



Participant Guide

Take the first steps to joining your community and thousands of riders across the country as they “Take the ride of their lives” now!

The American Diabetes Association (ADA) is pleased to welcome the **Wal-Mart/Sam’s Club** National Team in the Tour de Cure this fall. Here’s how to get started.

🌸 Tour de Cure Facts and Talking Points

Review these facts and talking points. This attached sheet will assist you when speaking with your fellow associates and help you to better understand the relationship between **Wal-Mart/Sam’s Club** and the ADA.

🌸 Steps for Success:

1. Contact your local ADA by calling 1-888-DIABETES and identify the Tour de Cure event(s) in your area, or visit the link on the WIRE, under Volunteerism Central and click on the “Step Out” logo to find your team.

*If there isn’t a team for your **Wal-Mart/Sam’s Club**, consider being a Team Captain yourself. As a Team Captain you will lead efforts to recruit team members, create excitement and motivate fund raising efforts. *For more information about being a Team Captain, see the Team Captain Guide.*

- Scroll down to locate the Tour de Cure event you wish to participate in and click on the link to go to the local tour page.
- Choose the **Wal-Mart/Sam’s Club** team you wish to join to begin your registration process.
- Enter your personal information and pay the registration fee to get started. You’ll receive a welcome rider packet full of information and easy steps on how to seek donations and reach your fund-raising goal. Raise \$150* to participate and receive your commemorative Tour de Cure t-shirt on the day of the event. (*Fund raising minimums vary by event—check the Web site for details).

2. Brainstorm with your Team Captain and develop a fund raising strategy for your team! Remember, the company has set a goal of \$2500 per team.

3. Refer to the **Wal-Mart/Sam’s Club** Fact Sheet for more information on Event VAP and Community Grants.

We’re excited to have you as part of the **Wal-Mart/Sam’s Club** National Team and look forward to supporting you every mile of the way. Contact your local ADA by calling 1-888-DIABETES for additional resources and support.