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Welcome to the 2010 Tour de Cure Ship to Shore! Long Beach, May 02, 2010

Thanks for registering! We're preparing a fantastic event for you with great routes, and a big party with food and entertainment at the end. This guide contains lots of information to help you prepare for the Tour and have a great time participating. Your Tour de Cure will be more than just a great day in the saddle. You'll be giving hope to 24 million Americans with diabetes and their families.

Route Description

61 Mile Route: A series of long climbs connected by rolling terrain with a mostly down hill or flat final 15 miles. Route passes through the Long Beach downtown area, the port areas of Los Angeles and Long Beach – *including the Vincent Thomas and Gerald Desmond Bridges* - and the dramatic coastal bluffs and climbs of the Palos Verdes Peninsula. Total climbing is approximately 3800 feet. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%), Anchovy (8%) and the final climb up Palos Verdes Drive East (5%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with a few railroad crossings that deserve caution in the port areas, some uneven pavement at Portuguese Bend on the Palos Verdes Peninsula and a half-mile section of fair pavement on Alameda Street in the LA Harbor district.

32 Mile Route: Features extended gradual climbs and one short steep wall on Anchovy at the turnaround (Can be skipped) with a mostly down hill or flat final 15 miles. Route passes through The Long Beach downtown area, the port areas of Los Angeles and Long Beach – *including the Vincent Thomas and Gerald Desmond Bridges* - and turns back at the dramatic coastal bluffs of the Palos Verdes Peninsula. Total climbing is approximately 1000 feet. Most grades are under 3% with the exception of the harbor bridges (3.5% to 4%) and Anchovy (8%). Riders should exercise extreme caution on the descents. The pavement is almost all excellent with a few railroad crossings that deserve caution in the port areas and a half-mile section of fair pavement on Alameda Street in the LA Harbor district.

10 and 20 Mile Routes: Though accessible to riders with some training, this route is not for beach cruisers or for those uncomfortable with climbs. Each of the harbor bridges are a sizable climb with grades between 3.5 and 4 percent (about 300 feet of climbing total). Route passes through The Long Beach Downtown and the port areas of Los Angeles and Long Beach. The pavement is excellent with the exception of a number of railroad crossings that deserve caution on the way to Ports of Call (finish for the 11 mile route, turnaround point for the 20 mile).

Questions? Contact Us

Julian Dillon
888-DIABETES,
x 7473
jdillon@diabetes.org

**diabetes.org/tour-
shiptoshore**

5200 W. Century Blvd
Suite 480
Los Angeles, CA
90045

TOUR DE CURE STARTING TIMES

61 miles (100K):

Check in opens at 6:00 a.m.
Route departs at 7:00 a.m.
All riders must leave at 7:00 a.m.

32 miles (50K):

Check-in opens at 6:30 a.m.
Route departs at 7:15 a.m.
All riders must leave at 7:15 a.m.

20 miles (32K):

Check-in opens at 6:30 a.m.
Route departs at 7:30 a.m.
All riders must leave at 7:30 a.m.

10 miles(16K):

Check-in opens at 6:30 a.m.
Route departs at 7:30 a.m.
All riders must leave at 7:30 a.m.

8 miles (11K):

Check-in opens at 7:30 a.m.
Route opens at 8:30 a.m.

TOUR DE CURE SCHEDULE

6:00 am Breakfast starts
6:00 am 61M Riders' Registration opens
6:30 am 32M / 20 / 10M Riders' Registration opens
7:00 am 61M riders leave
7:15 am 32M riders leave
7:30 am 20M / 10M riders leave
NO FURTHER ACCESS TO PORT BRIDGES AFTER 7:30 AM
7:30 am 8M Riders' Registration opens
8:30 am 8M riders leave
10:30 pm-1:30 pm Lunch Served
10:30 am Post Ride Party Begins (Music & Entertainment)
11:00 am 8M Route closed
1:30 pm ALL ROUTES CLOSED
1:30 pm Route Sweep

The 20 mile route returns through the inner harbor area. The pavement is mostly excellent with the exception of some additional railroad crossings and a half-mile section on Alameda Street in the harbor district which is fair. **The 11 mile ride is completed by a boat ride back to the Queen Mary** from the Ports O' Call. Boat is scheduled to pick up riders at 9:30am, harbor cruise takes 45 minutes. (If demand exceeds capacity, additional riders will be bussed back to The Queen Mary or are welcome to join the 20 mile riders. Preference will be given to pre-registered riders and those exceeding \$500 in funds raised)

8 mile route: Family route is almost all flat with a baby climb over the Queensway Bridge. Route traces the Long Beach shoreline to Belmont Pier, uses separated bicycle paths with a few street crossings at controlled intersections. This is Ideal for families participating with young children or anyone wanting a flat, easy ride.

Please note: The California Department of Transportation or Homeland Security may require last minute changes to some portions of the route in the port areas. We thank you in advance for your understanding should this occur.

Please visit diabetes.org/tour-shiptoshore for updated information and to view available route maps.

Now that you've signed up, how do you raise \$150 and much more?

HOW TO RAISE \$400 IN ONE WEEK:

1. Start with your own contribution.....\$25
2. Ask three members of your family to contribute \$25 each.....\$75
3. Send an email to your friends asking them to match your donation..... \$75
4. Ask your employer to contribute \$50.....\$50
(and ask about matching funds)
5. Ask five co-workers to contribute \$10 each.....\$50
(or sell Tour de Cure pin-up jerseys at the office)
6. Ask five neighbors to contribute \$10 each.....\$50
7. Ask three businesses you frequent for \$25 each..... \$75
(dry cleaner, hair stylist, doctor, etc.)

Put the Tour de Cure widget on your Facebook page, post a message on LinkedIn, or use your favorite web site to tell friends what you are doing and ask for their support.

Congratulations! You've raised \$400!

START/FINISH LOCATION

The Queen Mary, Long Beach, California.
1126 Queen's Highway, Long Beach, CA 90802

Directions to Queen Mary, Long Beach:

The Queen Mary is located at the south end of the 710 Freeway in Long Beach. Please follow signs from 710 Freeway or from Downtown Long Beach.



WHAT IS A RED RIDER?

A Red Rider is a person who lives with diabetes and showcases the courage it takes to live every day with this difficult disease. All riders who have type 1 or type 2 diabetes are eligible to become a Red Rider and receive special recognition materials. With hundreds of riders who may share a similar story, and hundreds more to support them, being a Red Rider can help with the first step or the millionth—in the fight to live a healthier life!

Red Riders participate in the Tour de Cure, riding on Team Red or being champions for their own corporate or family teams. Those individuals are passionate about changing the future of diabetes for themselves, their families and future generations.

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 other Red Riders Team Red is for you! To join, contact Julian Dillon at 323 966 28909 X 7473.

PARKING

Park at The Queen Mary or as directed by American Diabetes Association®, tour de Cure volunteers. **Carpool is strongly encouraged.**

WHAT TO BRING CHECKLIST

- Any cash or check donations in the Collection Envelope provided
- Completed Emergency Information Form
- Any special food you must have
- A well-tuned bike
- Spare tube, patch kit and tools
- Your helmet. No helmet, no ride!
- Personal ID and insurance cards
- Clothing appropriate for the weather
- Sunscreen & lip balm
- A trained and hydrated body
- A water bottle and another bottle for sports drink
- Any diabetes supplies or medication you are taking

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 has 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."

YOU ARE WHY WE RIDE!

HOW DO I JOIN TEAM RED OR BE RECOGNIZED AS A RED RIDER?

Contact Julian Dillon at 323 966 2890 X 7473 to tell us you want to be recognized as a Red Rider. We will make sure that you receive you recognition on the day of the event, and put you in touch with the captain of Team Red if you want to join that team.

IDEAS TO USE AT YOUR WORKPLACE TO REACH YOUR TEAM GOAL

Host a recruitment day with a Tour de Cure kick off to get more cyclists on your team
Host an internal competition to sell Jersey Pin Ups for \$1 – Last Place buys First Place Lunch!
Make sure everyone uses the Company Matching Gifts forms
Find your Company Red Rider to champion the team
Dress Down Fridays! \$5 to wear jeans and your In Training Shirt, 2009 Tour de Cure T-shirt or a cycling shirt
Ride your Bike to Work Day – Company donates \$5 for each person that rides their bike to work to promote Tour and Physical Fitness
Host a Putt-Putt golf tournament where each floor designs a hole and charge an entry fee! Winner gets the proceeds in his or her individual fundraising total.
Design the Team Jerseys Competition - \$1 to vote for best design by employee for the Team Jersey

Please check diabetes.org/tour-shiptoshore for more information about Training Rides and special offers for Tour de Cure participants.

Tour de Cure is looking for Volunteer Route Marshals!

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

Julian Dillon
888-DIABETES
x 7473

SAFETY INFORMATION

Rider Safety Notice

The Tour de Cure is conducted on open roads with vehicular traffic. Roads include both marked and unmarked hazards. Though we go to great lengths to make the ride as safe as possible, always remember that safety is in your own hands and ride by these 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

VOLUNTEERS NEEDED FOR 2010 TOUR DE CURE!

If you or anyone you know would like to help make sure that the 2010 Tour de Cure is the BEST and SAFEST it can be, please contact Kathy Sanchez 888-DIABETES x 7434 to volunteer for a range of times and activities.

We need people to man rest stops and aid stations, direct parking and traffic flow, assist at the celebration, set up and clean up. Pick your activity and time slot to help out!

If you have any questions about the Tour de Cure, please contact

**Julian Dillon
888-DIABETES,
x 7473**

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

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.

WHAT TO KNOW

1. Each rider must turn in at least \$150 (the fundraising minimum) on or before the day of the Tour in order to participate.
2. All minors (under age 18) must be accompanied by an adult at ALL times. This includes riding in the Support and Gear (SAG) vehicle.
3. Your safety is our top priority. Please read all safety information in this guide as well as the more detailed Group Riding Manual on our Web site: diabetes.org/tour. Please help us make it a safe ride for everyone by using cycling etiquette.

TRAINING RESOURCES

We definitely recommend taking advantage of organized training rides. Don't forget to wear your helmet on all training rides! These rides are designed to cater to varying degrees of ability and are sure to help you prepare for the big day. Numerous training opportunities are available to you in your community through local clubs and the participating Tour de Cure® bike shops. Please look out for details in your Tour de Cure Newsletters and E-mails or contact **Julian Dillon at 323 966 2890 X 7473** for further information

Check out diabetes.org/tour for future training ride information to be posted!

Remember – Cyclists are not allowed on the Vincent Thomas and Gerald Desmond Bridges at any time – except for the limited hours of Tour de Cure. So please do not attempt to cycle across these bridges when training for Tour de Cure or at any other time.

Schedule and routes may be subject to change. Please continue to check Tour web page for updates.

If you need additional information, please call Julian Dillon at 323 966 2890 X 7473 or email Julian at jdillon@diabetes.org

If you have any questions about the Tour de Cure, please contact

Julian Dillon
888-DIABETES,
x 7473

FREQUENTLY ASKED QUESTIONS

This section will answer some of the most frequently asked questions. If you need additional information, please contact **Julian Dillon** at 888-DIABETES, ext. 7473.

Q? How many route lengths are there?

There are 5 routes from which to choose: 61 Miles, 32 Miles, 20 Miles, 10 Miles and 8 Miles.

Q? What is the terrain of the ride like?

Please see a detailed explanation of each route on page 1.

Q? How long will the Vincent Thomas and Gerald Desmond Bridges remain open to Tour de Cure Riders?

The section of our route from the Gerald Desmond Bridge to the Vincent Thomas Bridge is closed to cyclists 365 days a year. Tour de Cure riders will have a limited period to cross these bridges which will allow a pleasant ride – Do not race or engage in any unsafe speeds. Cyclists will be required to leave The Queen Mary Park at the designated start time for their chosen route. Cyclists leaving after their assigned time may be denied access to the port bridges. All cyclists will be required to complete the port bridge crossings by 8:45 am.

Q? When does the finish line and route close?

Aside from the restrictions relating to the Vincent Thomas and Gerald Desmond Bridges - the route and the finish line remain open until all cyclists finish the route. But as late afternoon approaches, one of our SAG vehicles will ask you if you would like to be brought to the finish. Please be aware and plan accordingly that lunch will be served until 1:30pm.

Q? Can friends and spouses participate in the festivities at the Finish Line?

Friends and family members are welcome at the finish line. Keep in mind that only riders and volunteers may go through the food line.

Q? What if it rains?

We ride rain or shine! Pack rain gear just in case and don't let a little cloudy skies stop you in the fight against diabetes!

Q? How many people form a team?

We like a team to be five or more individuals, but you can have a team with two or more people. Teams are not competing for time as this is a fun ride, but rather to share in the experience and help in the fight against diabetes. To thank you for encouraging friends, family and co-workers to participate, we have a variety of thank you gifts and incentives for the team captain, as well as each team member.

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. The minor is also responsible for turning in the \$150 minimum (regardless of age) and is also required to wear a helmet while riding. Children that are riding in bike trailers or in carrier seats are not required to raise the fundraising minimum. Riders under 18 years of age are not advised to ride the Vincent Thomas or Gerald Desmond Bridges. In the interest of rider safety, The American Diabetes Association and local law enforcement reserves the right to redirect riders deemed to be of insufficient cycling ability to complete a crossing of the Gerald Desmond and Vincent Thomas bridges in a timely fashion to alternative routes.