

Memorial Health
University Physicians

presents

 **American Diabetes Association®**
Tour de Cure® 2009

Route Guide

2009 Tour de Cure – Savannah, GA
Saturday, October 17th 2009

Suzanne Willis, Associate Manager
American Diabetes Association
5105 Paulsen Street Ste C-236
Savannah, GA 31405

912-353-8110 or 888-DIABETES x3093

SuWillis@diabetes.org or www.diabetes.org/Savannah

Special thanks to our incredible local 2009 sponsors for making this event possible!



Savannah Morning News



888-DIABETES

www.diabetes.org/Savannah

Route Highlights:

Presented by Memorial Health University Physicians, the inaugural Tour de Cure in Savannah, Georgia, features a SCENIC and SAFE experience for cyclists of all abilities. Cyclists can choose a 10-mile, 20-mile or 40-mile routes featuring the finest scenery Coastal Georgia has to offer.

The majority of the ride will take place inside The Landings, located approximately 12 miles from Historic Savannah, Georgia's First City. Founded in 1733, Savannah is the oldest planned city in America and boasts 21 green squares, fabulous historic homes, mansions and gardens, and a vibrant culture.

The Landings, named by the Urban Land Institute as one of the nation's best master-planned communities, is a 6500-acre exclusive gated neighborhood on Skidaway Island, an interior barrier island of tidal estuaries, salt marshes, salt flats, tidal rivers and mature maritime forests. The Landings has 6 golf courses, 34 tennis courts, 40 miles of biking and walking trails, 4 pools and two marinas.

Renowned for spectacular natural beauty, The Landings has ancient Live Oaks draped in Spanish Moss and tropical foliage, beautiful lagoons teeming with wildlife and paths that run alongside The Skidaway River, Intracoastal Waterway and the Atlantic Ocean.

The Landings took the National Title in Audobon International's North American Birdwatching Open. In addition to stunning scenery, cyclists will experience rookeries full of birds along the various routes. If riders are lucky, they may spy an alligator sunning on the banks of one of the 142 freshwater lagoons that dot The Landings. Part of the route will pass an old cemetery of tabby ruins, adding a touch of history to the panoramic marsh views.

Two of the rest stops will be at either end of Skidaway Island, at Delegal Marina and Priest's Landing Marina, site of the 1996 Centennial Olympic Sailing venue. These beautiful marina rest stops, as well as the other rest stops, will be themed and lavishly stocked with drinks, fruit and power bars.

Riders will be supported with fully-equipped SAG vehicles, in keeping with the high-service nature of the Savannah Tour de Cure.

The Tour is supported by the area's finest bike shops: Quality Bike and Star Bike.

Following the ride, kayakers and walkers will join you at the Sunsplash Outdoor Fitness Festival on the grounds of the Skidaway Island Marine Extension Aquarium and world-renowned Skidaway Institute of Oceanography, next to the beautiful Skidaway River. The Festival will feature three bands, a fabulous spread of food provided by Tubby's Tank House, children's activities, health and fitness vendors and free health screenings.

The Tour's official Host Hotel, The Hyatt Regency Savannah, is located on historic Riverstreet, an area renowned for restaurants, bars and good shopping. The hotel overlooks the Savannah River, where guests can enjoy the activity of a real working port; container ships and tugboats going about the business of commerce. A special rate of \$189 single/double for Tour participants is available by calling (800) 233-1234 and indentifying themselves with the Tour de Cure. Reservations must be made by 9/17/09 to guarantee the above rate.

Lodging is available at many other hotels, motels and bed & breakfasts. Camping and RV parking is also available at the Skidaway Island State Park, roughly five miles from the event start / finish location.

Savannah Tour de Cure 2009's required fundraising minimum is \$150 (non-refundable, non-transferable and does not include registration). Riders have 4 weeks post-event to raise funds but must guarantee fundraising minimum by personal check or credit card on October 17, 2009 to receive a bib and wristband.

The American Diabetes Association's mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The Routes

40 miles:

Check-in opens at 6:30AM
Route opens at 7:30AM
Route closes at 2:00PM

20 miles:

Check-in opens at 6:30AM
Route opens at 7:45AM
Route closes at 2:00PM

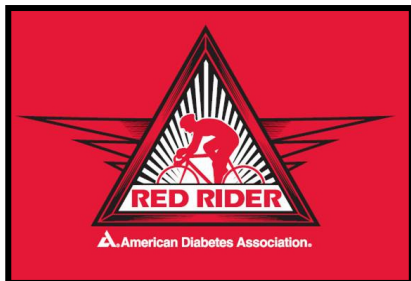
10 miles:

Check-in opens at 6:30AM
Route opens at 8:00AM
Route closes at 2:00PM

Start / Finish Locations for ALL ROUTES:

UGA Marine Extension Service Aquarium
30 Ocean Science Circle
Savannah, GA 31411
www.marex.uga.edu

Lots of parking available!



Are you a Red Rider?

Join the Team Red Riders this year to show the world you THRIVE with diabetes!

If you have type 1, type 2 or gestational diabetes you are eligible to become a Red Rider. It doesn't matter if you are on a team or an individual – YOU ARE OUR INSPIRATION!

The purpose of the Red Riders is to support everyone who lives with diabetes and showcase the courage it takes to live every day with this difficult disease. Be recognized as a Red Rider on the day of the event and receive FREE recognition gifts including a Red Rider jersey and t-shirt.

The Schedule

Saturday, October 17, 2009

6:30AM	Light breakfast & DJ Tour de Cure registration opens
7:30AM 7:45AM 8:00AM	40-mile riders leave 20-mile riders leave 10-mile riders leave
9AM	Health & Fitness Festival and all children's activities open Entertainment by Roll on Rodney band Light breakfast & <i>Step Out: Walk to Fight Diabetes</i> and <i>Kayak for a Cure</i> registration opens
10:00AM	<i>Step Out: Walk to Fight Diabetes & Kayak for a Cure</i> participants leave
11AM	Lunch hosted by Tubby's Tank House Entertainment by Call the Cops! band
12:00PM	All top individual fundraisers & teams recognized
12:30PM	Entertainment by Reggae band
2:00PM	All routes close – final route sweep



Accommodations

Special Note: All rooms must be reserved by 9/17/09 to guarantee group rates.

Saturday, October 17, 2009:

Hyatt Regency Savannah- HOST HOTEL

www.hyatt.com

2 W. Bay St., Savannah, GA 31401

(912) 238-1234 or 800-233-1235

Rooms start at \$189.00 – mention Tour de Cure

Hampton Inn

www.hamptoninn.com

201 Stephenson Ave., Savannah, GA 31401

(912) 355-4100 - ask for Johnana

Rooms start at \$169.00

The Mulberry Inn

www.savannahhotel.com

601 E. Bay St., Savannah, GA 31401

(912) 238-1200

Rooms start at \$195.00

Springhill Suites (Marriott)

www.springhillsavannah.com

150 Montgomery St., Savannah, GA 31401

(912) 629-5300 - ask for Charlie Brown

Rooms start at \$139.00

Courtyard

www.courtyard.com

415 W. Liberty St. Savannah, GA 31401

(912) 790-8287

Rooms start at \$159.00



888-DIABETES

Frequently Asked Questions

If you need information, please contact Suzanne Willis at 912-353-8110 x3093, 888-DIABETES x3093 or suwillis@diabetes.org.

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

Friends and family members are welcome at the finish line to cheer you in! Food is provided for riders but friends & family wristbands are available for purchase for an adult cost of \$10 each. Children under 5 will not be charged.

Q? May I bring my own personal SAG?

Personal SAGs are not permitted on the route. However, if your friend would like to drive a SAG available to all riders, please contact Suzanne Willis.

Q? What if it rains?

We ride rain or shine! The route will be closed in severe weather but Savannah's Tour de Cure does not offer an alternate date. Pack rain gear just in case and don't let cloudy skies stop you as we fight diabetes!

Q? How many people form a team?

Teams are usually five or more individuals, but you may have a team with as few as two or 100 riders!

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. Each rider on their own bicycle is responsible for the \$150 minimum (regardless of age) and is also required to wear a helmet while riding. Infant or toddlers who ride in seats/trailers attached to their parents' bicycles are exempt from the fundraising minimum.

Training Resources

Participants need to bring their own helmet, bike and any other equipment needed to complete the ride.

**Saturday, August 22nd or
September 26th at 8am**

Gallery Espresso (234 Bull Street – Savannah)

www.diabetes.org/Savannah