

**THE
TOUR TIMES**

A PUBLICATION FOR THE CURE-IOUS CYCLISTS OF THE TOUR DE CURE

 **American
Diabetes
Association®**
Cure • Care • Commitment®

Take the Ride of Your Life
American Diabetes Association®
Tour de Cure

2010 New Jersey Tour de Cure Dates

Central New Jersey - Princeton

Sunday, June 6, 2010

Northern New Jersey - Basking Ridge

Sunday, June 13, 2010

Jersey Shore - Brielle

Saturday, June 19, 2010

Register Today and Stop Diabetes!

www.diabetes.org/tour

1-888-DIABETES

WWW.DIABETES.ORG/TOUR

Lou Bodian, Chairperson Northern New Jersey Tour de Cure



I do NOT have diabetes. I DO NOT HAVE DIABETES!! That being said, I am at risk for developing diabetes. Both of my parents were diabetics, and at least 2 of my grandparents were diabetics. This is why I have raised money for the ADA by riding in the Tour de Cure for the past 13 years, and have participated on the Tour organizing committee for the past 7 years. I am honored that the ADA has asked me to chair the 2010 North Jersey Tour de Cure.

Along with other members of the Organizing Committee, we are planning the best New Jersey Tour ever. Our goals are to provide a safe and enjoyable event, one that is memorable, but most important, one that establishes a new high in fund raising for this worthy cause.

Why is participating in the Tour de Cure and raising money so important? A recent article reported that *"by 2034, nearly twice as many Americans will have diabetes and spending on the disease will triple, further straining the U.S. health system and testing the viability of Medicare and other government health insurance programs, U.S. researchers said on Friday. We forecast that in the next 25 years, the population size of people with diabetes -- both diagnosed and undiagnosed -- will rise from approximately 24 million people to 44 million people by the year 2034," said Dr. Elbert Huang of the University of Chicago, whose study appears in the journal Diabetes Care.*"

There are a number of things that we will be doing in the next several months to help your participation in the Tour de Cure.

- For starters, the Welcome kit you will receive upon registering will give tips on training and getting your bike in shape for the ride.
- We will also be providing assistance in easy ways to increase the amounts from your fund-raising efforts.
- Our Route Committees are looking at ways to improve the Tour, by making some rides easier, and making other rides more challenging. Our goal is to provide rides for riders of varying abilities.
- Want to join the fun of being on the Organizing Committee? Just send me or Taran an e-mail and we will include you in our planning for the big day.
- We are always looking for feedback from your past rides to share ideas about how we can improve .

Again, thank you for your participation in the 2010 Tour. I look forward to seeing you and riding with you next June.

Sincerely,

Lou Bodian
loubodian@optonline.net

Save the Ride of Your Life
American Diabetes Association
Tour de Cure

The 2009 Tour de Cure was a Success!

Thank you to the 1,217 riders who helped us raise over \$568,000 to **STOP DIABETES!**

Congratulations to our Top 10 NJ Teams...

	Team Name	Captain	Total Collections	Tour
1	Barclays Capital	Jai Westwood	\$37,195.00	Basking Ridge
2	The Grady Bunch	Ms. Marianne Grady	\$17,221.98	Jersey Shore
3	Novo Nordisk	John Smolenski	\$16,330.00	Princeton
4	Team Golds Paramus	Mike Epstein	\$13,421.00	Basking Ridge
5	Super Heroes in Training	Vanessa Gillier	\$12,936.00	Princeton
6	Team Verizon	Bruno Baga	\$12,766.00	Basking Ridge
7	BASF - Care4Life	David Suriani	\$10,280.50	Basking Ridge
8	Motiva Mashers	Jason Pace	\$9,844.45	Princeton
9	Bolus Buddies	Mr. Michael A. Tortorella	\$9,520.00	Jersey Shore
10	One Type One	Paul Pierro	\$9,205.00	Jersey Shore

And our Top 10 Individual Fundraisers!

	Name	Team	Total Collections	Tour
1	Jai Westwood	Barclays Capital	\$10,800.00	Basking Ridge
2	Michael Tortorella	Bolus Buddies	\$9,020.00	Jersey Shore
3	Marty Lepelstat		\$8,500.00	Princeton
4	Marianne Grady	The Grady Bunch	\$7,399.98	Jersey Shore
5	Paul Pierro	One Type One	\$6,375.00	Jersey Shore
6	Vanessa Gillier	Super Heroes in Training	\$5,685.00	Princeton
7	Mark Cox	Barclays Capital	\$5,422.00	Basking Ridge
8	Olivier Gillier	Super Heroes in Training	\$5,110.00	Princeton
9	Leslie Pardo		\$5,060.00	Jersey Shore
10	Sue Fiederowicz	Sea Sea Riders	\$4,029.67	Jersey Shore



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Plans for the 2010 Tour are Already Underway!

Would you like to join the Tour Planning Committee? We are looking for dedicated volunteers to join this year-round committee and help make the Tour even better!

Volunteers with a passion for the cause and experience with fundraising and/or event planning are encouraged to apply. Help with Marketing, Public Relations, Recruitment, Logistics and Entertainment are always needed! For more information on joining the committee, contact Lindsay Taylor (Jersey Shore and Princeton) at LiTaylor@diabetes.org, or Taran Connelly (Basking Ridge) at TConnelly@diabetes.org.

Early Bird Registration Incentive

Register for the 2010 New Jersey Tour de Cure by **December 31st, 2009** and you will receive this Tour de Cure long-sleeved "In-Training" t-shirt!



Team Captain Incentive

Team Captains that recruit 10 riders to be on their team (who all raise the \$175 fundraising minimum) will automatically win an **EXTRA Level 8** Thank You Gift! To view the level 8 gifts, visit www.diabetes.org/tour and click on "Thank You Gifts."

2010 Tour Jerseys Have Been Selected

Riders who raise **\$500 or more** can choose to receive this 2010 commemorative jersey!



Riders who raise **\$2,400 or more** can select this 2010 Champions Jersey as their Thank You Gift!



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Fundraising Tips for the Holiday/Winter Season

From Gloriarose Schmitt

Basking Ridge Fundraising Chair and Team Captain for GR's Groupies



Are you looking for fun and creative fundraising ideas? Here are just a few ways you can kick-off your Tour de Cure fundraising efforts this holiday season. Do you have another great idea or success story you would like to share? Send it to Lindsay Taylor at LiTaylor@diabetes.org or Taran Connelly at TConnelly@diabetes.org. Your story could end up on our website or in our next Tour Times newsletter!

- **Invite your Friends Over for a Holiday Cookie Exchange** – Your friends bring their favorite holiday cookie and a ten dollar donation, and enjoy the company of others and the sweet treats for the night! 
- **Dress Down For Diabetes** – Get your company involved! Everyone who donates a minimum of five dollars can dress down or wear jeans for the day.
- **Have a Super Bowl Party!** – Invite friends over for the Super Bowl, start a pool, give half of the money collected to the winner and donate the other half to the Tour de Cure.
- **Stationary Bikes** – Work with your local gym or bike shop to hold an indoor cycling fundraiser over the winter. Hold a special class at the gym or at the bike shop (cyclists will need to bring their own trainer to the shop). Why not work together to find a unique location? Shopping malls are sure to be extra crowded over these next few months. Contact your local mall and see if they will let you reserve an area for your fundraising efforts. Ask the gym to loan you a bike, or bring your own bike and trainer. Set them up in a high-traffic location and pedal while you earn donations! You can fundraise for your team and promote the Tour de Cure! 
- **Rake/Shovel it up!** - Gather a group of friends to go door to door volunteering to rake neighbor's leaves or shovel their walks for a small donation. 
- **Wrapping for the Holidays** – People are busy enough during the holidays, offering to wrap their holiday gifts is something they would be willing to pay for. Contact your local retailers or malls and see if they will let your team offer gift wrapping services to their customers in exchange for donations. Pass out flyers, put up posters, and send emails to people who might want to help. 
- **Email! Email! Email!** – Riders who take advantage of the online fundraising tools raise an average of four (4) times more than those who only fundraise offline! Email your friends and family with facts about diabetes, and encourage them to ride with you or donate to this important cause. Post your Tour de Cure link on your Facebook, Myspace, or Twitter page. Make sure to tell them your story and let them know why the ADA is important to you.

****Still need help? Contact Lindsay or Taran (email above). We are happy to brainstorm fundraising ideas with you!***

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WHAT IS A RED RIDER?

Red Riders are all Tour de Cure participants with Type 1 or Type 2 diabetes! It doesn't matter if you are on a team or an individual—YOU ARE OUR INSPIRATION!

THE PURPOSE OF THE RED RIDERS...

Is to support everyone who lives with diabetes and showcase the courage it takes to live every day with this difficult condition.



AND BEING A RED RIDER MEANS...

That you are not alone. With hundreds of riders who may share a similar story, and hundreds more to support you, being a Red Rider can help with your first step or your millionth—in your fight to live a healthier life!



HOW DO I BECOME A RED RIDER?

If you have Type 1 or Type 2 diabetes you are eligible to become a Red Rider. All you need to do is contact us at the information below to be recognized as a Red Rider on the day of the event. You will then receive a FREE jersey which will be distributed at the event, so you can proudly wear it out on the ride.

** All Red Riders must still raise the \$175 fundraising minimum**

IS THERE A TEAM I CAN JOIN WITH OTHER RED RIDERS?

YES! You (and those that support you) can join Team Red which is made up of Red Riders and those that support Red Riders. When you register, just be sure to select "Join a Team" and search for "Team Red." If you want to stay with your current team and still be recognized—GREAT! You will still be recognized as a Red Rider if you are already a part of another team.

For more information or to become a Red Rider contact:

Lindsay Taylor (Jersey Shore and Princeton) - LiTaylor@diabetes.org or (732) 469-7979 x3529
Taran Connelly (Basking Ridge) - TConnelly@diabetes.org or (732) 469-7979 x3514

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Everyone Had Fun at the 2009 Tour. Save the Date for 2010!

Princeton - June 6th 🚲 Basking Ridge - June 13th 🚲 Jersey Shore - June 19th



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THANK YOU TOUR PLANNING COMMITTEE AND ALL OF OUR VOLUNTEERS!

An amazing group of volunteers give many hours of personal time throughout the year to plan each Tour.
 A tremendous Thank You goes out to the Tour Planning Committee:

Mike Alltoft
 Mark Bespalko
 Lou Bodian
 Bruno Braga
 Karen Dalton
 Rich Ehrman
 John McBride
 Mark Monteyne
 Jai Westwood

Suzanne Khanna
 Josh Koslowski
 Marla Koslowski
 Kira Horton
 Marge Langenberger
 Jim Langenberger
 Tim Sigler
 Sally Hespe
 Andrew Schneider

Andre Paquin
 Sylvia Pena
 Kathy Penna
 Paul Pierro
 Bryan Scheff
 Mike Epstein
 Joy Ghanim
 Joe Higgins

THANK YOU TO OUR 2009 SPONSORS!



Northern New Jersey Tour de Cure
 Presenting Sponsor



Simko's Grill
 Brielle, NJ

Change Your Body. Change Your Life.

