Welcome to Pittsburgh's First Tour de Cure – Ride.Run.Walk. Saturday, September 15, 2018

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Event Chairs
Dan Adamski, Corporate Chair
Jim Morgan, Route Chair

CHECK IN & START TIMES

63 Miles Ride
Check in starts at 6:00 a.m.
Route starts at 7:00 a.m.
Route markings will be **RED**
**12-15 mph average pace*

30 Miles
Check-in starts at 7:00 a.m.
Route starts at 8:00 a.m.
Route markings will be **GREEN**
**9 mph average pace*

12 Miles
Check-in starts at 8:30 a.m.
Route starts at 9:30 a.m.
Route markings will be **BLUE**
**5 mph average pace*

5K FUN Run
Check-in starts at 9:00 a.m.
Route starts at 10:00 a.m.
Route markings will be **PINK**

5K Walk
Check-in starts at 9:15 a.m.
Route starts at 10:15 a.m.
Route markings will be **PINK**

Please note the following:
*** Routes will leave the start line in waves to help alleviate congestion along the route.*

*ALL Tour Routes are **non-competitive** beginning and ending at the scenic Southside Works, Southshore Riverfront Park.*

Our first ever **Tour de Cure: Ride. Run. Walk.** is taking place on September 15, 2018 and bringing together our former **Step Out Walk**, **Tour de Cure cycling event**, and **Diabetes Expo** events and allowing participants to "choose their move" through a 12/30/63 mile bike ride, 5k walk, or 5k run.

You're training and raising your $200 minimum to support the ADA's mission - 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.

NEW START / FINISH LINE
South Shore Riverfront Park, 412 S 27th St, Pittsburgh, PA 15203
(next to the Hofbräuhaus)

Packet Pick Up
Drop by one of two Early Turn in Opportunities to verify you've reached the $200 fundraising minimum, get your bib to wear day of and learn more about what to expect on the 15th!

- Tuesday, Sept 11th 3-7pm at South Side Works Cinema 425 Cinema Dr, Pittsburgh
- Thursday, Sept 13th 3-7pm at Performance Bike - 6401 Penn Ave, Pittsburgh

Arrival and Check-In
Pay attention to your arrival time for your chosen route distance (on left). We want to make sure you have enough time before your component begins to check in, get your bib, turn in donations, get yourself ready and stretch.

If you registered online, check in will be easier this year. Riders who completed their waivers online will only need to confirm their Emergency Contact information, submit any cash or check donations received offline and be given their bib at check in.

Participants who register on Saturday, September 15th will be considered Walk-Ons and will need to complete the entire registration process, pay $35 for registration, turn in $200 of fundraising and complete the steps above. Online registration will close **Thursday, September 13th at Noon**, so encourage your friends to register ASAP!

Participants must raise the $200 fundraising minimum to participate.

Ever Rider, Runner and Walker Needs to have a Bib to be part of Tour and that needs to be picked up at the Check in Tent or received at Packet Pick up the week of Tour.

Grant Guyton
2018 Pittsburgh Tour de Cure
Youth Ambassador

Route Information

Route Maps:
All route maps are available online, through the Ride with GPS app, and will be available at registration. Riders, especially, please pick-up a map before you head out.

Giant Eagle's 63 mile route (12 mph average pace) Best suited for the experienced and trained cyclists, travels through Pittsburgh neighborhoods such as Bellevue, Warrendale, Hartwood Acres and downtown Pittsburgh! Terrific rest stops are spaced every 12-18 miles with fantastic SAG support, and friendly volunteers. It's a great challenge for new and veteran riders that will be fully supported the entire way!

JLL's 30 mile route (9 mph average pace.) Enjoy Pittsburgh's trail riding along some of the city's most scenic 'scapes. Cyclists will ride to Homestead Pump House, across the Andy Warhol bridge and through the strip and Mexican War streets! Take a break at the fully supported rest stop to re-energize for your ride back to the finish line!

Cigna's 12 mile route (7 mph average pace.)Great for beginning cyclists, this route offers trail riding with minimal inclines taking cyclists to the Point (Photo Opp!), across the Andy Warhol bridge and into the Strip District.

Eat 'n Park's 5 K Run and Walk (2-5 mph average pace.) a smooth out and back route taking runners and walkers over the Hot Metal bridge (Photo Opp!) and onto the Three Rivers Heritage Trail. This route will feature one rest stop along the way.

Along the Cycling Routes
Route Support: The SAG vehicles (Support and Gear) will be offering support to the Tour riders on each route and will be in marked vehicles with a Tour de Cure flag. If you have stopped along the roadside and need assistance make sure to flag them down. We will also have bike marshals clearly marked with SAG vests. SAG vehicles can provide cyclists with 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 orange or 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 routes close at 4:00 PM and there is no support after the close time. Please ensure you have trained to be able to finish your route in time or consider doing a lower mile route. As late afternoon approaches, one of our SAG vehicles will provide transportation to the finish area. Riders who are still on the course and refuse a lift from SAG will be required to turn in their bib and continue on unsupported.

Rest Stops- There will be Rest Stops conveniently located at regular intervals along the routes. You'll be able to get fruit, snacks and water or a sports beverage. Porta-Potties/Restroom facilities will be available at ALL Rest Stops and are identified on route maps.

Participants Must Check Back in Post Ride

We Ride.Run.Walk. Rain or Shine

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Parking - *Please note that the ADA does not provide parking.*
Tour Participants can park for a $3.00, flat rate, at Alco Parking Corporation's at Tunnel Blvd & Ladle garages on Sydney Street.

Arrival and Check-In

Upon arrival, please check in at Registration Tent. This year, Walkers, Runners and Riders will be receiving a bib, which will serve as your meal ticket for lunch, as well as being a wonderful souvenir to keep! In addition to receiving bib, all day-of donations will be collected in the registration tent.

Tour de Cure Shirt and Recognition Gifts

If you have raised $200 or more for Tour and the mission of the ADA, you will be eligible for cumulative Thank you gifts. On the 15th, stop by the Recognition Gifts Tent to get your **event shirt** and inquire about the additional prizes levels you are eligible to receive.

Living Red – Allegheny Health Network, Highmark Blue Cross Blue Shield and Lilly Diabetes

Calling all individuals living with diabetes! We know the courage it takes to live every day with this difficult disease - you are why we ride, run and walk! All participants who have type 1 or type 2 diabetes are eligible to take part in our Living Red area, sponsored by Allegheny Health Network, Highmark Blue Cross Blue Shield and Lilly Diabetes.

In this area, participants can share similar stories, be recognized for the making the decision to manage their diabetes and fight to live a healthier life! Participants (once they have turned in their fundraising minimum) will receive their Living Red shirt or jersey.

AHN's Sports Medicine Performance/Recovery will also be on hand to help participants as needed.

Champions to Stop Diabetes

Champions are individuals who have raised $1,000 or more for the American Diabetes Association through Tour de Cure. These VIPs are critical to the work the ADA does as we move towards our vision of a life free from the burdens of diabetes. Champions will have a special VIP area, complete with massages and special treats thanks to NovaCare

Kids Zone

This year's Kids Zone will work to educate and engage the youngest among us with games like "Punch the Pancreas" and activities and games hosted by REI. Steel Man the Balloon artist will be there too!

Tour de Cure Schedule *(Maybe subject to change)*

6:00am 63M Check in & Breakfast Opens

7:00am 63M ride Opening Ceremony begins

7:00 am 30 M Check in Opens

8:00am UPMC Wellness Village Opens

8:00am 30M rides Opening Ceremony begins

8:30am 12M Check In Opens

9:00am 5K Fun Run Check In Opens

9:15am 5K Walk Check In Opens

9:30am 12M ride Opening Ceremony begins

10:00 5K Fun Run and Walk Opening Ceremony begins

11:00 am Lunch begin

11:30 am-1:30 pm -Live Band Performs
The Stone Horse Band

3:00 pm UPMC Wellness Village Closes

4:00pm Routes close

UPMC Wellness Village

Open to the public, this area will feature the newest technology in diabetes treatment, screenings, and the opportunity to engage with health care professionals in the health/wellness sector regarding all types of diabetes.

- **Abbott**
- **AmeriHealth Caritas**
- **AstraZeneca**
- **Boehringer Ingelheim Pharmaceuticals**
- **Cigna – Our "Make a Promise" Sponsor**
- **Clinical Translational Science Institute at Pitt**
- **Duquesne School of Pharmacy**
- **ERT**
- **Giant Eagle Pharmacy**
- **Medtronic**
- **Next Architecture**
- **Novo Nordisk**
- **OmniPod**
- **Premier Medical**
- **Retrofit**
- **Sanofi**
- **Tandem**
- **UPMC**

Tour de Cure Ride.Run.Walk. is the ADA's Premier Fundraising Event.

All Rides, Runners and Walkers must raise the $200 fundraising minimum to participate*

Please bring all donations you have collected offline with you on Saturday, 9/15. Collection Envelopes will be available on site for you to submit your donations. Please make sure to write on the envelope how much is inside. Participants who do not meet their $200 minimum by the morning of the Tour will be asked to pay any remaining balance with cash, check or a credit card number. *Children under 12 are only responsible for $50 in fundraising.

Tour de Cure 2018 Recognition Program

This year, there are three distinct levels of fundraising, with corresponding gifts to recognize your contributions in our fight to Stop Diabetes. **Gifts are cumulative!**

$200 FUNDRAISING MINIMUM LEVEL

OR

LIVING RED APPAREL

Left is for Walkers/Runners, Right is for Cyclists

OR

$500 FUNDRAISING MINIMUM LEVEL

Once again we will have two options!

Participant Cycling Jersey or Wind Vest

or

$1,000 FUNDRAISING MINIMUM LEVEL

Once again we will have two options!

Champion Cycling Jersey or Zip-Up Rhapsody Hoodie

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Food Information:

This year's BIB includes your meal ticket. Breakfast, lunch and drinks will be available before and after the ride thanks to **Giant Eagle, Dietz & Watson, Hello Bistro.** These lunch options will be free for all of the participants who have met their fundraising minimum.

What to Bring Checklist:

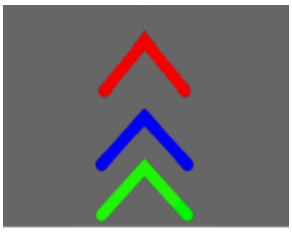
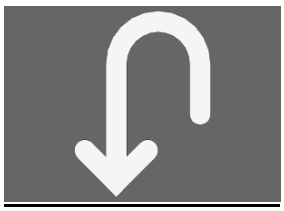
□ ALL Donations to place in the collection envelope provided at Tour
□ Emergency Contact info
□ Any special food you need
□ If Riding: a bike and helmet - **No helmet, no ride!**
□ Spare tube, patch kit & tools
□ ID & insurance cards
□ Weather appropriate clothes
□ Sunscreen & lip balm
□ A water bottle and another bottle for sports drink
□ Any diabetes supplies or medication you are taking
□ Cell Phone with Emergency **# 412-328-0324** programed in.

Please Note: Cell phone and headphone use while riding is prohibited and discouraged while running and walking. This is for the safety of everyone involved.

Bike Shop Partner:
PERFORMANCE BICYCLE

PLEASE MAKE SURE YOUR BIB NUMBER IS ON & VISIBLE FOR OUR SAFETY TEAM

2018 Pittsburgh Cycling Route Markings

63 Mile/ – RED **30 Mile – GREEN** **12 Mile – BLUE**

Look for these arrows along sections of the course when riding on roads (left). Turns will be marked prior to the turn and shortly after. There will also be U-Turn markings (above middle) to help riders stay on course.
Trail sections of the routes will be marked with color coded signs (right image)

Ride Smart, Ride Safe

A smart rider is a safe rider. Nothing is more important to us than your safety, you need to do your part by following some simple rules of the road.

Wear your helmet! 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. This means stopping 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.

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 riders coming.
2) Pull out to the left of the rider you are going to pass.
3) Call out loudly "passing on your left" to let others know you're passing.
4) Pass the rider and pull back into a single file line and say "thank you".

Use your voice to alert other riders. Alert others to potential dangers along the route, i.e. call out "pothole" or "car back" to alert riders as appropriate.

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. "Thumbs up" indicates that everything is ok and you do not need assistance; raise your arms over your head and cross them at the forearm to indicate that you need help. This will let SAG vehicles know that they should stop to help.

AMERICAN DIABETES ASSOCIATION

Two Chatham Center,
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112 Washington Place
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Tel: 412-824-1181
Toll-free: 1.888.DIABETES
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STOP DIABETES
1.800.DIABETES
www.stopdiabetes.com

YOUR TOUR DE CURE
Route Chair:
Jim Morgan

Contact by email at:

Jim.morgan1@verizon.net

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

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 **1-888-DIABETES or 412-824-1181**

Q? What is the terrain of the various routes?
The Pittsburgh Tour will take you on a journey through the surrounding Pittsburgh area. The 5K and 12/30miles routes are predominantly trails with limited inclines. The 63K is a traditional Road Ride through the greater Pittsburgh Area with approximately 4,000 of cumulative climbing.

Q? How many route lengths are there?
There are 5 routes from which to choose: 5K Walk, 5K Run, 12, 30, and 63 miles.

Q? Can friends and family participate in the Finish Line festivities?
Friends and family members are welcome at the post-ride party, they can cheer you across the finish line, take advantage of the UPMC Wellness Village and join you for the on-site activities and entertainment. Lunch will only be provided for all registered riders and volunteers.

Q? Can I bring my own personal SAG?
Personal SAGs are **not** permitted on the route. However, if you have someone in mind who can volunteer to drive a SAG available to all riders, please contact us.

Q? What if it rains?
We ride, run and walk whether it rains or shines! Pack rain gear just in case and don't let a little water stop you in the fight against diabetes! Check our local website for updates in case of severe thunderstorms that could delay or cancel the routes.

Q? When does the finish line and route close?
The finish line is open to welcome all cyclists, runners and walkers back but there are route time limits in certain jurisdictions. 12, 30, and 63 mile routes close at 4:00 pm, but we won't close the finish line until ALL riders are back!

Q? How many people can form a team?
We prefer each team to include five or more individuals, but you can have a team with two or more people.

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. Participating riders (pedaling) runners or walkers are responsible for a fundraising minimum of **$50 if under the age of 12** and is also required to wear a helmet if riding. Children in trailers, bike carriers or strollers do not have to raise the minimum. Parents must sign a waiver for any minor under 18 riding, including those in trailers, bike carriers or strollers.

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. Send to: Two Chatham Center, Suite 1520, 112 Washington Place, Pittsburgh, PA 15219.

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ALL participants are expected to stop by the Post event Check-in tent upon returning

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Giant Eagle® holds a longstanding commitment to corporate social responsibility by building numerous important community partnerships and has been a sponsor of the American Diabetes Association for over two decades. Every year the company provides the ADA with financial and in-kind support to further the mission fuel our participants.

Founded in 1931, Giant Eagle® is one of the largest privately-held and family-operated companies in the USA. The company serves more than four million households annually throughout Pennsylvania, Ohio, West Virginia and Maryland.

We are grateful for the company's continued support and dedication to the American Diabetes Association's mission.

Please visit their website for more information, www.gianteagle.com, or stop by your local Giant Eagle to pick up some healthy groceries!

Thank you to our 2018 Pittsburgh Tour Sponsors

2018 Tour de Cure Vendors:

Beer Donations: