

# American Diabetes Association® Tour de Cure® 2014

## Tour de Cure

### STARTING TIMES

#### 100k/120k Route

Check-In 6:00 am

Ride Start 6:15 am

Route Closes 4:00 pm

\*12.5 mph min pace

#### 75k Route

Check-In 7:30 am

Ride Start 8:00 am

Route Closes 4:00 pm

\*9 mph min pace

#### 50k Route

Check-In 8:30 am

Ride Start 9:00 am

Route Closes 2:00 pm

\*6 mph min pace

#### 25k Fun Ride

Check-In 9:30 am

Ride Start 10:00 am

Route Closes 2:00 pm

\*4 mph min pace

### Route maps

[diabetes.org/siliconvalleytourdecure](http://diabetes.org/siliconvalleytourdecure)

Rector Audi



## Final Instructions!

### Silicon Valley Tour de Cure

Sunday, June 8, 2014



Thank you for doing your part to **Stop Diabetes** by registering for the 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! 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.



Bring your Collection Envelope if you have checks, cash and matching gift forms and your Emergency/ Event Waiver form. If you met the minimum within 72 hours prior to the event, please bring a print-out of your donations or download the Tour App to show us the \$225 has been raised.

Participants must have raised the \$225 fundraising minimum to ride in the Tour de Cure.

**Red Riders - Please check in at the Red Rider Tent!**



## Start/Finish Schedule

6:00am	Breakfast begins
10:00am	Booth Faire Open Bike Valet Open Massage Therapists Kids Zone Team Photos Registration Closes
11:00am	Lunch Open Champions Tent Open Entertainment begins
1:00pm	Red Rider Photo
1:30pm	Champions Photo
3:00pm	BBQ Lunch ends
3:30pm	Kids Zone Closes
4:00 pm	Entertainment ends Booth Faire Closes Bike Valet Closes Massages End
6:00pm	Gates Close

## AMERICAN DIABETES ASSOCIATION

111 W St John Street  
Ste 1150

San Jose, CA 95113

Tel: 408.241.1922

Toll-free: 1.888.DIABETES

Fax: 408.295.5451

Web: [www.diabetes.org](http://www.diabetes.org)

## YOUR TOUR DE CURE Executive Committee

### Chair is:

Marshall Case  
Lockheed Martin  
[marshall.case@lmco.com](mailto:marshall.case@lmco.com)

LOCKHEED MARTIN 



i n v e n t Venue Sponsor

### \*Start/Finish - HP Corporate Campus 3000 Hanover Street Palo Alto

**Hwy 280** - Exit Page Mill Road to Palo Alto. Turn Right on Hanover Street.

**Hwy 101** - Exit Embarcadero/Oregon Expressway. Take the Oregon Expressway ramp. Left on Hanover Street.

**\*BBQ lunch line opens at 11:00am and closes at 3:00pm.\*** Lunch is free for riders only. Lunch can be purchased at the ADA World Tent for \$5 per person for spectators. Please bring cash to purchase tickets.



\*Champions are invited to visit the **Champions Tent** after the ride for chilled chocolate milk, apple cider and a dry towel! Pick up your Medal!

## Thanks to our In-Kind Sponsors!



## 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 magnetic signs on their driver and front passenger 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.

**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.

**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.

**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 couple 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. They are staffed by at least one volunteer with transportation, an amateur radio operator and a medical volunteer.

***Your safety is our top priority. Please read all safety information in this guide. Please help us keep the ride safe for everyone by using proper cycling etiquette.***

## BIKE SHOP SPONSORS

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

### Menlo Velo

**PERFORMANCE**  
BICYCLE



**CAPO**



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



### **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 ride by 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](http://diabetes.org/tour) as well as on [bikeleague.org](http://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.

**Along the Route:** Volunteers on motorcycles and in SAG vehicles will patrol our routes looking for riders in need of assistance. If you have stopped along the roadside and need assistance make sure to flag them down. We will have additional SAG vans stationed at rest stops ready for dispatch as needed. Our SAG’s will be clearly marked with Tour de Cure logo and Flags. SAG van volunteers can provide cyclists with water and bring cyclists to the closest rest stop.

**Very Important** - If you have stopped and **DO NOT** need assistance just give them a thumbs-up sign. If you do need support it’s helpful to hold your arms up over your head crossed at the forearm.

•**Directional Signs and Maps:** Tour de Cure directional signs will be placed along the route to help you find your way. Each route has a designated color.

**Rest Stops** are located at intervals along the route. You’ll be able to get fruit, snacks and water. Portolets will be available at ALL Rest Stops! There will be a first aid kit and trained volunteers at our rest stops as well as a blood glucose meter and glucose tabs. If you have diabetes, we encourage you to bring your own meter and supplies.

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## STOP DIABETES

1.800. DIABETES  
[www.stopdiabetes.com](http://www.stopdiabetes.com)

Interested in helping plan the Tour de Cure event? Have some great ideas? Contact Allyson Schloming at [aschloming@diabetes.org](mailto:aschloming@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***

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

Friends and family members are welcome at the post-ride party, though they will need to pay for lunch. Your friends and family can cheer you across the finish line then join you in touring the Booth Fair, taking part in on-site activities, and enjoying the entertainment and Kids Zone sponsored by the Home Depot. .

#### **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 for updates in case of severe thunderstorms that could delay or cancel the routes.

#### **Q? What is the ADA Emergency Number?**

If there is any emergency, please call 911 and call **650.539.TOUR** to alert the ADA of your situation.

#### **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 **\$225** minimum if over the age of 10 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/Matching Gift Forms?**

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 no cash sent in the mail. Send to 111 W St John Street San Jose, CA 95113.** You will also be able to continue fundraising online 30 days after the event is over!

**Q? Where can I locate a receipt?** You can download the fundraising guide in your tour center, and you will find receipts to use for your donors. **What is the ADA Tax ID #: 13-1623888**

**Q? What if I want to change my route?** No worries, you don't need to let us know.

**Q? Does the team need to ride the same route?** No, each team member can pick their own route.

**Q? What city do I select for online matching gifts?** Click on Alexandria, VA