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**Tour Coordinator**

Amie Holman  
[aholman@diabetes.org](mailto:aholman@diabetes.org)  
 (757) 424-6662 x 3276

**CHECK IN & START TIMES:**

**100 Miles**

Check in starts at 6:30 a.m.  
 Route starts at 7:30 a.m.  
 Route markings will be **ORANGE**

**65 Miles**

Check-in starts at 7:30 a.m.  
 Route starts at 8:30 a.m.  
 Route markings will be **Yellow**

**30 Miles**

Check-in starts at 8:30 a.m.  
 Route starts at 9:30 a.m.  
 Route markings will be **Blue**

**10 Miles**

Check-in starts at 9:30 a.m.  
 Route starts at 10:30 a.m.  
 Route markings will be **Green**

**Day of Event**  
**Emergency #:**  
**757-289-9773**

**What to Expect at Tour!**

You've done your training. 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.

**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 to check-in (if you have not already received your packet), turn in any additional donations, grab breakfast, get your bike ready, take a team photo and head to the start line.

**You must have raised the \$175 fundraising minimum to participate in the Tour de Cure.** Please bring your collection envelope with any remaining donations you may have. To help expedite your time in line, please make sure the envelope is filled out with your correct information to ensure you are given credit for those funds and correctly note how much money is in the envelope (not how much you have raised total).

**EVERY rider must sign and turn in the Event Waiver form** in order to receive a rider packet and participate in the Tour de Cure. You can download the form at [www.diabetes.org/hamptonroadsvatour](http://www.diabetes.org/hamptonroadsvatour) (look under "Resources & Links"). We will have extra waivers at the registration area, but this slows down your check in time.

**Route Maps:**

Route maps will be available at the registration area. Please pick-up a route map before you ride out. You can also download a copy or the electronic file of your route at [www.diabetes.org/hamptonroadsvatour](http://www.diabetes.org/hamptonroadsvatour).

**Along the Course**

**Route Support:** The Motorcycles and SAG Vehicles (Support and Gear) will be offering support to the Tour riders on every route and will be marked with a **bright green sign** or Tour de Cure car magnets. If you have stopped along the roadside and need assistance make sure to flag them down. They can provide cyclists with road side assistance and also have the capability to call in medical or emergency assistance anywhere along the route. **Very important** - If you have stopped and **DO NOT** need assistance just give them a 'thumbs up' to prevent them from having to stop when it is not necessary. **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!

**Course Closing:** The Route closes at **5:30pm** 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.

**100 Mile Riders:** There will be a cutoff at Holland Community House. If you have not reached that intersection by 11:30 am, you will be re-directed to the 65 mile course. This is to ensure all riders are off the course by the 5:30 pm close time.

**Rest Stops:** There are a total of eight (8) Rest Stops conveniently located at regular intervals along the route. You'll be able to take a rest, get fruit and/or a snack, sip on Gatorade, and refill your water bottles. Port-o-Potties/Restroom facilities will be available at ALL Rest Stops!

**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 tent. Questions?

**Contact:**

Amie Holman  
[AHolman@diabetes.org](mailto:AHolman@diabetes.org)  
(757) 424-6662 x 3276

**Bike Shop Partners**

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



**BikeBeat**



**PERFORMANCE**  
BICYCLE

*Bike West*

**Location of Hampton Roads, VA Tour de Cure**

King's Fork High School, 351 King's Fork Road, Suffolk, VA 23434

**Parking:**

Please follow all signs & the instructions of your parking directors to ensure everyone's safety.

**What to Bring Checklist:**

**Check In:**

- ▶ Completed Emergency Information Waiver
- ▶ Collection Envelope, if turning in donations. All riders must turn in a minimum of \$175 (*not including registration fee*) in donations to participate. Bring any offline donations in your collection envelope. Make sure the envelope is filled out with your correct information to ensure you are given credit for those funds and correctly note how much money is in the envelope (not how much you have raised total). PLEASE CONVERT ALL CASH TO A CHECK!

**For Riding:**

- ▶ **Helmet: Helmets must be worn by all cyclists.**
- ▶ Your favorite cycling outfit, team jersey, or Tour de Cure t-shirt
- ▶ Rain Gear
- ▶ Two full water bottles/reservoirs
- ▶ Medical Insurance Card
- ▶ Medical ID Tag or Bracelet (if applicable)
- ▶ Spare tube, patch kit, and tire tools.
- ▶ If there is a certain food that you must have or something you have been eating during training you may want to bring some along
- ▶ Sunscreen, lip balm, sunglasses, and bug spray. Pain relievers, Vaseline, vitamins, and any medication you are taking.
- ▶ Extra cash
- ▶ A sense of deep accomplishment for how great a job you've done and how much effort you've put towards the mission!

**Food Information:**

Your BIB serves as your meal ticket. Breakfast and coffee will be available before the ride thanks to Shoney's and Starbucks. The Egg Bistro is cooking-up some tasty chicken & pasta with salad. Skinny Dip Frozen Yogurt Bar will be at the Celebration Site from 2-4pm. Post-ride meal will be free for all riders. Non-riders can purchase meal wristbands on the day of the event for a \$10 donation to the ADA.



**Finish Line Festivities:**

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

- ▶ Bon Secours Recovery Tent: Ice and medical volunteers provided by Bon Secours VA Health Systems
- ▶ Skinny Dip Frozen Yogurt Bar
- ▶ Post event massage
- ▶ Live music from the N. S. Lawman Band
- ▶ Team and individual photos opportunities
- ▶ Post-Ride Meal provided by The Egg Bistro. Your bib will serve as your meal ticket so make sure to hang on to it after your ride.





### **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:

**(757) 289-9773**

### **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 updated at:

**(757) 424-6662 x 3276**  
[www.diabetes.org/hamptonroadsvatour](http://www.diabetes.org/hamptonroadsvatour)

## **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 Virginia 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 TEAM**

## Hampton Roads, VA Tour de Cure FAQ

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### Fundraising/Registration

**I see this ride has a \$175 fundraising minimum. Can I still ride if I don't raise that amount?**

The purpose of the Tour de Cure is to raise funds to stop diabetes. Everyone must meet or surpass their individual fundraising minimum in order to participate. Fundraising is actually very easy if you use the tools we have provided for you (online Tour Center, Facebook App, Mobile Phone App, sample letters, etc.). If you are having trouble fundraising, make sure to contact us with plenty of time before the ride so we can help you surpass your goal!

**My family is riding with me and we are nervous about fundraising. Can we do group fundraising?**

Yes, you can certainly fundraise together and we are happy to help you with ideas and support. However, each person must have their fundraising minimum in their name at packet pickup in order to prevent confusion. Please do your best to split up donors so that each person has funds in their name.

**Can funds that have been raised online be transferred to another rider?**

Registration fees are non-refundable and non-transferable. Funds raised towards fundraising minimums can be transferred only when a donor mistake has been made. For example, if a family has several riders riding and a relative accidentally donates to the wrong family member who has already passed their fundraising minimum, instead of to the family member who needed it. Please note that funds cannot be transferred from people who are unable to ride to those riding.

**Can I register the day of the event?**

Yes, you can register the day of the ride. Just make sure to bring your preferred form of payment for the registration fee (\$25) and the fundraising minimum (\$175) and we will help you get registered.

### Teams

**I want to start a team of riders. How do the team fundraising goals work?**

The team fundraising goal is something your team is striving for. It is in no way binding. Set it high and strive for it! What matters for ride eligibility is that riders each achieve their fundraising minimum as individuals in order to participate. So if your team strives for \$5,000 and only raises \$4,500, that is ok. Riders who each raised their individual fundraising minimums are still riding with us! This way, if you have one person on the team who doesn't meet their individual minimum, it doesn't keep the whole team from riding. And remember, goals are different than minimums. If you set a goal of \$1000 as an individual and only raise \$500, you are still riding – the minimums are for individuals.

**Why be a part of a team if the fundraising minimums are individual?**

Teams are more fun! They compete for incentives, they can earn team tents to hang out in during the party on event day and they can earn trophies and bragging rights. Many teams do extra things like team training rides, team shirts or jerseys, and team fundraising. Corporate teams are a great way to create camaraderie among employees while getting healthy and creating a presence in the community.

**Can my corporate team include more than employees?**

YES! Invite employees, family, friends, clients, vendors, etc. The team is for everyone connected to your company in some way.



## FINAL RIDER INSTRUCTIONS

Suffolk, April 20th

### Thank You Gifts

#### **I tried to order my thank you gift and it says I need a certificate number and authorization code. What do I do?**

Thank you gifts are sent out AFTER THE RIDE. Everyone has until May 20<sup>th</sup> to raise funds that apply towards Thank You Gifts. ADA staff will email you your certificate number and authorization code in late May/early June, along with instructions on how to order your gift.

### Routes

#### **Can I change my route choice?**

Yes! You can change your route at any time, even on event day. If you decide to change your route before event day, please notify us by April 15<sup>th</sup> by emailing Amie at [aholman@diabetes.org](mailto:aholman@diabetes.org). This helps us prepare for appropriate supplies at rest stops. Otherwise, you can make a game day decision on event day. Just come by registration to switch out your wristband and let the staff/volunteers know.

#### **I can't decide between two routes. Can I decide on event day after I have started riding?**

Yes, one of the great things about Tour de Cure is the fact that the routes are built on top of one another to allow for ultimate flexibility. However, rest stops and support are based on the start times and max/min paces required to ride each route. So, if you are deciding between two routes, you should start with the longer route and have the option of cutting it short. This will ensure you are not riding behind the support. For example, if you are deciding between 65 and 100 mile routes, register for and start with the 100 milers. Just make sure you have both maps with you to reference if you need to!

#### **Are the routes available online?**

Yes, route maps (both .pdf copies and electronic files) have been posted online at [www.diabetes.org/hamptonroadsvatour](http://www.diabetes.org/hamptonroadsvatour).

### Day-Of Event Details

#### **What happens if it's raining on the day of the event?**

We ride rain or shine! Pack rain gear just in case and don't let cloudy skies stop you in the fight against diabetes! Of course your safety is our first priority so we will inform you if severe rain or lightning forces a delay or closes a route.

#### **What is the address of the starting line location?**

King's Fork High School – 351 King's Fork Road, Suffolk, VA 23434

#### **What time does each route start?**

100-mile starts at 7:30 am  
65-mile starts at 8:30 am  
30-mile starts at 9:30 am  
10-mile starts at 10:30 am

#### **Do I have to wear a helmet?**

YES!, all riders MUST wear a helmet to participate in the ride, regardless of age.

### Offline Donations (Cash, Checks, Matching Gifts)

#### **I sent in offline donations (checks, cash, matching gift forms) to the office but they haven't posted to my name online yet. Why?**

All offline donations (checks, cash and matching gifts) that are mailed or turned in to the local ADA office will not appear automatically on your web page. To see them reflected in your online total, you will need to enter them manually. To do so, log in to MY TOUR CENTER, click on "Progress" at the top, and then "Enter Check/Cash Donations" on the right side of screen. Here you will add the donation details.

## Packet Pickup

### When and where are the packet pickups?

The early packet pick-up times are as follows:

- April 10 [American Diabetes Association office](#) 9:30am - 6:30pm  
*870 Greenbrier Circle, Ste 404, Chesapeake, VA 23320*
- April 11 [Bon Secours In Motion at Hilltop](#) 5pm - 8pm  
*1817 Laskin Road VA Beach, VA 23454*
- April 12 [Fat Frogs Bike and Fitness - Chesapeake](#) 4pm - 7pm  
*237 Hanbury Rd E, Chesapeake, VA 23322*
- April 19 [King's Fork High School](#) 5pm - 8pm  
*351 Kings Fork Road, Suffolk, VA 23434*
- April 20 [King's Fork High School](#) (Tour de Cure) 6:30am - 10:30am

\*\*Fundraising minimum must be met and waiver forms must be signed and presented to pick up rider packet. You can download a copy at [www.diabetes.org/hamptonroadsvatour](http://www.diabetes.org/hamptonroadsvatour) to have ready at pick up. We will also have copies available at registration.

## Red Riders

### I am a Red Rider (rider with diabetes). How and when do I get my jersey?

Red Riders are given their Red Rider jerseys at packet pickup. The sizing is based on the size that you selected during registration. If you need to change or verify your size, email Amie at [aholman@diabetes.org](mailto:aholman@diabetes.org).

### I have prediabetes. Will I get a Red Rider jersey?

No. Red Rider jerseys are only for people who ride with diabetes. As a person with prediabetes, you are doing a great job of trying to prevent diabetes by riding your bike with us – thank you! Because you do not have diabetes and the jersey says “I Ride With Diabetes,” you will not receive one.

### Where can I meet other Red Riders?

If you are not a part of a team, we encourage you to join Team Red. Team Red is a team for all people who are passionate about stopping diabetes and don't have a team already. Your friends and family are welcome to join you on this team. If you want to join Team Red, please email Amie at [aholman@diabetes.org](mailto:aholman@diabetes.org)

Another great place for all Red Riders, regardless of team status, to network is in the Red Rider Tent on event day. It will be located near the Champions tent and Team Red tent. Stop by to take advantage of a few fun perks!