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CHECK-IN & START TIMES

100 Miles

Check-in: 5:30 a.m.

Start: 6:30 a.m.

Route markings: **RED**

65 Miles

Check-in: 6:30 a.m.

Start: 7:30 a.m.

Route markings: **BLUE**

43 Miles

Check-in: 7:30 a.m.

Start: 8:30 a.m.

Route markings: **WHITE &
BLACK**

26 Miles

Check-in: 8:30 a.m.

Start: 9:30 a.m.

Route markings: **GREEN**

5 Mile Family Ride

Check-in: 9:30 a.m.

Start: 10:30 a.m.

Route markings: **YELLOW**

Early Rider Packet Pick-Up

July 22 | 11:30am- 2:30pm

Columbia Flagship Store

911 SW Broadway, Portland

Receive 20% discount on 7/22

July 23 | 9:00am- 6:00pm

ADA Office- Portland

4380 SW Macadam Ave. Suite

210

*Fundraising minimum (\$200) &
Emergency Waiver form
required to pick-up Rider Bib.

What to Expect at Tour!

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 and Emergency Waiver form, receive your bib and get ready for the ride.

You must meet the \$200 fundraising minimum to participate in the Tour de Cure.

Please bring your collection envelope with any remaining donations to early check-in (see below) or Tour day. Please make sure the envelope is filled out with your correct information to ensure proper credit of the funds.

EVERY rider must sign an Emergency Waiver form. We will have extra waivers at the registration area; however this slows down your check-in time. Print your waiver ahead of time at diabetes.org/portlandtourdecure, complete and bring with you to early check-in or Tour day.

Rider Bib Bibs are given out at early check-in and Tour day to riders who meet the fundraising minimum. Your bib serves as your t-shirt and lunch ticket. Bibs must be worn on your back throughout the ride.

Route Maps

Route maps are available at the registration area. Please pick-up a route map before you start. You may also print your route map ahead of time at diabetes.org/portlandtourdecure. Download the route to your smart phone using the Ride with GPS app. Visit ridewithgps.com.

Along the Route

Route Support: Support vehicles will be visible on every route and will be marked with a Tour de Cure Magnet, Flag or Vest. The primary first-response support vehicles will be motorcycles. If you stop along the roadside and need assistance, make sure to flag them down. If you stop and DO NOT need assistance, give a 'thumbs up'. They will assist you and get you the support you need. Riders with mechanical problems will be taken to the nearest rest stop bike mechanic or back to the stadium as needed. Riders may also call the Rider Hotline directly at 503-805-0279. **Minors must be accompanied by an adult in the support vehicle, NO EXCEPTIONS.**

Route Marshals- There will be Route Marshals, on bicycles in yellow vests, riding the routes to ensure riders are following traffic laws. They are also there to assist you if necessary.

Course Closing -The Route closes at **5:00 pm** and there is no support after the close time. Please ensure you have trained to be able to finish your route in time. As late afternoon approaches, one of our SAG vehicles will ask you if you would like to be brought to the finish if needed.

100 Mile Riders- Riders must pass the Gaston rest stop (MP40) before 11am to continue on the Century loop in Yamhill County. After 11am, you will be redirected to the 63 mile route (return leg). This is to ensure all riders are off the course by the 5pm close time.

Rest Stops- There are a total of seven rest stops conveniently located at regular intervals along the route. Fruit, snacks, rest rooms, water and sport drink are available at each stop. A bike mechanic will be available for minor adjustments at most rest stops.

American Diabetes Association® **Tour de Cure**®

ATTENTION RED RIDERS!

A Red Rider is a person who lives with diabetes rides in Tour. All riders who have type 1, type 2 or gestational diabetes are eligible to be a Red Rider and receive special recognition for taking part in the event. 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 (once the fundraising minimum is met) will receive a 2014 Red Rider Jersey. Jerseys are available on Tour day only at the Red Rider Tent.

Thank to this year's Red Rider sponsors, Novo Nordisk, AstraZeneca and Sanofi on the morning of the event at the Red Rider tent.

Questions?
Contact Lauren Bryan
lbryan@diabetes.org
503-736-2770 ext 7296



Tell us your story of why you ride, upload your Tour day photos and follow us on social media with #whyiridepdx.

Facebook:
[facebook.com/tdcORWA](https://www.facebook.com/tdcORWA)

Twitter:
[@TourDeCureORWA](https://twitter.com/TourDeCureORWA)

Location of Tour de Cure Oregon

Hillsboro Stadium
4450 NW 229th Avenue
Hillsboro, OR 97124

Parking:

All vehicles must enter through Gate A.

Champions (riders raising \$1000+): VIP Parking Permit should be displayed on driver side dashboard. Follow signs to Champion Parking.

What to Bring Checklist:

- All remaining cash or check donations in the collection envelope provided
- Completed Emergency Waiver form
- Special food you must have for the ride
- Spare tube, patch kit and tools
- Clothing appropriate for the weather
- Sunscreen & lip balm
- Water bottles for water and sports drink
- Diabetes supplies or medication you are taking
- Bicycle
- Helmet. No helmet, no ride!**

Food Information:

Your BIB serves as your meal ticket. A light breakfast will be available before each ride start thanks to Franz Bakery, Western Family Foods, Nest Best Eggs, Dannon, Longbottom Coffee & Tea, and United Salad. Water, sports drink and snacks will be located at each rest stop. When you return to Hillsboro Stadium, you will enjoy a BBQ Chicken lunch provided by Spin Catering. Guests of riders may enjoy lunch with you for a donation of \$5. Vegetarian and gluten free options available in some locations and at lunch.

Finish Line Festival...

Join us for the party at the finish. And enjoy:

- Music
- Food and Beer
- Vendor Area
- Massage
- Red Rider Tent
- Commemorative Tour Poster signed by the artist
- Team and individual photo opportunities
- Kids' Zone and Water Slide
- Photo Booth

Emergency Rider

Phone Number

If you need help out on the course please call the

503-805-0279

Weather Information Line

We will ride rain or shine, so prepare for hot weather and rain. If severe weather is predicted, event information will be posted at: 503-736-2770 and at

diabetes.org/portlandtourdecure

Your Tour de Cure Team

Tour Manager

Marc Bourret

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Event Chair

Kent Nakagawa

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Online Support

Lauren Bryan

lbryan@diabetes.org

503-736-2770 ext 7296

Thank you to our 2014 Sponsors!

Columbia

Genentech

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Walgreens

Cushman & Wakefield

Pacific Power

The Standard

Stoel Rives

Willbros

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AstraZeneca

Sanofi

KGW News Channel 8

ClearChannel Outdoor

Spin Catering

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. Most states legally treat 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.

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 in a loud voice "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 and say "thank you".

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 off the road 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 HELMET AND BIB NUMBERS
ARE ON & VISIBLE FOR OUR SAFETY TEAM**