



▶ Location, Directions, Parking, Schedule 2



▶ Fundraising Tips, Mobile App, Social Media 3



▶ Red Riders, Champions of Diabetes, Team Red..... 4



▶ What to Bring, Safety Information, FAQ 5-7

Tour de Cure Coordinator:
Phoebe Bunker
Tel: 617-482-4580 x 3499
Email: pbunker@diabetes.org

American Diabetes Association:
10 Speen Street, 2nd Floor
Framingham, MA, 01701
Fax: 508-626-4260

Route guide

American Diabetes Association®
Tour de Cure 2013

**Thank you for registering for the *Sunday June 2, 2013*
Ocean State Tour de Cure!**

Thank you for doing your part to Stop Diabetes by registering for the Ocean State Tour de Cure. We're looking forward to the biggest and best Tour de Cure yet and it's promising to be a fantastic event! We have improved routes, increased safety & medical support and have an extraordinary post-ride party planned for the finish line! 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 fabulous 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.

Route Descriptions

The Ocean State Tour de Cure begins at Narragansett High School, located at 245 South Pier Road, Narragansett, RI 02882. Our five routes are designed to appeal to all skill levels. **Routes include:**

7 Mile Fun Ride: Our family-friendly Fun Ride is accessible to all ages and fitness levels and features low traffic roads and beautiful Narragansett coast line.

15 Mile Ride: Our 15 Mile Ride offers spectacular ocean views. Frequent rest stops and plenty of SAG support make this ride a great choice for the beginner to intermediate cyclist.

30 Mile Ride: Our 30 Mile ride offers a moderate challenge while being safe and scenic with gorgeous views of Rhode Island's coast. This route is perfect for the intermediate cyclist.

62 Mile Metric Century (100K): Our Metric Century features Rhode Island's scenic coastline and rolling hills – the perfect choice for the intermediate to advanced cyclist. Full route support ensures a safe ride from start to finish.

100 Mile Century: Our 100 Mile Century is a true test of endurance – best suited for the experienced cyclist. 100 miles on Rhode Island's best roads from Narragansett to Westerly guarantee an unforgettable experience.

Thanks to our National Sponsors!

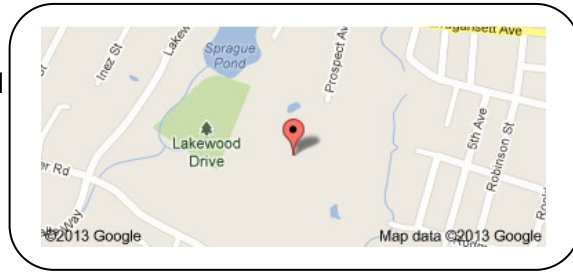




Location, Directions, Parking, Schedule....

Location

Narragansett High School
245 South Pier Road
Narragansett, RI 02882



Directions & Parking Details

Southbound off 95S

- Take a slight left onto RI-4 S/Col Rodman Hwy
- Continue onto U.S. 1 S/Tower Hill Rd
- Take the exit toward RI-108
- Merge onto Woodruff Ave
- Continue onto South Pier Rd
- The Narragansett High School will be on the left

Northbound off U.S. 1N

- Take the exit towards Narragansett/Point Judith
- Turn right onto Woodruff Ave
- Continue onto S Pier Rd
- The Narragansett High School will be on the left

Once you arrive, please make your way to the **Rider Registration Check-In Tent**. At check-in, you will turn in your completed emergency information form (waiver) and any cash/check donations in the collection envelope. (The Waiver form and envelope are enclosed in the Welcome Rider Packet). You will then receive your bib number.

Priority check-in will be available for Red Riders & Champions to Stop Diabetes.

Event Lodging

Enjoy the Tour de Cure even more by staying close by to the start site the night before the big event! Check out these great Narragansett hotels:’

Lighthouse Inn Galilee

401-789-9341

www.lighthouse.reservation-desk.com

Scarborough Beach Motel

401-783-2063

www.scarboroughbeachmotel.com

Ocean Rose Motel

401-783-4704

www.oceanroseinn.com

Sheppard’s Place Bed & Breakfast

401-742-5903

www.bedandbreakfast.com/ri-narragansett-sheppardsplacebedbreakfast.html

Tour de Cure Starting Times

100 Mile Century

Check-In	6:30 am
Ride Start	7:00 am
Route Closure	3:00 pm

**15 mph min pace*

62 Mile Metric Century (100 K)

Check-In	7:00 am
Ride Start	8:00 am
Route Closure	3:00 pm

**10 mph min pace*

30 Mile Ride

Check-In	9:00 am
Ride Start	10:00 am
Route Closure	3:00 pm

**6 mph min pace*

7 Mile Fun Ride & 15 Mile Ride

Check-In	10:00 am
Ride Start	11:00 am
Route Closure	3:00 pm

**4 mph min pace*

Tour de Cure Schedule

6:30 am	100M registration opens
7:00 am	100M ride begins 62M registration opens
8:00 am	62M ride begins
9:00 am	30M registration opens
10:00 am	30 M ride begins 15 M registration opens 7 M registration opens
11:00 am	15 M ride begins 7 M ride begins
12:00 am	Lunch begins Entertainment begins
3:00 pm	Routes close
4:00 pm	Lunch ends Entertainment ends



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

Local Fundraising Information & Tips

The fundraising minimum for the Ocean State 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 & 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:

■ Top Individual Recognition

All Champions to Stop Diabetes (\$1000+ fundraisers) will receive champion parking, a day of event gift, and extra lunch tickets for family and friends. For a complete list of Champion benefits, please visit our website at

www.diabetes.org/oceanstatetourdecure.

■ Top Team Recognition & Incentives

At different fundraising levels, teaming up offers rewarding benefits ranging from team tents to massage therapists. For a complete list of team benefits, please visit our website at

www.diabetes.org/oceanstatetourdecure.

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

Fundraising Tools & Resources



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.



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.

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 **\$174 billion**.

Fast Facts: Tour de Cure

- The largest cycling event for diabetes in the country
- **60,000+** participants nationwide
- We host **86** Tour de Cure events in **43** 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 to improve the lives of all people affected by the disease





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.



Recognizing Riders with Diabetes



Mari Ruddy is the founder of the Red Rider program. Mari has lived with type 1 diabetes for more than 25 years. Mari wants to recognize people with diabetes who ride in a Tour de Cure as Red Riders: "If you are a person surviving diabetes, I implore you to ride this year and do everything you can to declare your status, so others on the course and in the wider community have the opportunity to celebrate and be inspired by you. I ask you to get on your bike and ride strong and sure. Riding in the Tour de Cure itself is the affirmation of your courage and perseverance."

How Do I Get Recognized as a Red Rider?

Contact Phoebe Bunker at pbunker@diabetes.org 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.



WHAT IS TEAM RED?

Team Red is a group of individual Red Riders and their friends and family who are on a mission to Stop Diabetes! If you are already part of a family or corporate team ... great! But if you are riding solo and want to join our Red Riders, then Team Red is for you!

FOR MORE Team Red INFORMATION:

Team Red Captain
Eric Hudson

ocean.state.red.riders@gmail.com



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. As a way to thank our most outstanding fundraisers, those who raise \$1,000 or more, we have created the **Champions to Stop Diabetes Top Fundraisers Club**. Champions to Stop Diabetes will receive special recognition on the day of the event including a day of event gift and opportunities to be recognized throughout the year.



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 the 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 for the 5K, 25K, 50K and 100K routes. In addition, ALL routes will be marked with Dan Henry route marking system. 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, Group Riding Manual online at diabetes.org/tour. 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:



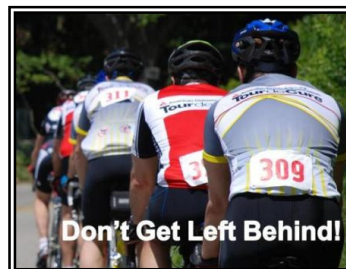
- Wear a helmet at all times – **NO EXCEPTIONS.**
- Carry ID and relevant medical information.
- No headphones or iPods; be aware of traffic sounds around you.
- Rules of the road apply; you have the same rights and duties as the driver of any other vehicle.
- Ride single file. Ride a **maximum** of 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, diabetes.org/tour as well as on 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.

Training Resources

We want to help you prepare for the ride of your life! We will be offering a variety of group training rides, clinics and informational events to make sure you have all the knowledge and skills for a safe and enjoyable ride. For the schedule of training rides, please visit the local Tour de Cure website a diabetes.org/oceanstatetourdecure or call Phoebe at 1.888.DIABETES x 3499



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. Lend your skills to support the American Diabetes Association – become a volunteer!

The American Diabetes Association needs volunteers for a range of activities and events throughout the year. If you or someone you know is interested in volunteering to Stop Diabetes, please contact **Phoebe Bunker** at 617-482-4580 x 3499 or pbunker@diabetes.org.

BIKE SHOP SPONSORS

Please visit our Bike Shop Sponsors for more info about Training Rides and special offers for Tour de Cure participants. Bike Shop Sponsors Include: **Providence Bicycle**



East Providence Cycle



BIKE CLUBS & ORGANIZATIONS

Interested in meeting cyclists in your area? Consider joining our partner Meetup group:

Rhode Warriors

<http://www.meetup.com/Rhode-Warriors/>

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.

TOUR DE CURE IS LOOKING FOR RIDING ROUTE MARSHALS!

If you are interested in helping ensure the Tour is a safe and fun ride, please contact **Phoebe Bunker** at:

Tel: 617-482-4580 x3499

Email: pbunker@diabetes.org



Frequently Asked Questions....

AMERICAN DIABETES ASSOCIATION

10 Speen Street
2nd Floor
Framingham, MA 01701

Tel: 617-482-4580
Toll-free: 1.888.DIABETES
Fax: 508-626-4260
Web: www.diabetes.org



STOP DIABETES
1.800.DIABETES
www.stopdiabetes.com

YOUR TOUR DE CURE Committee Logistics Chair is:

Kathie Mulkerin
ocean.state.logistics.chair@gmail.com

Interested in helping plan the Tour de Cure event? Have some great ideas? **Contact Phoebe Bunker at (617) 482-4580 X 3499 or pbunker@diabetes.org** to join the Tour de Cure committee. It's a great group of friends all working together to make this event awesome!

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 **1-888-DIABETES X 3499** or pbunker@diabetes.org

Q? What is the terrain of the ride like?

Shorter routes are mostly flat. Longer routes include some hills and steep climbs. All routes feature beautiful Rhode Island coastline.

Q? How many route lengths are there?

There are five routes from which to choose: 7, 15, 30, 62 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. Please keep in mind that post ride lunch is provided for cyclist and volunteers. Your friends and family can cheer you across the finish line then join you in touring the post ride festival, taking part in on-site activities, and enjoying the exciting entertainment. This year, lunch tickets will be available at \$5 per person for non-riders and spectators.

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 call **(617) 482-4580 X 3499** for updates in case of severe thunderstorms that could delay or cancel the routes.

Q? When does the finish line and route close?

Routes close at 3 p.m., the post ride celebration will wrap up at 3:30 p.m.

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 **American Diabetes Association, Ocean State Tour de Cure, 10 Speen St, 2nd Floor, Framingham, MA 01701**. Please include a note with your name or included a deposit slip.