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Tour Coordinator

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CHECK IN & START TIMES

75 Miles

Check in starts at 5:30 a.m.
 Route starts at 6:30 a.m.
 Route markings will be **BLUE**

50 Miles

Check-in starts at 7:00 a.m.
 Route starts at 8:00 a.m.
 Route markings will be **ORANGE**.

25 Miles

Check-in starts at 9:00 a.m.
 Route starts at 10:00 a.m.
 Route markings will be **YELLOW**

What to Expect at Tour!

You've done your training now enjoy some fun. Now you're ready to have Tour de Cure is an exciting day and the more prepared you are the better time you'll have.

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.

You must have raised the \$200 fundraising minimum to participate in the Tour de Cure. 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. The most important part is what money is in the envelope.

EVERY rider must sign Emergency & Event Waiver forms. If you did not turn one a waiver at a packet pick-up, please visit [Central Iowa Tour de Cure](#) to download the form under "Resources & Links". We will have extra waivers at the registration area but this slows down your check in time.

Route Maps

Route maps are available at the registration area if you did not pick-up a map. Please pick-up a route map before you ride out.



Along the Route

Route Support: The SAG vehicles (Support and Gear) will be offering support to the Tour riders on every route and will be marked in vehicles with a **Tour de Cure Orange Flag**. If you have stopped along the roadside and need assistance make sure to flag them down. We will also have motorcycle marshals clearly marked with yellow vests. SAG vehicles can provide cyclists with road side assistance. They also have the capability to call in medical or emergency assistance anywhere along the route. **Minors must be accompanied by an adult in the SAG vehicle, NO EXCEPTIONS.**

Route Marshals- Our official Route Marshals, in yellow vests, will be riding the routes to ensure riders are following the "rules of the road," and are there to help you!

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.

Course Closing -The Route closes at **2:30 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.

Rest Stops- There will be a total of 8 rest stops along the routes conveniently located at regular intervals along the route. You'll be able to get fruit, snacks and refill your water bottles. Porta Potties/Restroom facilities will be available at ALL Rest Stops!

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

ATTENTION RED RIDERS!

A Red Rider is a person who lives with diabetes and showcases the courage it takes to live every day with this difficult disease. All riders who have type 1 or type 2 diabetes are eligible to be 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 (once they have turned in their fundraising minimum) can receive their Red Rider Jersey on the morning of the event at the Red Rider table.

Bike Shop Partners

A special thanks to all of our official Tour de Cure Bike Shop Partners.



SCHEELS®

Location of Tour de Cure Central Iowa

YMCA Healthy Living Center
12493 University Ave
Clive, IA



Parking:

Parking will be available at the YMCA Healthy Living Center

What to Bring Checklist:

- Any cash or check donations in the collection envelope provided
- Completed emergency information form
- Any special food you must have
- Spare tube, patch kit and tools
- Personal ID and insurance cards
- Sunscreen & lip balm
- A water bottle and another bottle for sports drink
- Any diabetes supplies or medication you are taking
- A bike
- Your helmet. No helmet, no ride!**
- Clothing appropriate for the weather

Lunch Information:

On your BIB there is meal ticket to use for lunch. Breakfast and coffee will be available before the ride. Lunch will be free for all of the riders and volunteers. Family and friends are welcome to join you for lunch for \$5/plate.

Finish Line Festival...

Join us for the party at the finish. Here are a few things you can expect upon your return:

- Post event massage from Active Edge Massage & YMCA
- Live music from "All Things King"
- Team and individual photos opportunities under the start/finish line
- Prizes & giveaways
- Kid's Zone



Champions to Stop Diabetes

Riders that raise \$1,000 or more are considered Champions. They will receive recognition and a Champions medal during lunch.

Emergency Rider Phone Number

If you have your cell phone with you and need help out on the course please call the Emergency Rider Number for assistance at: 515-313-8426

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 pre-recorded at: 515-276-2237 ext. 6862

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 Texas 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.

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 TEAMS**