



**Ship to Shore Tour de Cure
Starting and ending at The Queen Mary, Long Beach**



TOP 10 THINGS TO BRING to Tour de Cure on Sunday April 27th

- **10.** Your completed Waiver / Emergency Information Form. (If under 18, form must be signed by a parent or legal guardian)
- **9.** Your collection envelope containing any donations by check or cash. (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 and remember to bring all medication you will need during the day.
- **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. **Don't wait to hydrate!**
- **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. (Plus reg. fee)
- **1. Excitement for the ride and the great impact you're making to Stop Diabetes!**

Check in Times and Route Start Times Sunday April 27

Route Length	Check-In Opens	Route Start Time
100 Mile Rte	6:00AM	7:00AM***
61 Mile Rte	6:00AM	7:45AM***
32 Mile Rte	7:00AM	8:30AM***
11 Mile Rte	7:00AM	8:30AM***
8 Mile Rte	8:30AM	9:30AM

Please take advantage of our Early Check-In Opportunities. See Page 3 for details

** Minimum Fund-raising for children aged 15 or under at date of ride is \$25 if accompanied by an adult who has raised \$200 or more.

*** All riders must leave at designated time – No late starts will be permitted due to restricted access to port bridges.

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Directions to Tour de Cure and Parking Information on Sunday April 27.

Please remember to allow additional time for parking on Sunday morning!

***Tour de Cure Ship to Shore will begin and end at
Queen Mary Events Park
1126 Queen's Highway
Long Beach, CA 90802***

Directions: Take 710 South to Long Beach and follow signs to the Queen Mary
Or

From Downtown Long Beach: Follow signs to Queen Mary from Ocean Ave.

Or

[Click for Directions](#)

Parking:

A special \$8 Tour de Cure reduced rate is available at the Queen Mary. Please follow signs and directions from parking volunteers and take a parking ticket. After you have parked, proceed to our check-in area, or if you used Advanced Check-In, then go straight to The Queen Mary Park for a complimentary breakfast.

Please Remember:

- All riders must leave on time – per your route departure time.
- Bring a helmet.
- Obey all rules of the road.
- Follow all directions from Law Enforcement and Tour Volunteers.
- Stop at all Stop Signs and Red or Amber traffic signals. When a rider ahead of you passes through a Stop Sign, do not assume it is safe for you to do so. Stop and check in all directions for traffic
- Ride Single File Only.
- Pass on the left and only when safe.
- Be respectful of the neighborhoods you are passing through.
- **Have a Great Ride!**

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Presenting Sponsor



Advance Check-In & Packet Pick-Up

Avoid the lines at your Ship to Shore Tour de Cure 2014 on the morning of April 27th by going to one of four different locations for Advanced Check-In/Packet Pick-Up.

Please select one of the following Advanced Check-In sites that works best for you. Please note that each location has a specific date and time when Advanced Check-In will take place. Please arrive at each location at least 10 minutes before closing so that we have time to process you.

Medtronic, Northridge

Tues, April 22, 2014. 5:00 P.M. to 7:00 P.M.
Packet pickup will be inside the main lobby.
18000 Devonshire Street, Northridge, CA 91325

From 405 Freeway exit Devonshire and head West. Travel down Devonshire for 3 miles. After you pass Zelzah Avenue, Medtronic will be on the left.

Two Wheels One Planet, Costa Mesa

Weds, April 23, 2014.. 4:00 P.M. to 7:00 P.M.
Packet pickup will be inside the bike store.
420 E. 17th Street Costa Mesa, CA 92627,
949-646-7717

Exit end of 55 Freeway to Newport Beach Blvd, head south/east and make a left on 17th St. After you pass Tustin St, Two Wheels One Planet will be on your left.

Stan's Bike Shop, Monrovia

Thurs, April 24, 2014. 4:00 P.M. to 8:00 P.M.
Packet pickup will be inside the bike store.
880 South Myrtle, Monrovia, CA 91016,
626-357-0020

Exit 210 Freeway at Myrtle, head north. Bike shop is on the right at Chestnut Ave.

Queen Mary, Long Beach

Sat, April 26, 2014. 11:00 A.M. to 5:00 P.M.
Packet pickup will be in the Park.
1126 Queens Highway, Long Beach, CA 90802

Take 710 Freeway towards Port of Long Beach and follow signs to Queen Mary or follow signs to Queen Mary from Downtown Long Beach.

Please see following page for details of what you must bring to successfully collect your bib number — You must have a rider bib to participate in Tour de Cure on April 27th.

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What to bring to Advanced Check-In and Packet Pick-Up

1. Your signed Emergency Information Waiver Form

To download an Emergency Information Waiver form, please go to your local web-page www.diabetes.org/shiptoshoretourdecure and you will find it under Welcome to the 2014 Ship to Shore. Please print and fill out.

If you are also picking up for team members or other individual riders, you **MUST** have a signed waiver for **EACH** rider in order for us to assign a rider bib. All minors (anyone under 18 as of April 27, 2014) must have a waiver signed by a parent or legal guardian.

2. A minimum of \$200 in donations

If you or a rider you are picking up a bib for have collected online and reached \$200 less than 5 days prior to your chosen packet pick-up date, please bring a copy of your and any fellow rider's web-page to ensure we can issue a rider bib. If you have checks or cash to submit, please bring those items with you and read section 3.

3. Your collection envelope

Please place checks or cash inside your collection envelope, note the amount of each donation on the back and your total donations contained in the envelope on the front. If you do not have a collection envelope, one will be available for you to fill out when you arrive at Advance Packet Pick-up.

4. Red Riders

If you are a Red Rider — any rider with diabetes Type 1 or Type 2 — you can collect your Red Rider Cycling Jersey at Advance Packet Pick-Up. If you are collecting on behalf of a Red Rider, please know their jersey size. (Red Riders must meet minimum fundraising requirements and have signed a waiver to receive a Red Rider Jersey)

5. Registering at Advance Pick-up?

If you have not yet registered for Tour de Cure Ship to Shore and wish to do so at Advance Packet Pick-Up and receive your rider bib, you must provide a minimum of \$225 (\$25 registration fee plus \$200 in funds raised). We accept Master Card, Visa, American Express, check or cash.

6. Any Questions?

Please visit our website for updates regarding your ride or for additional information – www.diabetes.org/shiptoshoretourdecure - or call 323 966 2890 X 7473. It is recommended that you take your bike to your local bike shop prior to April 27th for a tune-up. Your bike should be ship shape for the Tour de Cure SHIP TO SHORE!

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