

# TeamRed

American Diabetes Association



## THE RED RIDER READER



### RIDER PROFILE

Cynthia Zuber is one of our most passionate Red Riders. Not only does she ride and fundraise, she also serves on several sub-committees and helps us publish the recipes for the Red Rider Reader. [Read Cynthia's story here, as written last February, and get to know one of our own...](#) Oh, and by the way, she crushed that 27 mile ride and is starting her own team next year! *Meet Cynthia Zuber*



### THE EVENT MAY BE OVER...

But we are a family all year round!

Check out this post ride edition of the Red Rider Reader, our exclusive publication written for Red Riders, by Red Riders, with all that Tour de Cure goodness you crave.

**GO RED RIDER!**

### GET INVOLVED

We seek dedicated volunteers, both riding and non riding, to help us plan our 2013 event. Now is your chance to get involved and change the pace of diabetes by helping us organize Tour de Cure 2013.

Interested in more details?  
Contact Janece: [joatman@diabetes.org](mailto:joatman@diabetes.org)

### MILLION DOLLAR MISSION MOMENT

Did you know there are 87 Tour de Cure events across the country, all working to raise funds to stop diabetes? This year, the Tours will collectively raise more than \$27 million for diabetes research, education, and advocacy.

Locally, our Twin Cities ride has set an ambitious goal of raising \$1 million in 2013. Why \$1 million? Because we all want 1 thing:  
**a CURE**

*Help us out by riding again in 2013.*

RED RIDER PRESENTING SPONSOR:



RED RIDER SPONSORS:



### UPCOMING EVENTS

#### 2013 Registration Opens Online

Target Date: August 10

Be one of the first to sign up for our 2013 ride on Saturday, June 1 at Minnehaha Falls!

#### 2nd Chance Ride

Sunday, August 26, 10am  
Minnehaha Falls  
Ride with us again!

#### State Fair

Visit us in the Education Building  
August 23-September 3

### Recipe Corner



#### Energy Bars

Healthy & delicious energy bars? Click on the link to find out how to make these easy to prepare energy bars before your next ride!

[Click here to view the recipe!](#)