

INSIDE

THIS

ISSUE:



What to Expect/Early Packet Pickup

Maps/Route Info.

Ride Smart, Ride Safe

Post Ride Festivities

Food

Current Champions

Thank You Gifts & Champions Incentives

Team Captain Corner

Top Teams

Red Riders

Thanks for Your Support

Accommodations

Venue/Parking

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.

Here's what you can expect...

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, get your bike ready and stretch.

- [100 Mile Route](#) Registration opens - 6:30am Starts - 7:30am
- [65 Mile Route](#) Registration opens - 7:30am Starts - 8:30am
- [35 Mile Route](#) Registration opens - 8:30am Starts - 9:30am
- [15 Mile Route](#) Registration opens - 9:30am Starts - 10:30am
- [5 Mile Mayor's Family Ride](#) Registration opens - 10:30am Starts - 11:30am

You must have raised the \$200 fundraising minimum to participate in the Tour de Cure. Pledge forms will be available for those that have not reached the minimum by May 30th which will give you until June 30th to collect the minimum required.

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. Children 12 & under fundraising minimum is \$25 and the Family Mayor's Ride is FREE although donations are encouraged.

EVERY rider must sign Emergency & Event Waiver form. Please visit [Click Here](#) to download the form and bring with you. We will have extra waivers at the Check-In area but this slows down your check in time.

***You will receive your bib number, cue sheet and event t-shirt after turning in the completed waiver form and the \$200 fundraising minimum (if applies).**

Early Packet Pickup

Same time the day of the event by turning in your waiver, donations and picking up your rider packet on Friday, May 29th at the Tin Roof Vista from 5pm-8pm.



1022 Senate St.

Columbia, SC 29201

2015 SC Tour de Cure Routes

PLEASE NOTE: All routes are subject to change up until the day of the event on May 30th.

- [100 Mile Route](#)

Registration opens - 6:30am

Starts - 7:30am

- [65 Mile Route](#)

Registration opens - 7:30am

Starts - 8:30am

- [35 Mile Route](#)

Registration opens - 8:30am

Starts - 9:30am

- [15 Mile Route](#)

Registration opens - 9:30am

Starts - 10:30am

- [5 & 1 Mile Mayor's Family Ride](#)

Registration opens - 10:30am

Starts - 11:30am

Along the Route

City of Columbia & Richland County Police will be assisting with intersections inner city as well as any major intersections outside of the city!

CARC: The CARC team will be offering SAG support to the Tour riders on very route. If you have stopped along the roadside and need assistance make sure to flag them down. Their vehicles will be clearly marked with ADA Flags and Tour de Cure magnets. Their purpose is to patrol the route and assist cyclists who might have mechanical problems and/or cannot continue.

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.

• **Directional Signs:** Tour de Cure directional markings and signs will be placed along the route to help you find your way. Each route has a designated color.

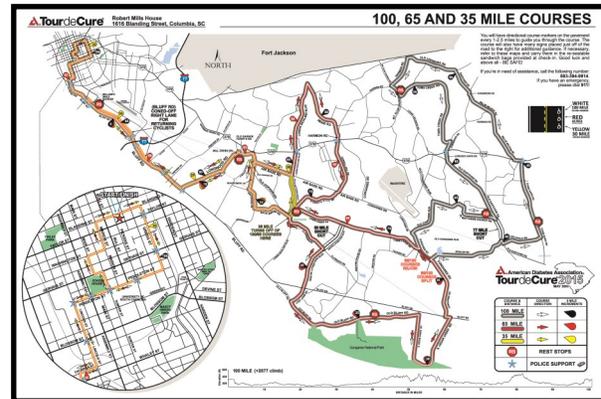
Century - White

65 Mile - Red

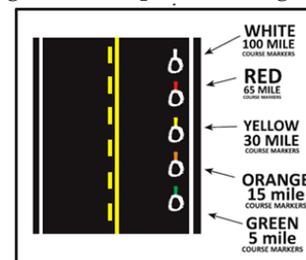
35 Mile - Yellow

15 Mile - Orange

5 Mile - Green



NOTE: THERE WILL BE A SHORT CUT AVAILABLE FOR THE 100 & 65 MILE ROUTES AT THE 6TH REST STOP FOR THE 100 MILE ROUTE & 3RD REST STOP FOR THE 65 MILE ROUTE WHICH WILL REDUCE YOUR DISTANCE BY APPROX. 8 MILES.



Emergency Route Bracelets: All riders must wear their color coordinated emergency route bracelets during the ride. Bracelets will have the emergency contact number (704) 998-7255. This will also be a reminder as to what color route markings you are supposed to be following.

• **Rest Stops:** There are conveniently located at regular intervals along the routes. You'll be able to get fruit, snacks and refill your water bottles. Porta Potties/Restroom facilities will be available at ALL Rest Stops except only one on the Family Ride.

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. The State of South Carolina 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:

Check behind you to make sure there are no vehicles or other riders coming up from behind.

Pull out to the left of the rider you are going to pass.

Call out in a loud voice "passing on your left" to let him or her know that you are passing.

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 "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 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 BIB AND STICKER ARE VISIBLE FOR OUR SAFETY MARSHALS!

WEAR BIB ON YOUR BACK & HELMET STICKER ON FRONT OF HELMET

Post Ride Festivities

This year's post ride festivities will include incredible massages by Wiseman Family Chiropractic, Entertainment by Modern Disruption, Beer Garden sponsored by River Rat Brewery & Liquid Assets, Finisher Medals, Post-Ride Meal, Kids Zone, Health & Wellness Pavilion, TapSnap Phototainment & SO MUCH MORE!



FOOD! FOOD! FOOD!

We have a variety of yummy options for your taste-buds to choose from this year!!!

BREAKFAST:

Breakfast items will be provided by Panera Bread for all riders before each route including bagels, pastries, fruit, coffee as well as GoMacro Bars.



POST RIDE MEAL:

Option #1

Moe's will be offering a delicious Taco Bar including Chicken or Beef tacos (mixture of hard & soft shell) (wheat soft shells available: beans, lettuce, cheese, tomatoes, black olives, sour cream, pico de gallo chips, salsa (hot & mild).



Option #2

Blue Marlin will be offering yummy Lemon Herb baked Chicken Breast, Mac & Cheese, Green Beans, Cole Slaw and Homemade Rolls.



Option #3

Great and healthy sandwiches by Firehouse Subs, including Turkey or Ham with provolone cheese, lettuce and tomato. Also a Veggie sub with lettuce, tomato, cucumber, green pepper, and provolone cheese.



Keep A Look Out!!

Registered riders check your email - the meal pre-selection survey will be sent out very soon.



CONGRATULATIONS to Our Current

Champions!

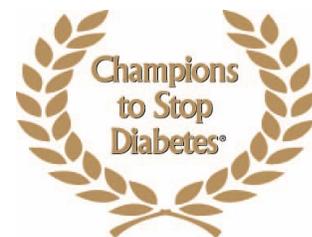
- | | |
|--|--|
| <u>Mark Shelley</u> - \$5,267.00 | <u>Barry Edwards</u> - \$1,270.00 |
| <u>Billy Tabor</u> - \$4,577.00 | <u>Wilton Stewart</u> - \$1,260.00 |
| <u>Garry Smith</u> - \$3,000.00 | <u>Anna Haltiwanger</u> - \$1,240.00 |
| <u>Brett Buehner</u> - \$2,344.00 | <u>Brian Binette</u> - \$1,190.00 |
| <u>WILLIAM MELTON</u> - \$1,802.00 | <u>Will Haltiwanger</u> - \$1,164.00 |
| <u>Gary Rudman</u> - \$1,654.00 | <u>Gregory Hamlin</u> - \$1,150.00 |
| <u>Mo Mims</u> - \$1,648.00 | <u>Tonia McGrew</u> - \$1,038.00 |
| <u>Cindy Long</u> - \$1,600.00 | <u>Rick Wilson</u> - \$1,031.00 |
| <u>Scott Taber</u> - \$1,600.00 | <u>Patrick Bozik</u> - \$1,000.00 |
| <u>Doug Marks</u> - \$1,500.00 | <u>Shawn Carter</u> - \$1,000.00 |
| <u>Allen Boone</u> - \$1,324.00 | |
| <u>Allen Paul</u> - \$1,270.00 | |

As of 5/22/15

Riders On Track To Become A Champion

As of 5/22/15

- | | |
|------------------------------|-----------------------------------|
| James Szadek - \$972.00 | Gavin Gore - \$617.00 |
| Daniel Koenig - \$816.00 | Mary Rankin - \$571.00 |
| Sandy Burnes - \$742.00 | Ernest James - \$541.00 |
| Dorothy Crosby - \$725.00 | Jason Oberle - \$520.00 |
| Charles Laffitte - \$689.00 | Vontella Kennedy-James - \$509.00 |
| Chris Smith - \$658.00 | Christopher Brown - \$508.00 |
| Gregory Katz - \$656.00 | Danny Johnson - \$500.00 |
| Christina Bickley - \$654.00 | Millard (Gene) Hunter - \$500.00 |
| SHEILA Leath - \$646.00 | Bryanne McCurry - \$500.00 |
| Christy Turner - \$628.00 | |
| Tammy Livingston - \$628.00 | |



Fundraising Incentives



For every \$100 over the minimum fundraising (\$200) you will receive one ticket into the drawing to win your choice of one of the bikes above donated by Trek & Outspokin' Bicycles.

WAIT..... That's not all.....When you become a CHAMPION (raising \$1,000 or more) you will be receiving not one but **TWO** tickets per \$100 over the minimum. This is giving you double the chances of winning!

2015 Tour de Cure Thank You Gifts

Did you know that you can earn [Thank You Gift](#) though your fundraising efforts? Check out all of the levels and give selections and set your goals high to get one of these awesome gifts.

Check out our commemorative Tour de Cure Jerseys available as a Thank You Gift selection.



\$500 Level



\$1,000 Champion Jersey Level



\$1,000 Jersey Kit (Choose One)



Champion Prize Pack

Raise \$1,000 by **May 30th** and you'll receive several very exclusive prizes:

- VIP Parking Space with Signage at the Celebration Site on Saturday, May 30th*
- VIP Access to the Lexington Medical Center Champions Lounge with Extra Goodies, VIP Massages, comfortable lounge seating and more!
- Champion Cooler & Pint Glass with access to the special beer garden pass
- Champion Bib & Champion Metal
- Dri-Fit Tour de Cure Event Shirt & More!



Team Captains Corner

TEAM TENT

Don't miss your chance to earn a day of event Team Tent.

- Register as a team captain
- Raise \$5,000 as a team - **OR** -
- Recruit 15 team members

Congrats to the following teams that already qualify:

- Lexington Medical Center
- Outspokin' Bicycles
- Palmetto Cycling Coalition
- Dome Team

Introducing the
2015 Team Captain Impact Track

1. Reach five members on your team and \$2,900+ in fundraising, for the 29 million Americans living with diabetes by May 1st- Receive the official Team Captain speakers
2. Reach ten members on your team and \$5,200+ in fundraising, for the year 1952, when the ADA research program began, by May 15th- Receive Official team tent and branded team signage tent area on day of event
3. Reach \$10,000+ in fundraising as a team and help expand diabetes research, by May 30th - Receive team benefits on day of event, including a team tent, team massage therapist and much more. (visit our website for details)

SC Tour de Cure
www.sctourdecure.com

Teamwork is the secret that helps everyday people
ACHIEVE EXTRAORDINARY RESULTS

Easy Steps to Fundraising Success

STOP DIABETES
American Diabetes Association

As of 6/22/15

Top Teams

Family/Friend Team

[Team SANDROID](#) - \$4,173.00

[Tri-City Cyclers](#) - \$3,338.00

[The Dome Team](#) - \$3,010.00

[Team BRF](#) - \$2,175.00

[Team NOT TODAY, NOT EVER](#) - \$2,104.00



Corporate Team

[Lexington Medical Center](#) - \$6,479.00

[TEAM MSA](#) - \$2,482.00

[WLTX](#) - \$1,552.00

[Siemens Caring Hands](#) - \$1,270.00

[SC - McKesson](#) - \$1,124.00

Club/Organization Team

[Outspokin' Bicycles](#) - \$6,440.00

[Palmetto Cycling Coalition](#) - \$5,340.00

[Hoi Polloi](#) - \$1,452.00

[Bosch Bikers](#) - \$816.00

[Palmetto Fat Tire Society](#) - \$708.00

Red Riders

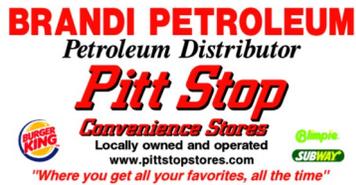
The purpose of the Red Riders is to support everyone who lives with type 1 or type 2 diabetes and showcase the courage it takes to live every day with this difficult disease. It's time to celebrate those with diabetes who get on their bikes and ride! The Tour de Cure recognizes riders with diabetes as the heroes on the day of the event! **GO RED RIDERS!!**



Special Thanks to our Red Rider Sponsor Lexington Medical Center!



Thank You to Our Sponsors



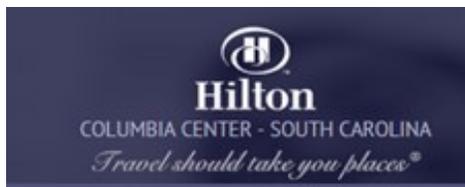
Trek Bicycle Store
Mount Pleasant, SC



Special Thanks To: All the volunteers and sponsors that help make the Tour de Cure happen year after year! The American Diabetes Association appreciates all they do for us and cannot thank them enough for their amazing support!

Tour de Cure Accommodations

The SC Tour de Cure has worked out a discount rate with the Hilton Columbia for those riders coming in from out of town the weekend of the event. Please be sure to use the group code below when making your reservations.



Hilton Columbia
924 Senate St.
Columbia, SC 29201



Friday, May 29, 2015-Sunday, May 31, 2015

Group Code: L-CURE1

Reservation Number (803) 744-7800 (Press #2 for existing reservation to receive rate.)

Standards: **\$109.00**

Venue/Parking

Start/Finish Line

Historic Robert Mills House
1616 Blanding St. Columbia, SC 29201

Parking:

Parking is available behind the Hampton Preston Mansion behind entering from Laurel St. There are also parking lots surrounding the venue with Tour de Cure Parking Signs that you can also park at. Champions will have VIP Parking at the Robert Mills House with personalized signage.

Please take a minute to look over the [Robert Mills Tour de Cure Map](#) with details on parking, registration, food, etc.

