



Tour de Cure: North Carolina Day of Event

As we gear up for the 2024 Tour de Cure: North Carolina ride, we have prepared important details you need to know for the day of the event and to help you prepare. Please review the entire document to make sure you have the best day-of experience possible.

Before you hop on your bike, important notes for Saturday, May 18th:

1. **Helmet:** You must have a helmet to ride. No exceptions.
2. **Fundraising Minimum:** Make sure you have met the \$250 fundraising minimum. If you plan to bring additional donations or make a personal gift the morning of the ride, we will have a credit card system on site and collection envelopes on the information table.
3. **Tour Emergency Phone Number:** Save the Tour Emergency Phone Number in your cell phone – **984-318-1669**. Should you need help during the ride, call this number.
4. **Route Maps/GPS Links:** Download your Route Map/Ride with GPS file. Links are below.
5. **Directions and Parking:** Review the Directions and Parking details below.
6. **Weather:** It's too soon to guess, but we are hoping to have gorgeous weather. We ride rain or shine, so don't let any clouds or rain cast a shadow over this day of celebration! If severe weather is predicted, event information will be updated online at www.diabetes.org/nctour on the **North Carolina Event Details page**.
7. **Start/End Times:** Know your start & end times:

Route Length	Check-In Time	Start Time	End Time
101-mile	6:30 AM	7:30 AM	4:00 PM
63-mile	6:30 AM	8:00 AM	4:00 PM
25-mile	7:30 AM	8:30 AM	12:00 PM
15-mile	7:30 AM	9:30 AM	1:00 PM

8. **There is a party at the end** – don't just drive away, come celebrate with us! All post-ride activities start at 11:30 AM.

Directions & Parking:

Click [HERE](#) for directions to Bicentennial Park. Please follow all signs and the instructions of your parking directors to ensure everyone's safety.

Arrival and Check-In:

There is a **\$10 registration fee** and you must have raised the **\$250 fundraising minimum** to participate in the Tour de Cure. Please enter your donations online or bring credit/check/cash on the day of the event. Pay attention to your arrival time for your chosen route distance. We want to ensure you have enough time before the ride to check in. When you arrive at the Tour site, you will head to the **Registration Tent** to turn in any additional offline donations you have received.

No Early Packet Pick-Up: There is only **Check-In Registration on day of event**. Please be advised that if you registered online, your emergency waiver form was completed before finalizing your registration. Individuals who register on-site will be required to complete the paper emergency waiver form.

We are excited that **RaceCo** will be on-site at Tour de Cure this year to offer a streamlined process for check-in. The Registration Tent will be open from 6:30 AM – 7:30 AM on Saturday, and all participant check-ins will only occur the day of the event. Thanks for your understanding and support as we continue to manage in-person events with limited staff.

What will you receive at the Tour de Cure Registration Tent?:

- **Your rider bib:** The bibs are chipped, but not for timing. They will register in the system when you start and end the ride at the start/finish line (the inflatable arch)
- **A wristband** (with the **emergency phone #**)
- **A helmet sticker**
- **Your 2024 Tour de Cure: North Carolina event t-shirt (must reach \$250 fundraising minimum)**
- **Red Riders** will receive a **Red Rider jersey (must reach \$250 fundraising minimum)**

Registration Information Table:

At the Registration Information table, you will find safety pins, route maps, and volunteers ready to answer your questions.

Route Maps & Ride with GPS:

Download the Ride with GPS app and use the **FREE** voice navigation for the ride. You can also download the ride maps [HERE](#).

Printed route maps will be available at the registration area. Please pick up a route map before you ride out.

Ride with GPS Route Maps and Route Colors –

- 101 Mile Route = **yellow**
- 63 Mile Route = **red**
- 25 Mile Route = **green**
- 15 Mile Route = **blue**

If you would like to change your route, please do so at the Registration/Check-In Tent on the morning of the ride.

Checklist/What to bring:

- Helmet: Helmets must be worn by all cyclists – **NO EXCEPTIONS!**
- Your favorite cycling outfit, team jersey, or Tour de Cure shirt
- Two full water bottles/reservoirs
- Medical insurance card
- Medical ID Tag or Bracelet (if applicable)
- Spare tube, patch kit, and tire tools
- Favorite energy bar/gel - If there is a particular food that you must have or something you have been eating during training, please bring this with you.
- Sunscreen, lip balm, sunglasses, bug spray, pain relievers, Vaseline, vitamins, and any medication you are taking. We will have readily available grab-and-go items at the rest stops.
- Rain gear – we ride rain or shine!
- Driver's license
- Extra cash

Living Red Participants:

A **Living Red Participant** is a person who lives with diabetes and showcases the courage it takes to live every day with this challenging disease. All riders who have type 1 or type 2 diabetes and have met the \$250 fundraising minimum are eligible to receive a Red Rider Jersey (*please let us know if at the time of your registration, you did not mark yourself as a Red Rider and we will update our records*).

With hundreds of participants who may share a similar story, and hundreds more to support them, Living Red can help with the first step or the millionth – in the fight to live a healthier life!

Food:

A continental breakfast will be provided by **THE TABLE**. Lunch will feature delicious options from **Taco Bros Food Truck** and the local taste of **Blake's Half Baked**.

Finish Line Festivities:

Here are a few things you can expect after your ride:

- **Champions Tent** with a Massage Therapist, special beverages, and snacks
- **Living Red Tent** with special beverages, snacks, and Red Rider Jerseys
- **Beer**, provided by Four Saints Brewing Company
- **Coffee**, by THE TABLE
- **Post-Ride meal**, provided by Taco Bros Food Truck and Blake's Half Baked
- **Rider + Team Photos Ops**
- **Wellness Village**
- **Music**
- and **more!**

Along the Course:

Route Support: The **SAG Vehicles (Support and Gear)** will be offering support to the Tour riders on every route and will be marked with a **bright green sign** or a **bright orange route flag**.

If you have stopped along the roadside and need assistance, make sure to flag them down. They can provide cyclists with roadside assistance and have the capability to call for medical or emergency assistance anywhere along the route.

Very important – If you have stopped and DO NOT need assistance, please give them a 'thumbs up' to prevent them from having to stop when it is not necessary. Minors must be accompanied by an adult in the SAG vehicle.

Bike Route Marshals:

Our official Bike Route Marshals will be wearing “**ROUTE MARSHAL**” bibs as they ride the routes to ensure riders are following the “rules of the road.” They are also there to help you if you need anything!

Course Closing: The routes will close at the following times:

Route Length	Time Close
101-Mile	4:00 PM
63-Mile	4:00 PM
25-Mile	12:00 PM
15-Mile	1:00 PM

There is no support after the close time. Please ensure you have trained to be able to finish your route in time. As late afternoon approaches, one of our SAG vehicles will ask you if you would like to be brought to the finish.

Rest Stops:

There are eight (8) rest stops conveniently located at regular intervals along the route. You'll be able to take a rest, get fruit and/or a snack, sip on Gatorade/LMNT, and refill your water bottles. Port-o-Potties/Restroom facilities will be available at ALL Rest Stops!

Fundraising Deadline:

The fundraising deadline to qualify for your 2024 Tour de Cure Recognition Prize is Tuesday, June 18th.

FAQ:

Have questions? Click [HERE](#) for our FAQ.

Volunteer:

We are looking for volunteers who enjoy making an impact in the community and the lives of people living with diabetes. We celebrate the power of everyone to make a profound impact with their time and talents!

For more information on Tour de Cure Volunteer opportunities, contact Tour Volunteer Coordinator Marianne Collins at mcollins@diabetes.org or 703-299-5538.

This event would not be possible without volunteers. If you are interested in joining the volunteer committee and helping plan the event, please reach out to the local staff to learn more.

Contact Us:

2024 Tour de Cure: North Carolina

Event Contact: Katie-Rose Crater

Event Contact's Phone: (703) 299-5539 *(we are local, but our phone server is not)*

Event Contact's Email: kcrater@diabetes.org