



Tour de Cure
American Diabetes Association®

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**JOIN THE CELEBRATION TO HELP STOP DIABETES
AT THE ANNUAL TOUR DE CURE**

The American Diabetes Association is challenging individuals to Take the Ride of Your Life and take part in the 8th Annual Tour de Cure, Saturday, March 19, 2016, Casino Beach on beautiful Pensacola Beach, FL. Visit www.diabetes.org/gulfcoasttour or contact Lynne Cranford at 850-492-6100 X3131 lcranford@diabetes.org

The Gulf Coast Tour has a ride for everyone and is one of the most scenic and breathtaking routes along Northwest Florida, showcasing the splendor of the beautiful beaches of Northwest Florida. Tour de Cure offers cyclists the opportunity to experience the beauty of the Pensacola and Navarre Beaches, whether you are a seasonal cyclist or just enjoy a leisurely ride for a good cause; we have a route that is perfect for you. The four course options are available for everyone from novice to experienced cyclists including a 18-mile, as well as 36- and 62-mile rides. Riders will ride along the beautiful beaches of Pensacola and Navarre. Each course is supported from start to finish with full-service, SAG Vehicles, rest stops stocked with energy snacks, hydration and restrooms, mechanical support and medical teams. At the finish line riders will be welcomed with cheering volunteers, a post-race lunch, music, massages, fun and much more.

Red Riders Do You Have Diabetes? You Are A Red Rider!

If you have type 1 or type 2 diabetes we want to celebrate you as a Red Rider at the Tour de Cure. Whether you ride as an individual or on a team, Red Riders are our heroes, representing the drive to Stop Diabetes. Red Riders are recognized at the event start lines, raising awareness of the American Diabetes Association mission by proudly wearing a Red Rider Jersey. GO RED RIDER

Start a Chain Reaction Register Yourself - Ask a Friend - Start a Team - Stop Diabetes

Riding with friends, family or colleagues is a great way to build a sense of community and Stop Diabetes together. Cycling is a great team building activity for your company, so get your coworkers involved by starting a corporate team. Individuals and teams composed of co-workers, family and friends are taking the ride of their life by helping raise funds to change the future of diabetes.

The Tour is a ride, not a race. Whether you are an occasional rider or an experienced cyclist, there is a route just for you. So take the Ride of Your Life and sign up today!

“The Tour de Cure is more than just a bike ride it is a celebration of hope and a chance to raise critical funds to help Stop Diabetes. Every mile you ride and every dollar you raise brings us that much closer to stopping this disease that affects over 84,000 people in our community,” said Lynne Cranford, American Diabetes Association’s Northwest Florida/South Alabama. “With diabetes growing at near-epidemic proportions, the need for funds has never been greater.” Lynne added.

The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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