



American Diabetes Association Tour de Cure 2014 Route Guide

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***Thank you for registering for the
April 27th 2014 Ship to Shore Tour de Cure in Long Beach!***

Presenting Sponsor



Medtronic

Thank you for registering for this year's Tour de Cure! We promise to give you the ride of your life, including all the extras you can expect from a Tour de Cure including breakfast & lunch, scenic route choices for all types of riders, on-course medical and mechanical support, well-stocked rest stops, and a fabulous finish line festival. This guide contains information to help you prepare for your 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.

Route Descriptions

The Ship to Shore Tour de Cure begins and ends at **The Queen Mary, 1126 Queen's Highway, Long Beach, CA**. Our five routes are designed to appeal to all skill levels. **Routes include:**

8 Mile Shoreline Ride: Ideal for those wanting a flat easy ride, including families participating with young children. This route follows the Shoreline Bicycle Path with a baby climb over the Queensway Bridge.

11 Mile Ride: Passes through downtown Long Beach and rides over both port bridges* to San Pedro. Accessible to riders with some training, but not for those uncomfortable with climbs (About 300 ft of climbing) Return to Queen Mary via free harbor cruise from San Pedro - boat departs at 9:45am!

32 Mile Half Metric: Features extended gradual climbs, one short steep power climb before the turnaround and a mostly downhill or flat final 15 miles. Passes through downtown Long Beach, crosses the port bridges* and ascends to South West Palos Verdes Peninsula. Total climbing is approximately 1300 ft.

62 Mile Metric Century: Features a series of long climbs connected by rolling terrain and a mostly downhill or flat final 15 miles. Passes through downtown Long Beach, crosses the port bridges* and circles Palos Verdes Peninsula. Total climbing is approximately 3,800 ft.

100 Mile Century: Passes through downtown Long Beach, crosses the port bridges* and circles the Palos Verdes Peninsula. Returning through downtown Long Beach, route includes a mostly flat loop through Seal Beach and the eastern end of Long Beach. Total climbing is approximately 4,200 ft.

For more route information please visit www.diabetes.org/shiptoshoretourdecure or contact Julian Dillon at 323 966 2890 x 7473 / jdillon@diabetes.org

**The California Department of Transportation or Local Authorities may require last minute changes to port areas of the route. We thank you in advance for your understanding.*

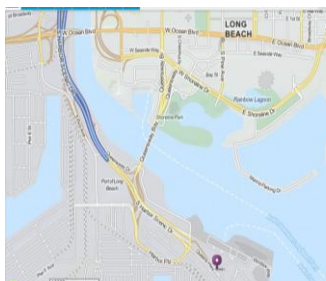




Location, Directions, Parking, Schedule....

Start & Finish Location

The Queen Mary
Events Park
1126 Queens Highway
Long Beach, CA 90802



Directions & Parking Details

From 710: Follow signs to Queen Mary from southern end of 710 at Port of Long Beach.

From 405: Take 710 towards Long Beach and follow signs to Queen Mary from southern end of 710 at Port of Long Beach.

From Downtown Long Beach: Follow signs to Queen Mary via Ocean Blvd and Queensway Bridge.

Parking Instructions: Park at Queen Mary Parking Lot or as directed by Tour Volunteers. **Please bring a copy of your registration or personal tour webpage for special Parking rates.** (Check Tour website for parking updates and rates. Details may change closer to event)

Once you arrive, please make your way to the **Rider Check-In**. 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). If you've raised all of your funds online you do not need to bring a collection envelope with you. You will then receive your bib number. You must raise a minimum of \$200 plus registration fee to ride.

Priority check-in will be available for Red Riders & Champions to Stop Diabetes. Teams may check in together or individually.



Event Lodging

Enjoy the Tour de Cure even more by staying close by the start site the night before your ride! Please check your local website - www.diabetes.org/shiptoshoretourdecure - For details of special rates at area hotels.

STARTING TIMES

Early Check-In, Saturday April 26, 2016

All Routes: 11:00am – 5:00pm

At the Queen Mary

Check website for other Early Check-In locations.

Sunday April 27

100 Mile Century

Check-In 6:00 am

Ride Start *7:00 am

61 Mile Metric Century

Check-In 6:00 am

Ride Start *7:45 am

32 Mile Ride

Check-In 7:00 am

Ride Start *8:30 am

11 Mile Ride with Harbor Cruise

Check-In 7:00 am

Ride Start *8:30 am

8 Mile Shoreline Ride

Check-In 8:30 am

Ride Start 9:30 am

Tour de Cure Schedule

6:00 am Breakfast begins
100 M & 61 M Check-In opens

7:00 am *100 M ride begins
32 M & 11 M Check-In opens

7:45 am *61 M ride begins

8:30 am *32M & *11M ride begins
8M Check-In opens

9:30 am 8M ride begins

9:45 am Harbor Cruise departs Ports O Call
(11 mile riders only)

11:00am Lunch begins

2:00 pm 61 M & 32M route closes

4:30 pm 100 M routes close

5:30 pm Event closes

**Riders must depart at designated route times.*



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

Local Fundraising Information & Tips

The fundraising minimum for the Ship to Shore Tour de Cure is: **\$200** – in addition to Registration Fee.

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!

Always make it personal! Tell everyone you ask to donate to your ride or join you by riding in Tour de Cure why **STOPPING DIABETES MATTERS TO YOU.**

Special Day of Event 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

This year our Top 10 Individuals will receive special recognition on the morning of the Tour de Cure. We will recognize you in our start line ceremony and the Top Individual Fundraiser will receive a special Top Fundraiser Yellow Jersey to wear proudly.

■ Top Team Recognition & Incentives

Any team that raises \$5,000 or more receives their very own Team tent at the Tour de Cure. Raise \$10,000 or more and we will supersize that tent and add a Special Gift.

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



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.



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.)

Why be a Red Rider?

"If you are a person surviving diabetes, I implore you to declare your status as a Red Rider, so others on the course and in the wider community have the opportunity to celebrate and be inspired by you. Riding in the Tour de Cure is the affirmation of your courage and perseverance." **Mari Ruddy, Founder of the Red Rider program.**

How Do I Get Recognized as a Red Rider?

Contact your Red Rider Chair Lenny Isaacs - lbredriderchair@gmail.com - or Julian Dillon - jdillon@diabetes.org - and 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 Dinner** is our way of thanking our most outstanding fundraisers. Those who raise \$1,000 or more will be invited, plus a guest, to our exclusive Champions' Dinner on Saturday April 26th. Along with a menu, tailor-made to fuel you for your ride, Champions will receive a unique Ship to Shore Champions' Gift Set, priority check-in and packet pick-up and a chance to meet with your fellow champion cyclists and tour sponsors. (Check our website for Exciting Champion's Dinner updates, including news of a very special celebrity appearance.)



Red Rider Sponsor



WHAT IS TEAM RED?

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

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!

For more TEAM RED information:

Team Red Captain
Darryl Vanden Einde

Email: lbteamred@gmail.com

Or contact Julian Dillon
Email: jdillon@diabetes.org
Call: 323 966 2890 X 7473





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 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. **Thank you to MARC for SAG and Radio support!**

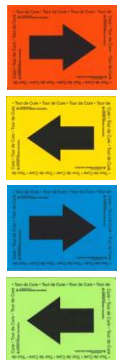
Mechanical Support – Mechanics will be available on the route to help if you break down, but we do recommend that you bring a few basic items such as a tool set and a spare tube. The mechanics may be delayed in reaching you if there are several people needing flats changed, and they will not have supplies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

Directional Signs – Directional arrows will be placed on the road, color coded for your specific route. Each turn will be preceded by an arrow and will be followed by a confirmation to reassure you made 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 arrow will be placed every few miles. There will also be additional signs to provide both you and approaching motorists with necessary information about the road ahead, such as **"Turn Ahead"**, **"Rest Stop Ahead"**, **"Rail Road Crossing – Dismount"** 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.
- **Dismount at all Rail Road Crossings** and follow directives from law enforcement or Tour staff and volunteers.
- 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 considerably 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 by offering a variety of group training rides to make skills for a safe and enjoyable ride. For a schedule of training rides, please visit www.diabetes.org/shiptoshoretourdecure or call Julian at 323 966 2890 x 7473.

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!



BIKE SHOP SPONSORS

Please visit our Bike Shop Sponsors for more info about Training Rides and special offers for Tour de Cure participants. A few of our Bike Shop Sponsors include:

Stan's Bike Shop, Monrovia
Jax Bicycle Centers, Long Beach & Irvine
Outspoken, Huntington Beach
Two Wheels One Planet, Costa Mesa & Lake Forest

BIKE CLUBS & ORGANIZATIONS

Interested in meeting cyclists in your area? Consider joining one of our partner organizations.

Major Motion –
www.majormotioncyclingclub.com
Stan's Bike Shop – Contact Carlos at stansbikeshop@gmail.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.

TOUR DE CURE IS LOOKING FOR ROUTE & VENUE VOLUNTEERS

If you are interested in helping ensure the Tour is a well run, safe and fun ride, please contact:

Jesse Bethune at jbethune@diabetes.org:

Want to volunteer and Fund-Raise? Be a Virtual Rider. Ask Jesse for details.

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 the Tour de Cure Volunteer Coordinator Jesse Bethune at jbethune@diabetes.org or call Jesse at 323 966 2890 X 7426.



Frequently Asked Questions....

Thank you to our Local Sponsors

Silver Sponsors



Bronze Sponsor



Event Supporters



1.800.DIABETES

www.stopdiabetes.com

Interested in helping plan the Tour de Cure event? Have some great ideas? Contact the committee chair to join the Tour de Cure committee. It's a great group of friends all working together to make this event awesome! Your Tour de Cure Committee Chair is:

Marty Blount
mbountkpc@yahoo.com

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 X 7473** or jdillon@diabetes.org.

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. There is no maximum size to a team.

Q? When does the finish line and route close?

The finish line is open to welcome all cyclists as they return, but there are route time limits. All riders must be off the Gerald Desmond and Vincent Thomas bridges – the port bridges – including points in between by 9:30am. The 61 mile and 32 mile routes close at 2:30pm and the 100 mile route closes at 4:30pm. All Finish Line activities, including food and beverage service, closes at 6:00pm.

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

Your friends and family can cheer you across the finish line then join you in touring the information booths, taking part in on-site activities, and enjoying the exciting entertainment. Note: Food and beverage is available for purchase for event spectators.

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 – including being sagged. If pedaling, the minor must also turn in the \$200 minimum (regardless of age). All minors, pedaling or not, are required to wear a helmet while riding. Children in trailers or bike carriers do not have to raise the minimum – but we encourage fundraising by all to help Stop Diabetes.

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 vehicle to pick up riders and their bikes, please contact **Jesse Bethune at 323 966 2890 X 7476**.

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 for last minute weather updates.

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, please remember to tell us the name of the rider the donation is to be assigned to.

Mail checks to American Diabetes Association, 611 Wilshire Blvd, Suite 900, Los Angeles, CA 90017. Attn: Julian Dillon. Please do not mail cash. Either turn in cash at packet pick-up or deposit cash in your account and write a check for equal amount to The American Diabetes Association.