

American Diabetes Association® **Tour de Cure®**

TULSA Tour de Cure Frequently Asked Questions

Q. WHERE DO I PARK AT START LINE?

A. There is plenty of parking at Hillcrest Hospital South. Signs will direct you to the north side of the medical buildings. Park wherever convenient.

Q. WHAT ARE THE START TIMES & CHECK IN

Route Distances	75 Mile	50 Mile	25 Mile	10 Mile
Check- In	7:00 AM	7:00 AM	8:00 AM	8:00 AM
Start Time	7:30 AM	7:30 AM	8:30 AM	9:00 AM

The ADA staggers the start times for safety and so that the majority of riders will return around the same time for lunch and post-ride party.

Q. CAN I CHANGE THE ROUTE THAT I DECIDE TO RIDE FROM WHAT I ORIGINALLY REGISTERED TO RIDE?

A. Yes. Simply come to the check in of the ride you want to ride day of event.

Q. CAN I START EARLY?

A. We ask that you please follow the start times for the routes as planned and not ride early. If you create your own start, we cannot assure you that rest stop volunteers will be in place and ready to support you.

Q. IS THERE CHECK IN MIDWEEK OR EARLY PACKET PICKUP?

A. Yes, we will have an **early turn-in on Thursday, May 30th, from 3pm-7pm. Early turn-in will be at Tom's Bicycles, 6861 S. Peoria Avenue.** Just a reminder that every rider must turn in \$150.00 minimum in pledges at early turn-in or at registration on the morning of event.

Q. DO I HAVE TO CHECK IN IF I'M ALREADY REGISTERED AND RAISED THE MINIMUM?

A. If you have turned in your minimum at early turn-in and have no additional funds to turn-in at event; and, if you have turned in your signed waiver; and, if you have received your official bib, you are set to ride and don't need to check-in.

Q. WHEN DOES ONLINE REGISTRATION CLOSE?

A. Online registration closes on Wednesday night. If you have friends still planning to ride, please have them register by Wednesday night. Thursday through Saturday, they will be a walk-up registration.

Q. HOW DO I MAKE A DONATION ONLINE?

A. Please go or send friends to www.diabetes.org/tour, click find a Tour, click on TULSA and click on DONATE > DONATE TO RIDER > Type name. Or login to your Tour Center in the upper right corner of the TULSA Tour page.

Q. WHAT IF I'M STILL WAITING ON DONATIONS AFTER TOUR?

A. Donations can be made to you online for 30 days after Tour. While registration closes so we can run check in reports, your friends and family can make online donations to you for 30 days after Tour. Keep trying to reach your goal or thank you gift levels for a month!

Q. HOW MUCH IS IT TO RIDE IN TOUR?

A. The online registration fee is \$25. ALL riders must raise or donate the \$150 minimum, in addition to the registration fee, to ride in Tour.

Q. WHAT IF I'M A RED RIDER?

A. Red Riders are our event VIPs! Check-in at registration then you will be directed to the Red Rider Tent where you can learn about perks and receive your Red Rider jersey and gift bag!

Q. DO I HAVE ACCESS TO A MECHANIC DURING THE RIDE?

A. All SAG vehicles will have supplies courtesy of Lee's Trek cycle shop & Tom's Bicycles. There will not be a bike mechanic in the SAG vehicle.

Q. HOW FAR APART ARE THE REST STOPS?

A. The ADA has rest stops every 10 to 15 miles on every course.

Q. WHERE DO I GET MY TSHIRT?

A. You will receive your t-shirt at registration.

Q. DO I HAVE TO WEAR A HELMET?

A. ALL riders must wear a helmet and follow all traffic laws.

Q. DO YOU ALLOW BIKE TRAILERS FOR YOUNG KIDS?

A. The child in the trailer does not have to be registered, although we will need a completed waiver and have a bib number assigned. Also, he or she must wear a helmet.

Q. WILL YOU HAVE ROUTE MAPS OR CUE SHEETS FOR RIDERS?

A. Yes. Both will be available at the Registration.

Q. IS THERE ANYTHING FOR FRIENDS AND FAMILY TO DO AT THE FINISH IF THEY WANT TO WAIT TO CHEER ME THROUGH?

A. Absolutely! We have live music and entertainment interspersed with a rocking DJ from 8am – 4pm Along with kids' activities. RIB CRIB will be on hand starting at 11am with complimentary lunch for EVERYONE~ It will be a total celebration all through the finish.

**FOR ANY ADDITIONAL INFORMATION, GO TO
DIABETES.ORG/TULSATOUR**

**THANK YOU FOR HELPING US STOP DIABETES
AND GROW THE TULSA TOUR DE CURE!**