

# Tour de Cure<sup>®</sup>

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## Tour de Cure Director

Julian Dillon

Tel: 323 966 2890 X 7473

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**Welcome to the April 28<sup>th</sup> 2013**

**Tour de Cure Ship to Shore Long Beach & Los Angeles**



Thank you for registering! This is our fifth year riding the great port bridges and we are planning the best Tour de Cure ever so we can raise **OVER One Million Dollars to Stop Diabetes.**

This guide contains information to help you prepare for the Tour de Cure and tips to ensure you have a great experience on the day of the ride. The Tour de Cure is fun, fabulous and most importantly you are riding for a great cause – to raise funds in support of 25.8 million Americans living with diabetes and their families!

### **Route Details** (Continues on Page 2)

The Tour de Cure Ship to Shore begins at the Queen Mary Events Park by the famed Queen Mary in Long Beach. Our five route options are designed to appeal to all skill levels. **Routes include:**

**8 Mile Ride: “The Shoreline Excursion”:** Mostly flat with a baby climb over the Queensway Bridge. Route traces the Long Beach bicycle paths with some street crossings at controlled intersections. Ideal for those wanting a flat easy ride including families participating with young children.

**11 Mile Ride: “The Harbor Cruise”:** Passes through Downtown Long Beach and the port areas of Los Angeles and Long Beach, crossing both the Gerald Desmond and Vincent Thomas bridges. Though accessible to riders with some training, this route is not for beach cruisers or those uncomfortable with climbs. The harbor bridges are a sizable climb with grades between 3.5 and 4 percent (about 300 feet of climbing total). The pavement is excellent with the exception of a couple of *railroad crossings in San Pedro that deserve caution.* Ride ends at Ports O' Call.

**From Ports O' Call, 11 mile riders return to the Queen Mary via a 45 minute harbor cruise.** The boat departs at 9:30am. (If demand exceeds capacity, additional riders will be bussed back to the Queen Mary. Preference will be given to pre-registered riders exceeding \$600 in funds raised.)

## JOIN THE MOVEMENT TO STOP DIABETES

- Share.** Your Story. Your experience. Your hope for a cure.
- Act.** Sign up for events, volunteer your time, become an advocate.
- Learn.** Improve your health and the health of your family.
- Give.** Your donation will help fund research, outreach and education.

**STOPDIABETES.COM or 1-800-DIABETES**

*For Internal Use Only: 55201-8030-1201*

## TOUR DE CURE STARTING TIMES

### Check-In, Saturday April 27, 2013

All Routes: 11:00am – 5:00pm  
At the Queen Mary

### Sunday April 28

#### 100 Mile Century

Check-In 6:00 am  
Ride Start \*7:00 am

#### 61 Mile Metric Century

Check-In 6:00 am  
Ride Start \*7:45 am

#### 32 Mile Ride

Check-In 7:00 am  
Ride Start \*8:30 am

#### 11 Mile Ride with Harbor Cruise

Check-In 7:00 am  
Ride Start \*8:30 am

#### 8 Mile Family Ride

Check-In 8:30 am  
Ride Start 9:30 am

## SCHEDULE April 28 2013

**6:00 am** Breakfast begins  
100 M & 61 M Check-In opens

**7:00 am** \*100 M ride begins  
32 M & 11 M Check-In opens

**7:45 am** \*61 M ride begins

**8:30 am** \*32M & \*11M ride begins  
8M Check-In opens

**9:30 am** 8M ride begins

**9:45 am** Harbor Cruise departs  
Ports O Call (11 mile riders only)

**11:00am** Lunch begins

**2:00 pm** 61 M & 32M route closes

**4:30 pm** 100 M routes close

**5:30 pm** Event closes

\*Riders must depart at designated route times.

## Route Details Continued

**32 Mile Ride:** Features extended gradual climbs, one short steep power climb before the turnaround and a mostly downhill or flat final 15 miles. Route passes through downtown Long Beach, crosses both the Vincent Thomas and Gerald Desmond bridges and turns back at the dramatic coastal bluffs of the Palos Verdes Peninsula. Total climbing is approximately 1300 ft. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%) and Silvius Ave. (10%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with a few *railroad crossings in the port areas that deserve caution* and stretches of fair pavement on the final miles.

**61 Mile Ride:** Features a series of long climbs connected by rolling terrain and a mostly downhill or flat final 15 miles. Route passes through downtown Long Beach, the port areas – including the Vincent Thomas and Gerald Desmond bridges - and the coastal bluffs of the Palos Verdes Peninsula. Total climbing is approximately 3800 ft. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%), Silvius Ave. (10%) and the climb up Palos Verdes Drive East (5% to 8%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with some undulations at Portuguese Bend on the P.V. Peninsula, *railroad crossings that deserve caution* in the port areas and stretches of fair pavement in the final miles.

**100 Mile Ride:** As with the 61 mile ride, the full century passes through downtown Long Beach, crossing the Vincent Thomas and Gerald Desmond bridges and touring the Palos Verdes Peninsula (see 61 Mile Route for full details). At the 60 mile mark the Queen Mary is in sight, but you are not done. The 100 mile route adds a 40 mile loop of mostly flat ground encompassing Belmont Shores, the Seal Beach Naval Weapons Station, Alamitos Bay and Lakewood. Total climbing is approximately 4200 ft.

*Please note: The California Department of Transportation or Homeland Security may require last minute changes to some portions of the route in the port areas. We thank you in advance for your understanding should this occur.*

### Getting to the Queen Mary for Tour de Cure **Ship to Shore**

#### Location

Queen Mary Events Park  
The Queen Mary  
1126 Queen's Highway  
Long Beach, CA 90802

#### Directions

Follow signs to Queen Mary from South end of 710 Fwy. From Downtown Long Beach follow signs to Queen Mary via Queensway Bridge.

#### Parking

Park at Queen Mary Parking Lot or as directed by Tour Volunteers. (Check Tour website for parking updates and rates. Details may change closer to event)

#### Once You Arrive

If you have not already checked in at an earlier packet pick-up event, please go to Check-In & Registration to turn in any cash/check donations in your Collection Envelope and your **Completed Waiver** (Emergency Information Form). You will receive your bib number at this time.

**The Number One reason why people do not donate to non-profit events is:**

**No one asks them for a donation.**

**ASK everyone you know to donate to your ride today.**

**FAST FACTS: DIABETES**

- ❖ 25.8 million Americans have diabetes.
- ❖ 79 million Americans have pre-diabetes.
- ❖ 1 in 3 children born today will develop diabetes in their lifetime.
- ❖ The total annual economic cost of diabetes in America is estimated to be **\$174 billion**.
- ❖ 10% of all adults in LA County have Diabetes.
- ❖ 13% of Latino and African American Adults in LA County have Diabetes.
- ❖ You can make a difference!

**FAST FACTS: TOUR DE CURE**

- ❖ The largest cycling event for diabetes in the country.
- ❖ 50,000 participants nationwide.
- ❖ We host 90 Tour de Cure events across the USA. Check out [diabetes.org/tour](http://diabetes.org/tour) for details.

**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 the disease.**

**Fundraising Tips**

Once you have signed up, how do you raise **\$175** with ease *and even more*? **Make a donation to your own ride and then ASK everyone you know to match it.**

**On-Line Fundraising for Maximum Impact**

**Fundraising on-line through your personal webpage allows you to email all your contacts with ease and raises 40% more funds!** To learn more about online fundraising or for questions and technical difficulties, please contact Ashley Allan at [aallan@diabetes.org](mailto:aallan@diabetes.org) .

If you are looking for a new way to raise funds, consider using the Boundless Fundraising applications for Facebook or Twitter. If you are using our online fundraising tools, just log into your Tour Center and click the "Facebook" or "Twitter" badges on your welcome screen.

**Here's how to raise \$500 in one week and earn a Tour de Cure Jersey:**

1. Start with your own contribution .....	\$25
2. Email five friends asking them to match your donation .....	\$125
3. Ask four family members to contribute \$25 each .....	\$100
4. Ask your employer to contribute \$50 (and ask about matching funds)...	\$50
5. Ask five co-workers to contribute \$10 each .....	\$50
(Or sell Tour de Cure pin-up jerseys at the office)	
6. Ask five neighbors to contribute \$10 each .....	\$50
7. Ask four businesses you frequent for \$25 each .....	\$100
(Dry Cleaner, Hair Stylist, Car Mechanic, Doctor, etc.)	

**Congratulations.... You've raised \$500!**

**Rewards - Going the Extra Mile to Stop Diabetes**

Go the extra mile to Stop Diabetes and you'll enjoy a unique experience at the Tour de Cure... and beyond.

**VIP Team Tents:** Any team that raises \*\$10,000 or more receives a Premier VIP tent at the Tour de Cure and team hospitality basket. Any team raising \*\$5,000 or above gets a Deluxe Tent at Tour de Cure. \*Team totals must be achieved by April 15<sup>th</sup> to qualify for award benefits.

**Top 10 Recognition:** The top 10 teams and top 10 individuals (ranked by final fundraising totals) are each awarded a special award at the Post-Ride Party and are recognized on the following year's website.

**Thank you Gifts:** Check out our amazing selection of fundraising Thank You Gifts, including the Champions' Jersey, at [www.diabetes.org/tour](http://www.diabetes.org/tour).



\$2,600 Champions Package Jersey



\$500 Gift Level Jersey



## WHAT IS A RED RIDER?

A Red Rider is a person who lives every day with diabetes. All riders who have type 1 or type 2 diabetes are eligible to become 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 participate in the Tour de Cure, riding on Team Red or being champions for their own corporate or family teams. These individuals are passionate about changing the future of diabetes for themselves, their families and future generations.

## FOR MORE INFORMATION:

**Red Rider Chair: Lenny Isaacs**

Email: [lbredriderchair@gmail.com](mailto:lbredriderchair@gmail.com)



## WHAT IS TEAM RED?

Team Red 2012 is a group of individual Red Riders and their friends and family who are on a mission to Stop Diabetes! If you are already part of a family or corporate team ... great! But if you are riding solo and want to join other Red Riders, then Team Red is for you!

## FOR MORE INFORMATION:

**Team Red 2011 Captain:**

**Darryl Vanden Einde**

Email: [teamred2012@hotmail.com](mailto:teamred2012@hotmail.com)



## Tour de Cure Champions' Dinner

When you ride in Tour de Cure Ship to Shore, 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. In order to thank our most outstanding fundraisers, we have created a **Tour de Cure Ship to Shore Champions' Dinner**.

Everyone who raises \$1,000 or more will be invited, plus a guest, to our exclusive Champions' Dinner on Saturday April 27<sup>th</sup>. It's our way of showing you what a difference you make in the lives of the 26 million people living with diabetes. Along with a dinner, tailor-made to fuel you for your ride, Champions will receive a unique Ship to Shore Champions' Gift, priority check-in and packet pick-up and a chance to meet with your fellow champion cyclists and tour sponsors. (Check our website for Champion's Dinner updates.)



## Recognizing Riders with Diabetes



### YOU ARE WHY WE RIDE!

All 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 enjoy fast access to your lunch via the Champions Red Line, participation in the ceremonies and access to the special Red Rider Tent.

### How Do I Get Recognized as a Red Rider?

Whether joining a team or registering as an individual rider, if you would like to be recognized as a Red Rider, please indicate where directed in the registration process that you are a participant riding with diabetes and would like to be recognized as a red rider.

### How do I join Team Red?

If you are a Red Rider who would like to join a team of fellow Red Riders and their supporters, why not join Team Red? If you have already registered and would like to join this team, contact **Julian Dillon** at [jdillon@diabetes.org](mailto:jdillon@diabetes.org) and ask to be transferred. Or, when registering, select Join a Team and look for Team Red 2012, then follow the steps to register.

*If you are a person surviving diabetes, I implore you to declare your status, so others on the course and in the wider community have the opportunity to celebrate and be inspired by you. I ask you to get on your bike and ride strong and sure. Riding in the Tour de Cure itself is the affirmation of your courage and perseverance."* **Mari Ruddy, Founder of the Red Rider program.**

## TOP 10 THINGS TO BRING

10. Your completed Waiver / 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. Don't wait to hydrate
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. \$175 or more turned in on or before the day of the Tour de Cure in order to participate. (Plus reg. fee)
1. **Excitement for the ride and the great impact you're making to Stop Diabetes!**



## 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.

**MARC (Motorcycle Amateur Radio Club)** – Known as the eyes and ears of the route, volunteers from MARC will be in SAG vehicles on the route and will be monitoring your ride. 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.

**SAG Wagons** (Support and Gear vehicles) – SAG vehicles will be clearly marked with magnetic signs - MARC - on their driver and front passenger 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 cyclists more visible to motorists.

**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 may not have supplies to give as handouts.

**Medical Volunteers** – This valuable group has the ability to assist cyclists in a variety of situations, bringing an added sense of safety to the ride in the unlikely event of an injury or medical situation.

**Directional Arrows** – Color Coded Directional Arrows will be posted on the road surface, indicating when you need to make a left or right turn. Each turn will be preceded by an advance arrow and will be followed by a confirmation to reassure you that you made the correct turn. There will also be signs to provide you and approaching motorists with necessary information such as “**Rest Stop Ahead**” or “**Caution/Cyclists on Road.**” At certain turns and rail-road crossings, volunteers will be on hand to further assist. Please follow their directions – **it's for your safety!**

**Police Escorts** – All local municipalities will be contacted and their assistance secured when possible. You may see local police slowing traffic at busy intersections, leading cyclists along the route and giving the okay to turn when sight distance is limited. You must follow all police and sheriff directives.

**Rest Stops** – Rest stops are conveniently located every ten to fifteen miles and will be fully stocked with fruit, snack bars, water and sport drinks. They are staffed by hard-working volunteers. Access to mechanical support, transportation, and a medical volunteer will be available at each rest stop. Just let a rest stop volunteer know what your needs are.

***Your safety is our top priority. Please read all safety information in this guide as well as the more detailed Group Riding Manual online at [diabetes.org/tour](http://diabetes.org/tour). Please help us keep the ride safe for everyone by using cycling etiquette.***

## Training Rides

Please visit our **Bike Shop and Bike Club Sponsors** for more info about Training Rides and special offers for Tour de Cure participants.

**Join a weekend or weekday training ride at:**

**Stan's Monrovia Bike Shop.**  
Contact Carlos Morales

[bikesinla@yahoo.com](mailto:bikesinla@yahoo.com)

626 840-2256

**Torrance Memorial Medical Center - Weekday Ride.**

Contact Mary Jane Bowman

['maryjane.bouman@tmmc.com'](mailto:'maryjane.bouman@tmmc.com')

**Major Motion**

[www.majormotioncyclingclub.com](http://www.majormotioncyclingclub.com)

**Or check Tour de Cure Webpage for training ride updates.**

## TOUR DE CURE NEEDS VOLUNTEER ROUTE MARSHALS!

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

**Donna Trujillo**

**Tel: 323 966 2890 X 7423**

Email: [dtrujillo@diabetes.org](mailto:dtrujillo@diabetes.org)

**Your Tour de Cure  
Committee Chair is:**

**Marty Blount**

Email:

[mblountkpc@yahoo.com](mailto:mblountkpc@yahoo.com)

Interested in helping plan Tour de Cure? Have some great ideas? Contact the committee chair to join our committee. It's a great group of friends working together to make this event awesome!

## Safety Information

Aside from the ride across the port bridges, the Tour de Cure Ship to Shore 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 ride by 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](http://diabetes.org/tour) as well as on [bikeleague.org](http://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 will be offering a variety of group training rides, clinics and informational events to make sure you have all the knowledge and skills for a safe and enjoyable ride. For the schedule of training rides, please see **Training Rides** in the left side box on this page, **call Julian Dillon at 323 966 2890 X 7473 or visit <http://diabetes.org/shiptoshoretourdecure>**

## 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 for Tour de Cure, please contact **Donna Trujillo at 323 966 2890 X 7423 or email [dtrujillo@diabetes.org](mailto:dtrujillo@diabetes.org)**.

**\*\*Community service hours granted for school/professional purposes\*\***



## AMERICAN DIABETES ASSOCIATION

611 Wilshire Blvd, Ste 900  
Los Angeles, CA 90017  
Tel: 323 966 2890 X 7473  
Toll-free: 1.888.DIABETES  
Fax: 213 489 4375  
Web: [www.diabetes.org](http://www.diabetes.org)

### 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.



**Stop Diabetes**

[www.stopdiabetes.com](http://www.stopdiabetes.com)

1.800.DIABETES

## 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 our office at **888-DIABETES X 7473** or [jdillon@diabetes.org](mailto:jdillon@diabetes.org).

### Q? How many people form a team?

We prefer each team to include five or more individuals, but you can have a team with two or more people. There is no maximum size to a team.

### 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 riders must be off the Gerald Desmond and Vincent Thomas bridges – including points in between – by 9:00am. The 61 mile and 32 mile routes close at 2:00pm and the 100 mile route closes at 4:30pm. All finish line activities, including food and beverage service, close at 6:00pm.

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

Your friends and family can cheer you across the finish line then join you in touring the information booths, taking part in on-site activities, and enjoying the exciting entertainment. Note: Food and beverage is available for purchase for event spectators.

### 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 – including being sagged. If pedaling, the minor must also turn in the \$175 minimum (regardless of age). All minors, pedaling or not are required to wear a helmet while riding. Children in trailers or bike carriers do not have to raise the minimum – but we encourage fundraising by all at our event.

### Q? Can I bring my own personal SAG?

Personal SAGs are **not** permitted on the route. However, if you would like to volunteer to drive a SAG vehicle available to all riders, please contact **Donna Trujillo** at **323 966 2890 X 7473**.

### 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 last minute weather updates.

### 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. Mail to American Diabetes Association, **611 Wilshire Blvd, Suite 900, Los Angeles, CA 90017. Attn: Julian Dillon**. Please remember to tell us the name of the rider the donation is to be assigned to. Please do not mail cash. Either turn in cash at packet pick-up or deposit cash in your account and write a check for equal amount to The American Diabetes Association.

**See you at Tour de Cure Ship to Shore on  
Sunday April 28<sup>th</sup>, 2013.**