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American Diabetes Association® Tour de Cure® 2012

Welcome to the Saratoga Springs Tour de Cure!

Thank you for registering! We are looking forward to the biggest and best Tour de Cure and it's promising to be a fantastic event! We have a variety of routes, safety & medical support and also have an extraordinary post-ride party planned for the finish line! 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. It's fun, it's fabulous and most importantly it's for a great cause – raising funds in support of the nearly 26 million Americans living with diabetes and their families.

Mark your calendar for Sunday, June 3rd!



Ready to Start a Chain Reaction?

**Route Descriptions**

The Saratoga Springs Tour de Cure begins at the Saratoga Springs High School and offers great riding options for everyone. We offer a 10, 25, 50, 62.5 (metric century) and a 100 mile (century) route.

Go to Diabetes.org/saratogatour look at all the route maps.

Spin Event

Don't have a bike but want to get involved? Join our Spinathon. This was new in 2009 and is located in one of the gyms in the Saratoga Springs High School. Gold's Gym brings in their spin bikes for the spinners to use. This event is high energy and a lot of fun! The instructors give the spin ride morning a party feeling that is encouraging to all. Reserve your bike today!

Lunch, Entertainment and more!

After you finish the ride you will receive your goody bag and have a great lunch donated by many local businesses and prepared by The Glen Sanders staff. Want to have a massage? You can get one after the ride. You will be able to browse through the wellness and vendor fair and see what our sponsors have for you.

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

TOUR DE CURE**STARTING TIMES****100 Mile Century**

Check-In 6:00 am

Ride Start 7:00 am

Routes will be marked in **YELLOW****62 Mile Metric Century**

Check-In 6:45 am

Ride Start 7:30 am

Routes will be marked in **GREEN****50 Mile**

Check-In 7:15 am

Ride Start 8:00 am

Routes will be marked in **RED****25 Mile Ride**

Check-In 8:00 am

Ride Start 9:00 am

Routes will be marked in **BLUE****10 Mile Fun Ride**

Check-In 9:15 am

Ride Start 10:00 am

Routes will be marked in **ORANGE****Spin Event**

Choose to ride the whole 3 hours or whatever you are comfortable doing.

Check-In 8:30 am

Ride Start 9:30 am

TOUR DE CURE**SCHEDULE**

6:00 am Breakfast starts

Between 7:00 and 10:00 all riders check in and leave at staggered times.

11:30 am: Vendor Fair and Entertainment

Noon: Lunch served

4:00 pm Vendor Fair Ends

Location

Saratoga Springs High School
3 Blue Streak Blvd
Saratoga Springs, NY

**Directions**

From the Northway: Southbound: Take exit 14 from the Northway (I-87). Turn right at end of ramp onto Union Avenue. Continue to the end of Union and make a left onto Circular Street. Bear right at the stop sign and continue on Circular Street. After crossing Broadway, go approximately one-half mile to the blinking yellow light. Turn left at the blinking light into the high school campus.

Northbound: Take exit 13N from the Northway (I-87) At the fifth traffic light (3.2 miles) turn left onto West Fenlon Street. Go through one traffic light at Route 50 and continue to the traffic light. At the light, turn right onto West Avenue. Take the next right into the high school campus.

Eastbound: From Route 50, make the second left onto West Avenue after passing under the Saratoga Performing Arts Center footbridge. Go approximately one-half mile and make a right into the high school campus.

Parking

Make sure you arrive early to give yourself time to park. There is parking at the Saratoga High School but it is limited. There is also parking just past the High School in the Empire State College parking lot. There will be volunteers to help you along the way.

Guaranteed Parking

Do you want a reserved parking space, a special awards dinner and access to the event Champions tent? All our riders who raise \$1,000 or more are our VIP's. You will receive a special parking tag that will give you access to the VIP parking area right near the school.

Hotels

There are many hotels in the Saratoga Springs area to choose from if you need accommodations.

Adirondack Inn

West Ave.
584-3510

www.adirondackinn.com

Hampton Inn

25 Lake Ave.
584-2100

www.hamptoninn.com

Holiday Inn

232 Broadway
584-4550

<http://www.holidayinn.com>

Hilton Gardens

125 South Broadway
587-1500

www.hilton.com

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.

FAST FACTS: TOUR DE CURE

- ❖ The largest cycling event for diabetes in the country
- ❖ 50,000+ participants nationwide
- ❖ We host 83 Tour de Cure events in 43 states

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

Get Up To The Minute Tour Info:



Find us on Facebook:
ADAAlbany



Share your stories:
saratogatour.blogspot.com



Tour Website:
Diabetes.org/
saratogatour

Local Fundraising Information & Tips

The fundraising minimum for the Saratoga Springs Tour is: \$200

It's easy to put the **FUN** back in **FUN**raising, if you follow just a few simple steps!

1. Personalize your webpage, upload a picture and share your story!
2. Send out an email to all your friends, family and co-workers. Include a link to your personal webpage.
3. Write a personal letter to all those you do business with and include a self-addressed stamped envelope for them to send you a donation.
4. Work with a local restaurant or bar to have a benefit night on your team's behalf for the Tour de Cure.
5. Put up a Tour de Cure poster in your office and ask your co-workers to either sponsor you or ride with you.

Fundraising Supplies Are Free To You!

Call our office to get **free** posters, brochures, pinups to sell and collection cans. We can help you with your fundraising event including posters and a link on our community calendar.

Local Recognition & Incentives

If you go the extra mile to help us Stop Diabetes, you'll enjoy a unique experience at the Tour de Cure and beyond. We've added some special perks for our strongest supporters, including:



#1 Individual The top individual fundraiser receives the signature Yellow Top Fundraiser Jersey, signifying him/her a leader in the effort to Stop Diabetes.

#1 Team The top fundraising team will be awarded with the new Tour de Cure Traveling Trophy – a HUGE symbol of our appreciation for their efforts.

Top 3 The top 3 teams from each category and the top 3 individuals (ranked by fundraising) are each awarded a special award at the Post-Ride Party and are recognized on the following year's event brochure and website.

VIP Team Tents Any team that raises \$10,000 or more receives a private VIP tent at the Tour de Cure.

Fundraising Tools & Resources



Make sure you friend us on Facebook! If you are looking for a new way to raise funds, consider using the Boundless Fundraising application for Facebook. If you are using our online fundraising tools, just log into your Tour Center and click the "Fundraise with Facebook" badge on your welcome screen.

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



The Tour de Cure is also ready to be with you on the go! There are new iPhone and Android apps that can make fundraising simple and easy. Simply log into your Tour Center and click on the App buttons or go to your app store and search Tour de Cure.



WHAT IS A RED RIDER?

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 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.



WHAT IS TEAM RED?

Team Red 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 our Red Riders, then Team Red is for you!

FOR MORE TEAM RED INFORMATION:

TeamRedSaratoga@gmail.com

or call 218-1755 ext 3632

RED RIDERS AND CHAMPIONS

Recognizing Riders with Diabetes

Mari Ruddy is the founder of the **Red Rider** program. Mari has lived with type 1 diabetes for more than 25 years. She wants to recognize people with diabetes who ride in a Tour de Cure as Red Riders: *"If you are a person surviving diabetes, I implore you to ride this year and do everything you can 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."*



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 also enjoy participation in the ceremonies and access to the special **Red Rider** Tent.

How Do I Join Team Red or Get Recognized as a Red Rider?

Contact Denise Nicastro or Kristin Farina to let us know you want to be recognized as a **Red Rider**.

Team Red is a team for Red Riders, their family and friends and for anyone that doesn't have a team. Just email Team Captain Kristin Farina and Kaileigh Moore if you are interested in joining Team Red!
TeamRedSaratoga@gmail.com



Champions to Stop Diabetes

When you ride in Tour de Cure, 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 the **Champions to Stop Diabetes Top Fundraisers Club**. Champions to Stop Diabetes will receive special recognition on the day of the event including a Champion medal, participation in the opening ceremonies and opportunities to be recognized throughout the year.

CHAMPIONS TO STOP DIABETES FUNDRAISING LEVELS

Pace Setters	\$10,000+
Golden Gears	\$5,000 - \$9,999
Silver Spokes	\$2,600* - \$4,999
Bronze Pedals	\$1,000 - \$2,599



*Based on the current approximate number of people with diabetes: 25.8 million

TOP 10 THINGS TO BRING

10. The completed 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.
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. \$200 or more turned in on or before the day of the Tour de Cure in order to participate.
1. **Excitement for the great ride and the impact you're making to Stop Diabetes!**



Ride Details: 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.

SAG Wagons – Standing for Support and Gear, these vehicles will be clearly marked with magnetic signs on their driver and front passenger doors. Their main purpose is to patrol the route and assist the weary, broken down, or injured cyclists. In addition, they will lead the way in order to slow down any approaching vehicles and bring up the rear to make the pack of 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 will not have supplies to give as handouts.

Amateur Radio Operators – Known as the eyes and ears of the route, these individuals will be placed at each rest stop and in SAG vehicles on the route. 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.

Medical Volunteers – This valuable group was selected for their ability to assist a cyclist in a variety of crisis situations. They bring an added sense of safety and security to the ride in the unlikely event of an injury or emergency.

Police Escorts – All local municipalities will be contacted and their assistance secured when possible. You will more than likely see local police slowing traffic at busy intersections, leading cyclists along the route and giving the okay to turn when sight distance is limited.

Directional Signs – Directional signs will be alongside the road. Each turn will be preceded by a sign and will be followed by a confirmation to reassure you that you did in fact make the correct turn. On occasion, you may be on a road for a long stretch without having to make any turns. When this occurs, a straight ahead sign (accompanied by a straight ahead road marking) will be placed every couple miles. There will also be signs to provide both you and approaching motorists with necessary information about the road ahead, such as “Rest Stop Ahead” or “Caution/Cyclists on Road.”

Rest Stops – Rest stops are conveniently located every ten to fifteen miles and will be fully stocked with fruit, snack bars, water and sports drink. They are staffed by at least one volunteer with transportation, an amateur radio operator and a medical volunteer.

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. Please help us keep the ride safe for everyone by using proper cycling etiquette.

BIKE SHOP SPONSORS

Please visit our Bike Shop Sponsors for more info about Training Rides and special offers for Tour de Cure participants. A few of our Bike Shop Sponsors include:



elevate cycles

1570 Rte 9, Clifton Park
518-371-4641 OR
35 Van Dam, Saratoga
518-587-0455



The Downtube Cycle Shop

466 Madison, Albany, NY
518-434-1711

L.L.Bean

Colonie Center, Albany, NY
518-437-5460

Freeman's Bridge Sports

38 Freemans Bridge Rd
Scotia, NY
518-382-0953

BIKE CLUBS & ORGANIZATIONS

Interested in meeting cyclists in your area? Consider joining one of our partner organizations:

Mohawk Hudson Cycling Club
Saratoga Cycling Club

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.

TOUR DE CURE IS LOOKING FOR RIDING ROUTE MARSHALS!

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

Kathleen Hayes
518-218-1755 ext 3601
Email: kahaves@diabetes.org

TRAINING AND SAFETY

Safety Information

The Tour de Cure 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:

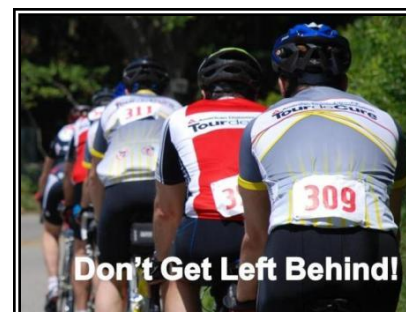
- * Wear a helmet at all times – **NO EXCEPTIONS.**
- * Carry ID and relevant medical information.
- * No headphones or iPods; be aware of traffic sounds around you.
- * Rules of the road apply; you have the same rights and duties as the driver of any other vehicle.
- * Ride as far right as reasonable.
- * 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, and turns.
- * Prepare properly in terms of nutrition, hydration and training for the route
- * Respect others: riders, volunteers, host communities, and motorists
- * Ride single file; Ride a maximum of two abreast, **do not** block traffic

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 want to help you prepare for the ride of your life! 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. Training rides will posted on diabetes.org/saratogatour.



Here are some ideas to get you started:

- **Join a gym.** Gold's Gym is our National Sponsor and the local gyms can help you design a training plan. www.goldsgym.com
- **Ride with your family.** Make biking a family event. Not only will you get into shape but your family will have healthy quality time.
- **Join a community ride.** The Mohawk Hudson Cycling Group and the Saratoga Cycling club offer many different fun rides for all levels. Go to www.webmhcc.org or www.saratogacyclingclub.com for more information.





VOLUNTEERS NEEDED!

Do you know people who may not want to ride a bike but still want to help? The Saratoga Springs Tour de Cure is successful because of our army of dedicated volunteers. Our Tour requires about 250 volunteers for the day of Tour and many others leading up to Tour.

Some of the jobs we need filled:

Loading Trucks, Tent set up, Breakfast Crew, Cheerleaders, Greeters, Kid Zone Crew, Lunch and Drinks, Rest Stops, Registration, Sign posting and Removal, Rider Check In, Tear Down and Site Closure.

Email:

SaratogaTourVolunteer@gmail.com
for more info!

PLANNING COMMITTEE:

The Tour planning committee is the backbone of the Tour and meets monthly to coordinate all aspects of the Tour. They meet to discuss every aspect of Tour including medical, food, routes and safety. Interested in joining this committee? Please contact Denise at dnicastro@diabetes.org

AMERICAN DIABETES ASSOCIATION

2 Pine West Plaza

Suite 204

Albany, NY 12205

Tel: 518-218-1755

Toll-free: 1.888.DIABETES

Fax: 518-218-0114

Web: www.diabetes.org

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** or dnicastro@diabetes.org.

Q? What is the terrain of the ride like?

All the routes this year will give you an opportunity to take a tour of beautiful western Saratoga County. You will cruise through farmland and small towns all while getting a taste of the southern Adirondack foothills. The century ride features spectacular views of the Sacandaga and Hudson River and the 10 mile goes through the beautiful Saratoga State Park.

All routes were created by experienced cyclists to provide a safe and memorable riding experience for all participants. For detailed route information and maps, please visit our website.

Q? How many route lengths are there?

There are 5 routes from which to choose: 100mi, 100k (62.5mi), 50mi, 25mi, and 10mi routes or you can spin indoors at our spin event

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

Friends and family members are welcome at the post-ride party, though they will be required to pay a fee for lunch. Your friends and family can cheer you across the finish line then join you in touring the Wellness Expo, taking part in on-site activities, and enjoying the exciting entertainment.

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 available to all riders, please contact us.

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 Tour website, the ADA Albany page on facebook or call 518-218-1755 for updates in case of severe thunderstorms that could delay or cancel the routes.

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.

Q? Does everyone on a team have to ride the same distance?

No, team members can ride whichever route they would like.

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. If pedaling, the minor is also responsible for turning in the **\$200** minimum (regardless of age) and is also required to wear a helmet while riding. Children in trailers or bike carriers do not have to raise the minimum.

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 2 Pine West Plaza, Suite 204, Albany, NY 12205.**