



J&J / LifeScan Tour de Cure (TdC) Frequently Asked Questions (FAQs)

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A. General TDC questions

1. Who can ride on Team J&J?

- Everyone is welcome to join Team J&J (employees, friends, family, neighbors, customers, suppliers, etc.).

2. What does it cost to join?

- Registration is FREE for J&J employees (including friends/family/neighbors) – just follow the instructions within this document.

3. How do I register for the Tour de Cure as part of a J&J team?

- Please follow the instructions within this document to either **CREATE** or **JOIN** a J&J team (please follow these instructions step by step in order to receive FREE registration).

4. How do I find out about the different TdC rides across the country?

- See listing of the events by state as well as by date within this document.
- You can also visit the ADA website for other rides in your area:
http://tour.diabetes.org/site/PageServer?pagename=TC_homepage
- There are many J&J teams already established in many areas, however, if there are not established in your area, you can create your own J&J team per the instructions within this document.

5. What is the minimum (dictated by the ADA) that I have to raise to participate in the event?

- It varies by event but ranges between \$150 to \$225.
- See your local TdC page for specific information.

6. How can I get a J&J jersey?

- If you do not have a jersey from a previous year, you need to raise at least \$250 to qualify for a J&J bike jersey.
- If you already have a jersey from a previous year and would like another, you need to raise at least \$350 to receive an additional jersey.
- If you don't meet these requirements and would still like a jersey, work with your team captain for other possibilities.
- Teams with greater than 25 qualified riders will need to purchase their own jerseys directly from our vendor, Peak1.

7. Do I have to be really fit to ride?

- No – anyone can ride! There are many different ride lengths to accommodate different riding abilities.
- If you're interested in a training program to get you ready for your ride, contact Cori Evans, one of the LifeScan Milpitas Wellness professionals: cevans4@its.jnj.com for further information.

8. If I am not available to ride on the date for my local event, can I still participate?

- Yes! The main goal is to raise funds for the ADA to allow them to educate folks with diabetes. You can do this in a variety of ways: simply designate a hike/walk/ride/workout as your Tour de Cure. You would still register per the instructions within this document and raise money just like you were going to ride on the day of the event. Please contact Lindsey McCartney at the Milpitas Wellness center for information on riding your own tour.

9. If I have still questions, whom can I contact?

- Sandi Hassett (shassett@itsus.jnj.com or 408.821.0999)

B. Silicon Valley TDC questions

1. When is the Silicon Valley Tour de Cure?

- Sunday, 10 June 2012

2. Where is the Silicon Valley Tour de Cure?

- It starts at the Lockheed Martin, 3160 Porter Drive, Palo Alto, CA 94304



3. **What are the approximate ride lengths available for this year's Silicon Valley Tour de Cure?**
 - 25k (15.5 miles), 50k (31 miles), 75k (46.6 miles), 120k (74.5 miles)
4. **What is the minimum (dictated by the ADA) that I have to raise to participate in the event?**
 - For Silicon Valley the minimum is \$200 (for people over 13 years old), this amount may vary for other rides
5. **If I don't have a bike, is there a recommended shop where I could rent one for the Silicon Valley Tour de Cure?**
 - Yes! Raleigh America will be renting 20 to 25 bikes for the tour. If that's not convenient we recommend going to a local bike store near you.

C. Online Fundraising

1. **What is a Personal Page?**
 - A personal page is an online promotional tool for your use when asking your friends and family to join your team or sponsor you by making a donation. Once you sign up for an event online, by default, you will have a personal page created for you. You have the option of personalizing this page by going to your participant center. You will be able to customize images, text and the style/color layout of the page.
2. **By default I have a personal page, do I have to change it?**
 - Once you sign up for an event online, by default, you will have a personal page created for you. A compelling personal page attracts and engages supporters. While you can spread the word using customized e-mail solicitations, your personal campaign page can be your own creative expression of your commitment to the cause. Customize your page by selecting the layout and style that work best for you. Utilize the elements of text, photo and status indicators to their fullest advantage.
3. **How do I change my personal fund raising goal?**
 - First, you will need to login to your tour center. On the bottom right side of the participant center home page is the location to modify your personal fund raising goal. Enter your new goal and submit the changes.
4. **How do I change my team name, team division, team goal, and team page content?**
 - Only the team captain has the ability to change the team name or team division. The team captain will need to login to his/her participant center and click the "My Team Progress" button on the top right. On the Team Progress Page, team captains will have the ability to update the team name, division, goal and the team photo and text.
5. **How can I see who has donated to me?**
 - Login to the site using your Username and Password. Go to your Participant Center and click the "my progress" tab; this will allow you to view your donor list and any amounts donated.
6. **How can I see who is on my team?**
 - Login to the site using your Username and Password. Go to your Participant Center and click the "team progress" tab; this will allow you to view your team roster and the amounts raised by each team member.
7. **What is a team message?**
 - Simply go to your Participant Center and click the "Update Message to Team" button. This will allow you to make all necessary changes to your team message.
8. **What is the difference between making my personal page private or public?**
 - By default, a personal page is **Public**, meaning your name will appear in the participant search list, and anyone accessing the site will be able to support you. Setting your personal page to **Private** means your name will not appear in the participant search list, and only people you personally invite will be able to