



American Diabetes Association.
Tour de Cure 2014
Route Guide

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***Thank you for registering for the Finger Lakes Tour de Cure
Saturday, August 16, 2014!***

We are so excited you have decided to help Stop Diabetes by registering for this year's Tour de Cure! We promise to give you the ride of your life, and we're gearing up for another exciting event by offering all the extras you can expect from a Tour de Cure event including breakfast & lunch, scenic route choices for all types of riders, medical and on-course support, well-stocked rest stops, and a fabulous finish line festival. This guide contains information to help you prepare for the Tour de Cure and tips to ensure you have a great experience on the day of the ride. It's fun, it's meaningful and most importantly it's for a great cause – raising funds in support of the nearly 26 million Americans living with diabetes and their families.



Get Ready to Start a Chain Reaction



Route Descriptions

The Finger Lakes Tour de Cure begins at the Watkins Glen High School and offers great riding options for everyone. We offer a 10, 20, 35, 62.5 (metric century) and a 100 mile (century) route.

10 Mile Fun Ride Our family-friendly Fun Ride is accessible to all ages and fitness levels and features scenic views along the Catherine Valley Trail. This course is flat and offers a rest stop and safety support along the way.

20 Mile Ride Offers a moderate challenge while still a flat and scenic ride along the Catherine Valley Trail. Rest stops and SAG patrol make this ride a great choice for the beginner cyclist.

35 Mile Ride Offers a challenge on the road and the scenery is breathtaking, passing through vineyards with beautiful views of Seneca Lake. Frequent rest stops and plenty of SAG patrols make this ride a great choice for the intermediate cyclist.

62.5 Metric Century Ride This is the perfect choice for the intermediate to advanced cyclist. Picturesque views continue through the vineyard covered hills, waterfalls, as you ride through rural towns along Seneca Lake. Full route support ensures a safe ride from start to finish.

100 Mile Century This route is a true test of endurance – best suited for the experienced cyclist. 100 miles will bring you all the way around Seneca Lake! We guarantee this is an unforgettable experience.

All route maps will be on the Tour site leading up to the event: www.diabetes.org/flxtour.





Location, Directions, Parking, Schedule....

Location

Watkins Glen High School
301 12th Street
Watkins Glen, NY 14891



Directions & Parking Details

From West on I-86 or I-390 Take exit 40 for NY-226 toward Savona - Turn left onto NY-226 N/Co Rd 12/W Lamoka Ave - Turn right onto New York 14A S – Turn left onto 12th St.

From North on I-90 NYS Thruway Take exit 42 toward NY-14/Geneva/Lyons - Merge onto NY-318 E - Turn right onto NY-14 S - Turn right onto Seneca St - Turn left onto NY-14 S/S Main St - Continue to follow NY-14 S - Turn left onto 12th St

From East and South on I-86/NY-17/I-81 From I81 take NY-17 W/Southern Tier Expy (signs for Owego/Elmira)-Take exit 52B toward NY-14 S/Elmira Heights-Turn left onto Westinghouse Rd- Turn left onto NY-14- Turn right onto 12th St

Do not park near the Administration Building. All other facility parking lots are open for your use.

Once you arrive, please make your way to the **Rider Registration Check-In located in the athletic field entrance of the school.** At check-in, you will turn in your completed emergency information form (waiver) and any cash/check donations in the collection envelope that you haven't already turned in. (The Waiver form and envelope are enclosed in the Welcome Rider Packet). You will then receive your bib number.

Event Lodging

Enjoy the Tour de Cure even more by staying close by to the start site the night before the big event! We have reserved a special Tour de Cure rate at the Holiday Inn Express - Horseheads NY, The Holiday Inn - Elmira, NY and the Hilton Garden Inn – Elmira NY. Mention the Finger Lakes Tour de Cure and make the Tour de Cure a weekend getaway! Visit www.fingerlakeshotels.com



Tour de Cure Starting Times

100 Mile Century

Check-In 6:30 am
 Ride Start 7:00 am
 Route Closure 4:30 pm
 *12.5 mph min pace

100M Route will be marked in RED

62 Mile Metric Century

Check-In 6:45 am
 Ride Start 7:30 am
 Route Closure 3:00 pm
 *10 mph min pace

62.5M Route will be marked in YELLOW

35 Mile Ride

Check-In 7:45 am
 Ride Start 8:30 am
 Route Closure 3:00 pm
 *7 mph min pace

35M Route will be marked in BLUE

20 Mile Ride

Check-In 8:45 am
 Ride Start 9:30 am
 Route Closure 2:00 pm
 *6 mph min pace

20M Route will be marked in ORANGE

10 Mile Fun Ride

Check-In 9:15 am
 Ride Start 10:00 am
 Route Closure 1:00 pm
 *6 mph min pace

10M Route will be marked in GREEN

TOUR DE CURE SCHEDULE

6:00 am:	Breakfast starts
6:30–10:00 am:	All riders check in & leave at staggered times.
11:00 am:	Lunch Opens
11:30 am:	Massage Tent Opens Entertainment Begins Vendor Village Opens
11:30 am:	Lunch served
4:30 pm:	Massage Tent Closes Vendor Fair Ends Entertainment Ends Lunch Ends Routes Close



Fundraising Tips, Mobile App, Social Media....

Local Fundraising Information & Tips

The fundraising minimum for the Finger Lakes Tour event is: **\$200**

It's easy to have some FUN with FUNdraising, if you follow just a few simple steps!

1. Personalize your webpage, upload a picture and share your story!
2. Send out an email to all of your friends, family and co-workers and include a link to your personal webpage.
3. Write a personal letter to all of those you do business with and include a self-addressed stamped envelope for them to send you a donation.
4. Work with a local restaurant or bar to have a benefit night on your team's behalf for the Tour de Cure.
5. Put up a Tour de Cure poster in your office and ask your co-workers to either sponsor you or ride with you!

Local Recognition & Incentives

If you go the extra mile to help us Stop Diabetes, you'll enjoy a unique experience at the Tour de Cure and beyond. We've added some special perks for our strongest supporters, including:

■ Champion Recognition

This year all Champions will receive special recognition on the morning of the Tour de Cure. We will recognize you in our start line ceremony as a Champion Fundraiser. In addition the Top Fundraiser will receive a special Yellow Jersey to wear proudly.

■ Top Team Recognition & Incentives

Any team that raises \$7,500 or more receives a private Top Team tent at the Tour de Cure. These top teams will also be invited to the celebration dinner where they will be awarded a Tour de Cure plaque.

The top fundraising team will be awarded with the Tour de Cure Traveling Trophy – a HUGE symbol of our appreciation for their efforts.

Fast Facts: Diabetes

- **25.8** million Americans have diabetes.
- **79** million Americans have pre-diabetes.
- **1 in 3** children born today will develop diabetes in their lifetime if current trends continue
- The total annual economic cost of diabetes in America is estimated to be **\$245 billion**.

Fast Facts: Tour de Cure

- The largest cycling event for diabetes in the country
- **70,000+** participants nationwide
- We host **90** Tour de Cure events in **44** states

Fast Facts: American Diabetes Association

- Nation's leading 501(c)3 nonprofit health organization providing diabetes research, information and advocacy
- Founded in 1940
- Serves hundreds of communities across the country
- Mission: to prevent and cure diabetes and improve the lives of all people affected by diabetes.



Fundraising Tools & Resources



The Tour de Cure is also ready to be with you on the go! The iPhone and Android apps make fundraising simple and easy. Simply log into your Tour Center and click on the App buttons or go to your app store and search Tour de Cure.



If you are looking for a new way to raise funds, consider using the Facebook application. If you are using our online fundraising tools, just log into your Tour Center and click the "Fundraise with Facebook" badge on your welcome screen.



Red Riders and Champions to Stop Diabetes

Red Riders – You Are Why We Ride!

A Red Rider is a person who lives with diabetes and showcases the courage it takes to live every day with this difficult disease. Red Riders receive special recognition on the day of the ride, including a custom Red Rider jersey* to wear with pride as you lead the ride out! You'll also enjoy participation in the ceremonies and access to the special Red Rider Tent.

(*To receive the Red Rider jersey the minimum fundraising goal must be met.)



Red Rider Hero Spotlight



Meet Red Riders Ian and Caleb VanDruff

Hello, we are 12-year-old twin brothers Ian and Caleb VanDruff. We have lived with type 1 diabetes since we were 7-years-old. We are just average boys that enjoy life to the fullest. We love sports playing with our friends and riding our bikes. We got involved with the Tour de Cure in 2012 when our dad signed up to ride. He thought it would be a great idea if we rode too since it was something that would help us in the future. We rode the 10 mile course and couldn't wait to sign up for the 2013 ride where we rode 35 miles. The Tour de Cure was a big family event for us we rode with our cousin. Our mom and sister both volunteered and so did our grandparents, and family friends. It was an amazing day!

How Do I Get Recognized as a Red Rider?

Contact Kris Alexich to let us know you want to be recognized as a Red Rider. Red Riders can participate as individuals, on their own corporate or family teams, or can join Team Red, which is a team for Red Riders, their friends and family, and anyone who isn't on another team.



Champions to Stop Diabetes

When you ride in Tour de Cure, you take part in something unique. You join the ranks of some of the most passionate people in the country – people who care about cycling, health and, above all, finding a cure for diabetes. The **Champions to Stop Diabetes Top Fundraisers Club** is our way of thanking our most outstanding fundraisers, those who raise \$1,000 or more. Champions to Stop Diabetes will receive special recognition on the day of the event including a yellow rider number, VIP parking, a Champion medal, and at the post event Celebration dinner.



WHAT IS TEAM RED?

Team Red is not just a team for Red Riders, but rather a team for Red Riders, their friends, family and anyone who just wants to support the movement to Stop Diabetes!

If you are already part of a family or corporate team ... great! But if you are riding solo, then Team Red is for you!

For more TEAM RED information:

kalexich@diabetes.org

or call

315-438-8687 ext 3665





What to Bring, What to Know....

TOP 10 THINGS TO BRING...

10. The completed emergency information form.
9. Your collection envelope containing any donations by check. (Please convert cash or coins to a check payable to the American Diabetes Association.)
8. Your helmet. No helmet, no ride!
7. A well-tuned bike. Pack a spare-tube, patch kit, pump and tire tools.
6. A well-trained body and any medications or diabetic supplies you will need. Carry your personal ID and insurance cards.
5. Clothing appropriate for the weather. We ride rain or shine!
4. A water bottle and a second bottle for sports drink to ensure you stay well-hydrated.
3. A parent or guardian if you're under 18. Minors must be accompanied by an adult at all times. This includes riding in a SAG vehicle.
2. \$200 or more turned in on or before the day of the Tour de Cure in order to participate.
1. **Excitement for a great ride and the impact you're making to Stop Diabetes!**

Ride Details: What to Know Before You Ride

You'll see many people and things on the Tour de Cure route, all there to make your ride a better—and safer—one.

SAG Wagons – Standing for Support and Gear, these vehicles will be clearly marked with signs on the doors. Their main purpose is to patrol the route and assist the weary, broken down, or injured cyclist. In addition, they will lead the way in order to slow down any approaching vehicles and bring up the rear to make the pack of cyclists more visible to motorists.



Amateur Radio Operators – Known as the eyes and ears of the route, these individuals will be placed at each rest stop and/or in SAG vehicles on the route. With the help of their communications equipment, we will monitor where cyclists are on the various routes, where assistance may be needed, and the location of the first and last cyclists.

Mechanical Support – Mechanics will be available on the route to help if you break down, but we do recommend that you bring a few basic items such as a tool set and a spare tube. The mechanics may be delayed in reaching you if there are several people needing flats changed, and they will not have supplies to give as handouts.



Medical Volunteers – This valuable group was selected for their ability to assist a cyclist in a variety of crisis situations. They bring an added sense of safety and security to the ride in the unlikely event of an injury or emergency.

Police Escorts – All local municipalities will be contacted and their assistance secured when possible. You will more than likely see local police slowing traffic at busy intersections, leading cyclists along the route and giving the okay to turn when sight distance is limited.

Directional Signs – Directional signs will be alongside the road. Each turn will be preceded by a sign and will be followed by a confirmation to reassure you that you did in fact make the correct turn. On occasion, you may be on a road for a long stretch without having to make any turns. When this occurs, a straight ahead sign (accompanied by a straight ahead road marking) will be placed every few miles. There will also be signs to provide both you and approaching motorists with necessary information about the road ahead, such as "**Rest Stop Ahead**" or "**Caution/Cyclists on Road.**"



Rest Stops – Rest stops are conveniently located every ten to fifteen miles and will be fully stocked with fruit, snack bars, water and sports drink. Please take every opportunity to hydrate and stretch at the rest stops.

Your safety is our top priority. Please read all safety information in this guide as well as the more detailed Cyclist Guide found in your Tour Center under the Training tab. Please help us keep the ride safe for everyone by using proper cycling etiquette.



Safety Information, Training Resources....

Safety Information

The Tour de Cure is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we take every measure to make the ride as safe as possible, always remember that your safety is in your own hands. Please observe the following rules:



- Wear a helmet at all times – ***NO EXCEPTIONS.***
- Carry ID and relevant medical information.
- No headphones or iPods; be aware of traffic sounds around you.
- Rules of the road apply; you have the same rights and duties as the driver of any other vehicle.
- Ride single file. Ride a **maximum** of two abreast when conditions allow, but do **not** impede traffic.
- Ride as far right as reasonable.
- Obey all traffic lights, signs, and regulations.
- Pass on the left **only**; announce “passing” or “on your left.”
- Use hand signals to indicate road hazards, stopping, slowing, right and left turns.
- Prepare properly in terms of nutrition, hydration and training for the route distance you’ve selected to ride.
- Respect others: riders, volunteers, host communities, motorists, pedestrians, law enforcement, and the environment.
- Please refer to additional safety information on our website, www.diabetes.org/tour as well as on www.bikeleague.org

Riding safely and considerately is vital to your enjoyment and the safety of other riders as well as our ability to obtain event permits from local authorities.

The **future** of Tour de Cure as well as other organized cycling events depends on your cooperation with the rules above.

Volunteers Needed

Each year, more than one million volunteers offer their time or resources to the American Diabetes Association to further the work of our mission. Volunteering is a great way to meet people, network, learn new skills and support the movement to Stop Diabetes.

The Finger Lakes Tour needs over 200 volunteers for a range of activities and events throughout the year. On Tour day we need help in the kitchen, registration, route safety, cheering and more.

If you or someone you know is interested in volunteering to Stop Diabetes, please contact the Tour de Cure Manager, Volunteer Chair, Kristi Damon at 607.742.8408 or kard6764@hotmail.com.

FOR MORE INFO ON SAFE CYCLING, GO TO:

<http://www.bikeleague.org/>

The **League of American Bicyclists** has been working to improve the quality of bicycling in America almost as long as there have been bicycles.

TRAINING RIDES

Throughout the Tour season many groups and Tour teams including Team Red will host training rides.

The ride schedule will be posted online and will be included in your weekly e-newsletter so make sure you open your Tour email to get the most up-to-date information.





Frequently Asked Questions....

AMERICAN DIABETES ASSOCIATION

6390 Fly Rd
Second Floor
East Syracuse, NY 13057
Tel: 315-438-8687
Toll-free: 1.888.DIABETES
Fax: 315-463-2064
www.diabetes.org/flxtour

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**You are the Reason for
the Ride!**



Frequently Asked Questions

This section answers some of the most frequently asked questions. We are happy to answer any additional questions you may have – just contact our office at 888-DIABETES or kalexich@diabetes.org

Q? What is the terrain of the ride like?

The 10 and 20 mile are mostly flat with a mixture of packed stone and street surface. The 35, 62.5 mile routes are all on road with several climbs and descents. The Century is all road with one short section of packed stone surface. There is approx. 5200 ft. of vertical climb and descent over the route.

Q? How many route lengths are there?

There are 5 routes from which to choose: 10, 20, 35, 62.5 and 100 miles.

Q? Can friends and family participate in the Finish Line festivities?

Friends and family members are welcome at the post-ride party, though they may be required to pay for lunch. Your friends and family can cheer you across the finish line then join you in touring the vendor fair, taking part in on-site activities, and enjoying the entertainment.

Q? Can I bring my own personal SAG?

Personal SAGs are not permitted on the route. However, if you would like to volunteer to drive a SAG available to all riders, please contact us.

Q? What if it rains?

We ride rain or shine! Pack rain gear just in case and don't let a little water stop you in the fight against diabetes! Check the website or facebook page for updates in case of severe thunderstorms that could delay or cancel the routes.

Q? When does the finish line and route close?

The finish line is open to welcome all cyclists back but there are route time limits in certain jurisdictions. Refer to page 2 for route closure times.

Q? How many people form a team?

We prefer each team to include five or more individuals, but you can have a team with two or more people.

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. If pedaling, the minor is also responsible for turning in the \$200 minimum (regardless of age) and is also required to wear a helmet while riding. Children in trailers or bike carriers do not have to raise the minimum.

Q? When and where do I turn in cash and check donations?

You may turn in your cash/check donations at any time to the American Diabetes Association. Checks should be made payable to American Diabetes Association. Send to 6390 Fly Road, Second Floor East Syracuse, NY 13057 or you can bring them in your collection envelope to the event.



Keep up to date with tour news and connect with other cyclists by following us on facebook at www.facebook.com/flxtour