



American Diabetes Association.
Tour de Cure 2015
Route Guide

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Thank you for registering for the *March 1st, 2015 Tucson 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 Tucson Tour de Cure begins at the Tucson Harley Davidson off I-10 and Ina Road. Our three routes are designed to appeal to all skill levels. **Routes* include:**

10K Ride (6 miles) Our 10K Ride is accessible to all ages and fitness levels. For those who are recreational cyclists, or simply want to enjoy a nice family-friendly ride, this route is for you.

50K Ride (31 miles) Our 50K Ride features a moderate challenge while being safe and scenic, offering a blend of residential neighborhoods and desert landscape. Several well placed rest stops and plenty of route support makes this ride a great choice for the intermediate cyclist.

100K Ride (62 miles) Our 100K Metric Century is best suited for the experienced cyclist. Over 62 miles on some of Tucson'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.

For more information please contact: Briana Biondo at 520.795.3711 ext. 7112 or BBiondo@diabetes.org.





Location, Directions, Parking, Schedule....

Location

Tucson Harley Davidson
7355 I-10 Frontage Rd
Tucson, AZ 85743

(I-10 Exit 248 for Ina Rd)



Registration Details

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. *There will be early packet turn-in at Bicycle Ranch on February 26th and 27th should you wish to turn in your waivers and receive your bib prior to the event. Further details will be emailed in early February.

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 to the start site the night before the big event!

Here are a few hotels next to the Harley Dealership:

1. Red Roof Inn-Tucson North: 4940 W Ina Rd, (520) 744-8199
2. Best Western Plus: 4930 W Ina Rd, (520) 579-7202

Tour de Cure Start Times

100K Route

Check-In 6:45 am
 Ride Start 7:30 am
 Route Markings will be
COLOR: PINK

50K Route

Check-In 7:00 am
 Ride Start 7:45 am
 Route Markings will be
COLOR: GREEN

10K Route

Check-In 8:00 am
 Ride Start 8:30 am
 Route Markings will be
COLOR: BLUE

WHAT TO EXPECT AT THE TOUR DE CURE

Breakfast, sponsored by Gourmet Girls

Coffee, provided by Tyler's Coffee

Catered Lunch, provided by Las Vegas

Live Entertainment

Vendor Village

Beer Garden, sponsored by New Belgium Brewing CO.



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

Local Fundraising Information & Tips

The fundraising minimum in order to participate for the Tucson 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 10 Individuals will receive special recognition on the morning of the Tour de Cure. We will recognize you in our start line announcements and the Top Individual Fundraiser will receive a special Top Fundraiser Yellow Jersey to wear proudly. In addition, the Top 10 Individual Fundraisers will be featured in the 2016 Tucson Tour de Cure Brochure.

■ Top Team Recognition & Incentives

Any team that raises \$2,500 or more receives a private Top Team tent at the Tour de Cure. In addition, the top 10 teams will be featured in the 2016 Tucson Tour de Cure Brochure.

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.

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.





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: Jennifer Boyd



"I started cycling 6 years ago. What it has done for me is to show others that even though I have had Type 1 Diabetes since December 1974, I do not let it stop me from doing things I want

to do. I just have to do some extra things to prepare for a ride. I pack enough glucose tabs, take my blood glucose meter and test strips. While on my ride I test my blood sugar every 10-12 miles. Other than that everything is the same for myself as any other cyclist."

How Do I Get Recognized as a Red Rider?

Contact your local ADA staff person 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 a Champions jersey from Primal, a Champion medal, priority registration,

participation in the opening ceremonies, special recognition on the day of the event and other 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 Event Manager:

Briana Biondo
520-795-3711 x 7112
BBiondo@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:



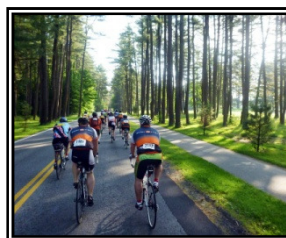
- Wear a helmet at all times – **NO EXCEPTIONS.**
- Carry ID and relevant medical information.
- No headphones or iPods; be aware of traffic sounds around you.
- Rules of the road apply; you have the same rights and duties as the driver of any other vehicle.
- Ride single file. Ride a **maximum** of 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/tucsontour or call us at 520-795-3711 x 7112.



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. Lend your skills to support the American Diabetes Association – become a volunteer!

The American Diabetes Association needs volunteers for a range of activities and events throughout the year. If you or someone you know is interested in volunteering to Stop Diabetes, please contact the Tour de Cure Volunteer Coordinator at **Alanna Felix 520-795-3711 x 7113** or afelix@diabetes.org. All Tour de Cure volunteers receive a T-shirt and lunch, and a volunteer training will be conducted in advance of the day of event to properly train our volunteers.

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 ROUTE MARSHALS!



If you are interested in helping ensure the Tour is a safe and fun ride, please contact Event Manager:

Briana Biondo
520-795-3711 x 7112
BBiondo@diabetes.org



Frequently Asked Questions....

AMERICAN DIABETES ASSOCIATION

**3400 E Speedway Blvd
Suite 108**

Tucson, AZ 85716

Tel: 520-795-3711

Fax: 520-795-1179

www.diabetes.org/tucsontour



STOP DIABETES

1.800.DIABETES

www.stopdiabetes.com

**Interested in helping
plan the Tour de
Cure? Have some
great ideas for how
to make the ride
even better?**

**Contact Event
Manager Briana
Biondo at 795-3711
x 7112 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 Event Manager Briana Biondo at 520-795-3711 x7112 or BBiondo@diabetes.org.

Q? What is the terrain of the ride like?

The 10K route is mostly flat, the 50K and 100K routes are also mostly flat with the exception of a few moderate elevation changes.

Q? How many route lengths are there?

There are 3 routes to choose from: 100K, 50K, and 10K.

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

Friends and family members are welcome at the post-ride party. Your friends and family can cheer you across the finish line then join you in touring Vendor Village, taking part in on-site activities, and enjoying the exciting entertainment. Note: Food and beverage are available for purchase for event spectators (please check website or call the office for updates on price).

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 or call 520-795-3711 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. All routes will close at 1:00pm.

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 **\$200** minimum (regardless of age) 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 **American Diabetes Association, 3400 E Speedway Blvd, #108, Tucson, AZ 85716.**