



IN TRAINING

Earn your **2024 Tour de Cure® In Training shirt!**

To earn, participants need to raise \$150 online.

Funds must be raised prior to 4 weeks before your event.

Follow these simple steps to ensure that you receive your very own **In Training shirt!**

1. Register for Tour de Cure at: diabetes.org/midatlantictour

2. Raise \$150 by: **April 1, 2024**



3. Rock your 2024 In Training shirt as you ride in preparation for:

Tour de Cure: Mid-Atlantic

on

April 27, 2024



Your online Participant Center makes it easy to invite family and friends to support your efforts-through the mobile app, Facebook Fundraiser, email and more! For more fundraising tips and tricks to earn your In Training shirt, reach out to your local Tour de Cure staff support:

Amie Holman

aholman@diabetes.org | (703) 299-5529

Rules and Regulations: NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OPEN ONLY TO LEGAL RESIDENTS OF THE FIFTY (50) UNITED STATES AND THE DISTRICT OF COLUMBIA, 13 YEARS OR OLDER. VOID WHERE PROHIBITED. Sweepstakes runs from 40 weeks pre-event until 4 weeks pre-event. For Official Rules, prize descriptions and odds disclosure, visit our website.

Sponsor: American Diabetes Association, 2451 Crystal Drive, Suite 900, Arlington, VA 22202.