



TOUR[®]
 de **CURE[®]**
 American Diabetes Association.

LAKE NONA[®]

March 24, 2024
101 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)

Rest Stop #3 @ 39.4 mi
 Rest Stop #4 @ 59.2 mi

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
17.	49.3	9.9	➔	R onto Lake Marian Rd
18.	49.4	0.0	↻	Make U-turn then turn L onto Canoe Creek Rd
19.	59.3	9.9	⚠	Rest Stop #4 on L side of road.
20.	76.5	17.2	➔	R onto Mildred Bass Rd
21.	76.7	0.1	⚠	Rest Stop #5 on R at Henry Jane Rd
22.	77.9	1.3	←	Mildred Bass Rd turns L and becomes Story Rd
23.	79.4	1.5	↙	Sharply L onto Hickory Tree Rd
24.	84.6	5.2	↑	Continue straight onto S Narcoossee Rd

45.2 miles. +101/-100 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	↑	Continue straight on Canoe Creek Rd
16.	39.4	9.7	⚠	Rest Stop #3 on R side of road.

24.4 miles. +59/-59 feet

Num	Dist	Prev	Type	Note
25.	86.2	1.6	⚠	For Rest Stop #6, turn R onto Ralph Miller Rd (otherwise continue straight on Narcoossee Rd)
26.	88.8	2.6	↑	Continue straight on Narcoossee Rd
27.	94.4	5.6	➔	R onto Tyson Rd
28.	94.4	0.0	⚠	Rest Stop #7
29.	95.4	1.0	←	L onto Kirby Smith Rd
30.	97.8	2.4	←	L onto Narcoossee Rd
31.	99.5	1.7	➔	R onto Tavistock Lakes Blvd
32.	101.7	2.2	📍	End of route

17.1 miles. +90/-81 feet