

# KNOW BEFORE YOU GO: PARTICIPANTS

## Know Before You Go

### Directions

Velodrome Picnic Shelter Redmond, WA 98052

### Parking

Parking is free in Lot I, at the even site. Please be aware of cyclists when entering & exiting.

### Check-In

Volunteer check in will begin at 6:15am. When you arrive, please proceed to the registration tent to receive your packet.

### Important Information

Tour de Cure is Rain or Shine - please dress accordingly

A First Aid Tent on site to assist with minor medical issues  
Well-marked routes with rest stops are supported by SAG

Vehicles to assist you in the event of an emergency.

Champions and Red Riders will be celebrated in the  
Champion / Red Rider Tent

Download the [RideWithGPS](#) app to access the route map on your mobile device. [www.diabetes.org/tourpnw](http://www.diabetes.org/tourpnw), navigate to Event Details, and scroll down to "Routes & Maps"



## Event Schedule

**6:00am** - Bike Corral Opens

**6:15am** - Registration/Check-In Begins

**6:15am** - Team Photos

**6:30am** - Program Announcements

**7:00am** - 100-mile riders take off

**8:00am** - 60mi Riders take off

**9:00am** - 30mi Riders take off

**9:30am** - 10mi Riders take off

**11:30am** - Beer Garden Opens

**11:30am** - ADA Café Opens

**11:30am** - Finish Line Festival Begins

**5:00pm** - Rider Village Closes

## Event Day Perks



First Aid



Toilet



Bike  
Mechanic



Beer  
Garden



Music



Massages  
(Champions/  
Red Riders)



Special Guest  
Speaker



Lunch

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

## American Diabetes Association<sup>®</sup>

