



# American Diabetes Association Tour de Cure 2014 Route Guide

American Diabetes Association  
3400 E Speedway Blvd, #108  
Tucson, Arizona 85716



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## Thank you for registering for the **March 2, 2014** Tucson Tour de Cure!

We are so excited you have decided to help Stop Diabetes<sup>®</sup> by registering for this year's *Tour de Cure*! We promise to give you the ride of your life, and we're gearing up for another exciting event by offering all the extras you can expect from a *Tour de Cure* event including breakfast & lunch, scenic route choices for all types of riders, medical and on-course support, well-stocked rest stops, and a fabulous finish line festival. This guide contains information to help you prepare for this year's *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 Tucson Tour de Cure begins at the Tucson Harley Davidson off I-10 and Ina Road. Our three routes are designed to appeal to all skill levels. **Routes include:**

**10K Ride (6 miles)** Our 10K Ride is accessible to all ages and fitness levels. For those who are recreational cyclists, or simply want to enjoy a nice family-friendly ride, this route is for you.

**50K Ride (31 miles)** Our 50K Ride features a moderate challenge while being safe and scenic, offering a blend of residential neighborhoods and desert landscape. Several well placed rest stops and plenty of route support makes this ride a great choice for the intermediate cyclist.

**100K Ride (62 miles)** Our 100K Metric Century is best suited for the experienced cyclist. Over 62 miles on some of Tucson's best roads guarantee an unforgettable experience.

For more information please contact: Briana Biondo at 520.795.3711 ext. 7112 or [bbiondo@diabetes.org](mailto:bbiondo@diabetes.org).





## Location, Directions, Parking, Schedule....

### Location

Tucson Harley Davidson  
7355 I-10 Frontage Rd  
Tucson, AZ 85743



### Directions & Parking Details

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). 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.

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

### Tour de Cure Start Times

#### 100K Route

Check-In 6:45 am  
Ride Start 7:30 am  
Route Markings will be  
**COLOR: PINK**

#### 50K Route

Check-In 7:45 am  
Ride Start 8:30 am  
Route Markings will be  
**COLOR: GREEN**

#### 10K Route

Check-In 8:45 am  
Ride Start 9:30 am  
Route Markings will be  
**COLOR: BLUE**

### WHAT TO EXPECT AT THE TOUR DE CURE

**Coffee and Breakfast**

**Catered Lunch**

**Live Entertainment**

**Vendor Village**

**Maybe a surprise or two, sponsored by:**



### Event Lodging

Enjoy the Tour de Cure even more by staying in a hotel near the start site the night before the big event! Here are a few hotels next to the Harley Dealership:

1. Red Roof Inn-Tucson North: 4940 W Ina Rd, (520) 744-8199
2. Best Western Plus: 4930 W Ina Rd, (520) 579-7202



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

### **Local Fundraising Information & Tips**

The fundraising minimum for the Tucson 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 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!

### **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**

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 Jersey to wear proudly. In addition, the Top 10 Individual Fundraisers will be featured in the 2015 Tucson Tour de Cure Brochure.

#### **■ Top Team Recognition & Incentives**

Any team that raises \$2,500 or more receives a private Top Team tent at the Tour de Cure. In addition, the top 10 teams will be featured in the 2015 Tucson Tour de Cure Brochure.

### **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**

Looking for a new way to raise funds? Consider using our Facebook app! 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 with our iPhone and Android apps that 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.)*

### Red Rider Hero Spotlight: Kent Loganbill

"I have lived in Tucson all my life. I started riding bikes as an 8 year old with Type I diabetes and learned that exercise is crucial in keeping my blood sugars in control and the insulin working well. I am now 49, with no complications, and enjoy riding and competing on a bicycle. My accomplishments include: Platinum level rider since 2008; speaker at "Taking Control of Your Diabetes" conference in 2013; 2010 Whiskey Off-Road Men's Masters 25 mile- 3<sup>rd</sup> place; 2009 Tour of the White Mountains Men's Masters 35 mile- 2<sup>nd</sup> place."



### How Do I Get Recognized as a Red Rider?

Contact your local ADA staff person 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 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** Top Fundraisers Club is our way of thanking our most outstanding fundraisers who raise \$1,000 or more. **Champions to Stop Diabetes** raising \$2,600 or more qualify to receive a special Champions Jersey and Medal as well as special recognition at the event.



### WHAT IS TEAM RED?

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!

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



### For more TEAM RED information contact:

**Briana Biondo**  
Tel: 520-795-3711 x 7112  
Email: BBiondo@diabetes.org



## 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. 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 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.
- 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.

## Training Resources

We want to help you prepare for the ride of your life! We will be offering a variety of group training rides and informational events to make sure you have all the knowledge and skills for a safe and enjoyable ride. For more information, please visit [www.diabetes.org/tucsontour](http://www.diabetes.org/tucsontour) or or call us at 520.795.3711 x 7112.

## 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 the Tour de Cure Coordinator at 520.795.3711 x7112 or [BBiondo@diabetes.org](mailto:BBiondo@diabetes.org).

## BIKE SHOP SPONSORS

Please visit our Bike Shop Sponsor for more info about special offers for Tour de Cure participants:

- Performance Bicycle

## 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:

**Briana Biondo**  
Tel: 520-795-3711 x 7112  
Email: [BBiondo@diabetes.org](mailto:BBiondo@diabetes.org)





## ***Frequently Asked Questions....***

### **AMERICAN DIABETES ASSOCIATION**

**3400 E Speedway Blvd  
Suite 108**

**Tucson, AZ 85716**

Tel: 520-795-3711 x7112

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



**STOP DIABETES**

1.800.DIABETES

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

### **TOUR DE CURE Planning Committee**

Interested in helping plan the Tour de Cure event? Have some great ideas? Contact your Tour de Cure Manager Briana Biondo at 520.795.3711 x 7112 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 520-795-3711 x7112 or [bbiondo@diabetes.org](mailto:bbiondo@diabetes.org).

#### **Q? What is the terrain of the ride like?**

The 10K route is mostly flat, the 50K and 100K routes are also mostly flat with the exception of a few moderate elevation changes.:

#### **Q? How many route lengths are there?**

There are 3 routes to choose from: 100K, 50K, 10K.

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

Friends and family members are welcome at the post-ride party. Your friends and family can cheer you across the finish line then join you in touring Vendor Village and enjoying the exciting entertainment. Note: Food and beverage is available for purchase for event spectators (please check website or call the office for updates on price).

#### **Q? Can I bring my own personal SAG?**

Personal SAGs are not permitted on the route. However, if you have someone in mind who can 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 520-795-3711 for updates in case of severe thunderstorms that could delay or cancel the routes.

#### **Q? When does the finish line and route close?**

The finish line and route will close at 1:00pm.

#### **Q? How many people can 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, 3400 E Speedway Blvd, #108, Tucson, AZ 85716.