



# TOUR<sup>®</sup> de CURE<sup>®</sup>

American Diabetes Association.



## March 24, 2024 63 mile ride

**Event Support Phone Numbers:**



(321) 291-8989 or (321) 426-1296

**Free Turn-by-Turn Navigation:**

1. Install RideWithGPS app on phone
2. Open app, click on "More", "Open Shortcut" and enter "TDC2024" or scan:



- Obey all traffic laws
- You must wear a helmet
- Ride single file on busy roads
- Don't ride more than two abreast (illegal)
- No earphones or ear buds (illegal)
- No cellphone use while riding
- No hands-free riding (illegal)

U-turn @ 29.6 mi  
Duke Solar Facility Driveway

Num	Dist	Prev	Type	Note
1.	0.0	0.0	📍	Start of route
2.	0.0	0.0	↑	Head east on Tavistock Lakes Blvd
3.	2.2	2.2	➔	R onto Narcoossee Rd
4.	10.1	7.9	➔	R onto Rummell Rd
5.	11.9	1.8	➔	R onto Mississippi Ave
6.	12.0	0.0	←	Mississippi Ave turns L and becomes E Lakeshore Blvd
7.	12.4	0.5	⚠	Rest Stop #1
8.	14.0	1.5	←	L onto Columbia Ave
9.	15.0	1.0	↑	Continue straight onto Budinger Ave

15.0 miles. +65/-75 feet

Num	Dist	Prev	Type	Note
16.	37.2	7.5	➔	R onto Mildred Bass Rd
17.	37.3	0.1	⚠	Rest Stop #5 on R at Henry J Ave
18.	38.6	1.3	←	Mildred Bass Rd turns L and becomes Story Rd
19.	40.1	1.5	↙	Sharply L onto Hickory Tree Rd
20.	45.2	5.2	↑	Continue straight onto S Narcoossee Rd
21.	46.9	1.6	⚠	For Rest Stop #6, turn R onto Ralph Miller Rd (otherwise continue straight on Narcoossee Rd)
22.	49.4	2.6	↑	Continue straight on Narcoossee Rd

19.8 miles. +78/-73 feet

Num	Dist	Prev	Type	Note
10.	16.3	1.3	←	L onto Nolte Rd
11.	16.9	0.6	➔	R onto Canoe Creek Rd
12.	21.8	4.9	↑	For Rest Stop #2, turn L onto Mildred Bass Rd. Rest Stop is 0.2 mi east on R. Otherwise continue straight on Canoe Creek Rd.
13.	22.0	0.2	⚠	Leaving Rest Stop #2, turn L onto Mildred Bass Rd
14.	22.2	0.2	←	Leaving Rest Stop #2, turn L onto Canoe Creek Rd
15.	29.7	7.5	↻	R into Duke Energy Solar Farm, make U-turn then turn L onto Canoe Creek Rd

14.7 miles. +42/-48 feet

Num	Dist	Prev	Type	Note
23.	55.0	5.6	➔	R onto Tyson Rd
24.	55.1	0.0	⚠	Rest Stop #7
25.	56.0	1.0	←	L onto Kirby Smith Rd
26.	58.5	2.4	←	L onto Narcoossee Rd
27.	60.2	1.7	➔	R onto Tavistock Lakes Blvd
28.	62.4	2.2	📍	End of route

12.9 miles. +40/-40 feet