me?

Yes, but you or an appointed guardian must remain with the minor rider at all times. If pedaling, the minor is also responsible for turning in the **\$50** minimum (12 years and younger) and is also required to wear a helmet while riding. Children in trailers or bike carriers do not have to raise the minimum but they must have a completed waiver in order to participate.

Q? When and where do I turn in cash and check donations?

You may turn in your cash/check donations at any time to the American Diabetes Association. Checks should be made payable to American Diabetes Association. Send to **6900 College Blvd., Ste 250, Overland Park, KS 66211.**