



# Local Guide

**Oregon/SW Washington Tour de Cure**

**Saturday, July 25, 2009**

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[diabetes.org/portlandtourdecure](http://diabetes.org/portlandtourdecure)

American Diabetes Association  
380 SE Spokane Street, #110  
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## Route Highlights

### 108 miles:

Check in opens at 6:00 a.m.  
Route opens at 7:00 a.m.

### 65 miles:

Check-in opens at 7:00 a.m.  
Route opens at 8:00 a.m.

### 27 miles:

Check-in opens at 8:00 a.m.  
Route opens at 9:00 a.m.

### 10 miles:

Check-in opens at 9:00 a.m.  
Route opens at 10:00 a.m.

## Route Description

The rolling hills of the Willamette will be the setting for this year's ride. The ride will feature user friendly roads, beautiful scenic vistas, captivating views of the Cascades and a start/finish setting that encourages family participation for one and all. The Hillsboro Stadium will be the start/finish location with four routes to challenge riders of all levels, including a full century ride that features a 1600 ft. climb.

## The Tour Schedule

6:00 a.m.	Breakfast starts
6:00 a.m.	108 miles Riders' Registration opens
7:00 a.m.	65 miles Riders' Registration opens
8:00 a.m.	27 miles Riders' Registration opens
9:00 a.m.	10 miles mile Riders' Registration opens
7:00 a.m.	108 miles riders leave
8:00 a.m.	65 miles riders leave
9:00 a.m.	27 miles riders leave
10:30 a.m.	10 miles riders leave
11:00-5:00	Lunch served
11:00-5:00	Post Event Party
12:00 p.m.	27 mile route closed
3:00 p.m.	65 mile route closed (based upon an average speed of 10 miles per hour)
5:00 p.m.	108 mile route closed
5:00 p.m.	Route Sweep

## START/FINISH LOCATION- Hillsboro stadium

### **From Portland - Traveling West**

Take Hwy 26 West  
Take Exit #62A - Cornelius Pass Rd - S  
Proceed South on Cornelius Pass Rd  
Turn right onto Imbrie Dr  
Turn right onto Evergreen Parkway  
Turn Right onto NW 229th Ave

### From Seaside - Traveling East

Take Hwy 26 East  
Take Exit #61 - Shute Rd/Helvetia  
Turn right onto Shute Rd  
Turn left onto Huffman St  
Turn Left onto Bennett St



For more detailed route information and maps please visit our Web site:

- <http://diabetes.org/portlandtourdecure>

### Parking

Parking will be provided at Hillsboro Stadium. American Diabetes Association® volunteers will direct you accordingly.

### Hotel Accomodations

Larkspur Landing Hotel is offering special pricing for Tour de Cure participants. They will also make a donation to the American Diabetes Association in the amount of 10% of the total room rates used by Tour de Cure participants. Please contact Kris Bockmier for additional information.

## Frequently Asked Questions

This section will answer some of the most frequently asked questions. If you need additional information, please call Kris Bockmier @ 503-736-2770 Ext. 7355

### **Q? What is the terrain of the ride like?**

The terrain is rolling hills with the exception of the century route that includes a 1600 ft. climb near the end of the course. Map and elevation levels of all routes can be found on our web site.

### **Q? How many route lengths are there?**

There are 4 routes from which to choose: 108, 65, 27, and 10 Miles

### **Q? Can friends and spouses participate in the festivities at the Finish Line?**

Friends and family members are welcome at the finish line to cheer you in! Food is provided for riders and is available for purchase for others.

### **Q? Can I bring my own personal SAG?**

Personal SAGs are not permitted on the route. However, if your friend would like to drive a SAG available to all riders, please have them contact Kris Bockmier at 503-736-2770 Ext. 7355 or [kbockmier@diabetes.org](mailto:kbockmier@diabetes.org)

### **Q? What if it rains?**

We ride rain or shine! Pack rain gear just in case and don't let cloudy skies stop you in the fight against diabetes!

### **Q? When does the finish line and route close?**

The route and the finish line remain open until posted closing times. Please ensure you can ride at a speed to finish the longer routes--we want you to be back in time for the party! If it is taking longer for you to return, one of our SAG vehicles will bring you to the finish.

### **Q? How many people form a team?**

We like a team to be five or more individuals, but you can have a team with two or more people. This is a fun ride, so teams are not competing for time, but rather to share in the experience and help in the fight against diabetes. To thank you for encouraging friends, family and co-workers to participate, we have a variety of thank you gifts and incentives for the team captain, as well as each team member.

### **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. The minor is also responsible for turning in the \$150 minimum (regardless of age) and is also required to wear a helmet while riding.

## Training Resources

The Tour de Cure committee will be hosting at least one ride per month from different locations in the area. E-mail invitations will be sent to all registered riders 1-2 weeks before the ride. Other group rides are available to you in your community through local clubs and the participating Tour de Cure® bike shops.

For more information about group rides, please contact Kris Bockmier at [kbockmier@diabetes.org](mailto:kbockmier@diabetes.org) or 503-736-2770 Ext. 7355.

## Bike Shops

Special thanks to our bicycle shop sponsors. The following shops have committed to support the Tour de Cure in 2009.



**bike**n**hike**



**Metropolis Cycle Repair**



## Local Sponsors

Special thanks to our local sponsors for making this event possible!



888-DIABETES

[diabetes.org/tour](http://diabetes.org/tour)

**Fred Meyer**



