

Hello Tour de Cure Hampton Roads!

It's just a few short days until you all take to the beautiful roads around Virginia to ride to Stop Diabetes! I wanted to make sure to reach out and encourage you in your training and fundraising efforts for your ride day.

I appreciate you for the courage it takes to get on your bike and be a warrior for your health. Living with diabetes and being an endurance athlete, which you essentially are when you ride in the Tour de Cure, is not easy. And we need to share support and strength with each other, which is why I created the Red Riders and the original Team Red over seven years ago. On ride day, please yell "Go Red Rider!" to every cyclist you see who has on the Red Rider jersey. It makes all the difference.

To show you how much I admire you for being courageous to ride in the Tour de Cure and being a "Cycling Warrior for Wellness," my company, TeamWILD Athletics, has created a variety of training resources. Take a moment and review what we have, because our goal is to get each and every one of you to the start line AND the finish line feeling confident and strong. The key to that is training.

Register for any Tour de Cure and you receive access to the online TeamWILD training materials created specifically for cyclists who live with diabetes. To access these materials, once you are inside your Tour Center, go to the Training page and click on the TeamWILD information to access the training video and the 10 page PDF guide: "How to be a Successful Tour de Cure Cyclist with Diabetes."

If you like the free materials and want even more guidance, TeamWILD offers detailed, integrated cycling eTraining programs for ride distances of 50k, 100k and 100 miles. We also offer CampWILD to take your cycling skills to the next level in the company of expert coaches. TeamWILD donates 10% of the fees for either program back to your Tour de Cure fundraising efforts. To learn more visit <http://teamwildathletics.com>.

I created these resources for people like you and me: we want to be empowered wellness warriors and we love the bike. And we want to Stop Diabetes. Let's have an awesome Tour and as always, Go RED RIDER!

Sincerely,  
Mari Ruddy, Director  
TeamWILD Athletics  
Red Rider/Team Red Founder  
Type 1 diabetes for 31 years  
Two time breast cancer survivor  
<http://teamwildathletics.com>

