

## FINAL EVENT INSTRUCTIONS

What to Expect, Directions,  
Check In & Start Time.....1

Along the Route, **Welcome Red Riders**.....2

At the Finish Line, Hotel  
Options.....3

Safety Information, Tour de  
Cure Sponsors.....4

Office: (619) 234-9897

Event Manager  
[Molly Soliman](#) ext. 7435

Event Production  
[Kim Messey](#) ext. 7418

### Top eight things to bring to Tour:

1. \$200 fundraising minimum (turned in on/before event)
2. Completed [Event](#) and [County of San Diego](#) Waiver
3. Your helmet. No helmet = no ride!
4. A well-tuned bike. Pack a spare tube, patch kit, pump and tire tools.
5. Medications and/or diabetic tester and supplies. Carry your ID, a credit card/cash, and insurance cards.
6. Water bottle
7. Parent/guardian if under 18
8. Appropriate clothing. We ride rain or shine!

### Offline donations-Mail to:

ADA - Tour de Cure  
5060 Shoreham Place, Ste. 100  
San Diego, CA 92122

Please enclose a note that states:  
"Funds to be credited to XXX rider  
or Team XXX"

## What to Expect at Tour!

You've done the work training and fundraising. Now it's time to take your victory lap! The Tour de Cure will be an exciting and fun day dedicated to stopping diabetes, and the more prepared you are the better time you'll have! Please read the following Final Event Instructions to ensure you're ready for the big day.

### PACKET PICK UP\*

Friday, April 28  
12:00pm - 7:00pm



[5553 Copley Drive](#)  
San Diego, CA 92111

Avoid the stress and lines on event day by picking up your Rider Packet in advance. In addition, anyone who goes to Friday packet pick-up receives \$10 off a purchase of \$30 or more at Road Runner Sports.

Your Rider Packet includes everything you need to ride (your rider bib, wristband, helmet tag and tracking tag). Cue sheets, with route directions, will be available both at Packet Pick Up and on event day.

### EVENT DAY - ARRIVAL AND CHECK IN

Saturday, April 29  
Staggered start times

Del Mar Fairgrounds - Paddock  
2260 Jimmy Durante Blvd.  
Del Mar, CA 92014

### Directions and Parking

1. From Interstate 5, take the Via de la Valle exit and head west (a left turn from the freeway exit if you are northbound; a right turn if you are southbound).
2. Follow Via De La Valle and turn left into the **Solana Gate Entrance**.
3. Follow American Diabetes Association event signs directing you to participant parking. (NOTE: Spectator parking is \$10 CASH after 8:30am)

### Arrival and Check-In

All riders are encouraged to arrive at least one hour before their designated start time. This ensures you have enough time before the ride begins to pick up your packet and turn in donations (if you have not already done so), as well as enjoy the start line festivities. Coffee and light snacks will be provided complimentary to registered riders.

| Route                            | Check-In: | Start:  |
|----------------------------------|-----------|---------|
| <a href="#">Century</a>          | 5:00am    | 6:00am  |
| <a href="#">Metric Century</a>   | 7:30am    | 8:30am  |
| <a href="#">31 Mile</a>          | 9:30am    | 10:30am |
| <a href="#">7 Mile</a>           | 10:30am   | 11:10am |
| <a href="#">1 Mile bike/walk</a> | 11:00am   | 11:30am |

All riders are asked to maintain a minimum 12.5 mph pace to complete their designated route in the time allotted. We will implement a cutoff for the Metric Century and Century, see page 3 for details.

### \*In order to receive your rider packet, you must:

- Raise the \$200 fundraising minimum (\$50 for 1 Mile participants)
- Turn in a completed Collection Envelope (available at Check In) with any remaining donations you may have
- Submit your signed [Event Waiver](#) and [County of San Diego Waiver](#)

## FINAL EVENT INSTRUCTIONS



### **WELCOME RED RIDERS!**

Being a Red Rider means you are not alone – there are thousands across the country who proudly wear the red jersey showing “We Ride with Diabetes.” In addition to the funds raised for diabetes treatment and prevention, the American Diabetes Association also works year-round to educate diabetics and their families and to improve the lives of people living with diabetes. The Tour de Cure is not only a wonderful way to raise funds, but the exercise improves our own health and is a key part of my management of diabetes. On the day of the Tour de Cure our Red Rider jersey makes us the stars of the show – every Red Rider is a leader that day, cheered and applauded at every turn!! I look forward to seeing many of you on the road and meeting you at the Red Rider Tent after you’ve finished “The Ride of Your Life!”

--Guillermo Ybarra  
2017 Red Rider Chair

### **EVENT DAY - ROUTE**

#### **Route Safety**

In case of an emergency always dial 911. In cases where emergency care is not necessary please call **Net Control at 619-248-8860** (this number is also found on the wristband you received at packet pick up). We have multiple resources to help you along the route. Here are the following Route Support options:

#### **SAG (Support & Gear)**

These vehicles will be clearly marked and will patrol each route. They provide transportation, tire repair supplies, water, nutrition, and are able to answer any questions you may have about the route.



#### **Route Marshals**

Official Route Marshals will be wearing bright yellow vests and riding the routes along with participants. They will be able to assist in basic bike repair and will be able to answer any questions about the route. Route Marshals are also there to help remind riders about the laws of the road and the rules of the Tour de Cure.



#### **MARC Motorcycles**

The MARC team will be offering support on all routes. They will be clearly marked with fluorescent yellow vests and MARC attire and will be able to provide assistance along with any information about the route.

#### **Bike Mechanics**

There will be a Bike Mechanic stationed at all Rest Stops along the 7, 31, Metric Century and Century routes as well as the 62 mile turnaround. The 1 mile route will not have a Bike Mechanic. If you need assistance along the route beyond what is listed above, a SAG vehicle can transport you to the nearest Rest Stop where a Bike Mechanic can offer you further assistance.

#### **First Aid**

Basic first aid staff and supplies will be at each rest stop and at the start/finish line.

**\*Please note: If you are stopped along the road and see a Route Support Vehicle passing, please give them a THUMBS UP if you DO NOT need assistance.**

**PLEASE MAKE SURE YOUR NUMBERED BIB (WORN ON BACK) AND HELMET STICKER (WORN ON THE FRONT) ARE VISIBLE FOR OUR SAFETY TEAM!**

## FINAL EVENT INSTRUCTIONS

HAVE YOU  
RAISED \$1,000+?



Check out the  
VIP/Champions Top  
Fundraiser Area where you  
will experience the Tour de  
Cure VIP style!

### National Sponsors:



### WHERE TO STAY?

If you are traveling to  
participate in the Tour  
de Cure here's where to  
stay!

**Hotel Del Mar**  
720 Camino Del Mar  
Del Mar, CA 92014  
858-755-9765

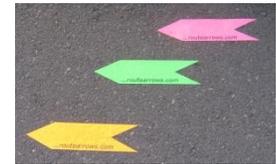
Only 1 mile from the  
Fairgrounds!

### EVENT DAY - ROUTE

#### Directional Signs

Event directional signs and stickers will be placed along most of the route to help you find your way. *Please note Carlsbad does not allow signs and will have stickers only.* Each route has a designated color:

|                       |               |
|-----------------------|---------------|
| <b>Century</b>        | <b>Blue</b>   |
| <b>Metric Century</b> | <b>Red</b>    |
| <b>31 Mile</b>        | <b>Orange</b> |
| <b>7 Mile</b>         | <b>Black</b>  |
| <b>1 Mile</b>         | <b>Green</b>  |



Can't remember your route color? We have provided colored wristbands that correspond to your route. Simply look down at your wrist for a friendly reminder.

#### Rest Stops

We have provided multiple rest stops along the different routes. You will be able to find refreshments, basic first aid, a bike mechanic and restrooms at each rest stop. Please remember to thank your Rest Stop volunteers for their time and hard work!

|                        |  |
|------------------------|--|
| <b>Century:</b>        | 8 rest stops accessible at miles 10, 24, 33, 47, 54, 67, 77 & 90 |
| <b>Metric Century:</b> | 5 rest stops accessible at miles 10, 24, 33, 43 & 56             |
| <b>31 Mile:</b>        | 2 rest stops accessible at miles 10 & 20                         |
| <b>7 Mile:</b>         | 1 rest stop accessible at mile 4                                 |
| <b>1 Mile:</b>         | Tour of the Turf   |

#### Refreshments

Red Riders, please remember to test throughout the day. The following items will be available at rest stops: Gatorade, water, bananas, oranges, peanut butter crackers, trail mix, string cheese, Stabilyze bars, Phive bars, Corn Thins, Pickle Juice, glucose tablets & shots, salt, candy and juice.

#### Route Closure and Cutoff

The route closure time is 3:30pm. All cyclists must be finished by 3:30pm. All riders are asked to maintain a minimum 12.5 mph pace to complete their designated route in the time allotted. We will implement a cutoff for the Metric Century and Century routes as follows:

**Century:** Riders must be to Mance Buchanan Park rest stop (mile 33) by 9:38am. Riders arriving at Mance Buchanan Park rest stop after 9:38am will be asked to turn around and complete an abbreviated 66 mile ride.  
**Metric Century:** Riders must be to Buccaneer Park rest stop (mile 24) by 11:15am. Riders arriving after 11:15am will be asked to turn around and complete an abbreviated 48 mile ride.

### EVENT DAY - AT THE FINISH LINE

Join us for the party at the Finish Line! We will provide a healthy street taco lunch and one Ballast Point Beer to all riders at no charge. A limited number of lunches may be purchased by non-riders for \$5/taco, \$5 for rice/beans/chips/salsa. **Cash, debit/credit card payments accepted for lunch and beverage purchases.** Here are a few more fun activities you can expect when you return:

- Live entertainment by Natural Selection from 11:30am - 1:30pm
- Champions VIP/Top Fundraiser Exclusive Area
- Health and Wellness Expo with 20+ interactive vendors
- Baja Mex Street Taco Buffet and cash bar inside "17 Hands"
- Top Team Areas (\$5,000+)
- Red Rider Appreciation Station
- Inflatable jumpy houses

In case of a missing child at the event, please find a staff member for assistance.

## FINAL EVENT INSTRUCTIONS

Thank you to our  
2017 sponsors:



*NORTHROP GRUMMAN*



**REVOLUTION**  
BIKE SHOP



 **ROADRUNNER** SPORTS  
World's Largest Running & Walking Store

### 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.

**Bike condition.** A properly tuned bike will set you up for a great experience on event day. We encourage riders to visit a qualified bike mechanic prior to the event to ensure your bike is in proper condition. Mechanics will address your bike's tires, wheels, brakes, brake pads, chains, pedals, shifting mechanisms, brake levers, handle bars, saddle height and handle bar grips.

**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.** CHP will have a strong presence on all routes and will ticket riders who do not obey traffic laws. Bicycles should be treated just like any other vehicle on the road. The State of California legally treats 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. (And no drafting! If you don't know what drafting is, that's ok. That means you won't do it.)

**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 "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.

**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 phone calls 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 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, 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 the route support team know that they should stop to help.