

 American Diabetes Association®
Tour de Cure 2009

Ship to Shore

Long Beach  Vincent Thomas Bridge  San Pedro  Palos Verdes, CA
May 31, 2009.



Welcome to Ship to Shore Tour de Cure 2009:
Your once in a lifetime experience to cycle across the Vincent Thomas and the Gerald Desmond Bridges.

Beginning at the Queen Mary in Long Beach, The *Ship to Shore* ride offers **five dynamic route options** - all fully supported with rest stops and water breaks along the way.

The 60 Mile Ship to Shore Challenge – Be among the first cyclists to ride across the Gerald Desmond and Vincent Thomas Bridges to Ports O' Call in San Pedro, then loop around the picturesque Palos Verdes Peninsula with its soaring climbs and descents – an exhilarating challenge.

The 33 mile Palos Verdes Tour – Cycle across the Gerald Desmond and Vincent Thomas Bridges, through San Pedro's waterfront and up to the Southern Palos Verdes Shoreline with breathtaking views of Catalina Island, then double back to Long Beach via the inner-harbor roads.



The 20 mile Harbor Experience – For those who just want to say they were some of the first to have ever cycled over the bridges... here's a quick way to accomplish the feat and stretch out on the inner-harbor roads.

The 10 mile San Pedro Ride and Harbor Cruise – Try something new by cycling over the harbor bridges to San Pedro, explore the Ports O' Call waterfront and then enjoy a unique 45 minute harbor cruise back to The Queen Mary.

The 5 mile Family Ride – Take an easy ride across the Queensway Bridge for a short tour of Long Beach's Shoreline Cycle Paths—a perfect ride for all family members, young...and even younger.

Support the nearly 24 million Americans living with diabetes, prevent the further spread of diabetes in all our communities and help fund the search for a cure.

**Register today at diabetes.org/tour-shiptoshore
Start fundraising early and ride with us on May 31, 2009.**

The *Ship to Shore* Tour de Cure 2009 is not just a ride – it's a challenge.
Challenge yourself and sign up today.

All Riders must raise a minimum of \$150 in addition to a registration fee to participate. Routes subject to approval.