

# THANK YOU

for your support

### How to raise \$350 in one week

- DAY 1:** Begin by putting in your own contribution of \$25.
- DAY 2:** Ask two members of your family to sponsor you for \$25 each.
- DAY 3:** Ask your employer to contribute \$25 and ask about matching funds for employee contributions to your campaign.
- DAY 4:** Ask five friends to contribute \$10 each.
- DAY 5:** Ask five co-workers to sponsor you for \$10 each.
- DAY 6:** Ask five neighbors to contribute \$10 each.
- DAY 7:** Ask your dry cleaner, pharmacy, grocery, doctor, and favorite restaurant (or five other businesses you frequent) for a \$20 contribution.

### Helpful Hints

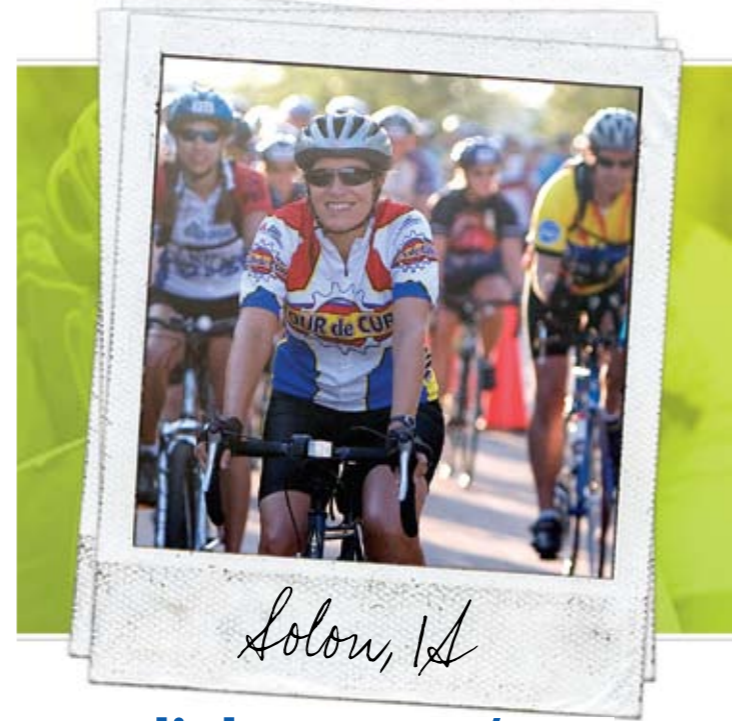
1. **DOUBLE YOUR FUNDRAISING!** Check with your employer for a matching gifts program and make your fundraising worth twice as much.
2. **SECURE SPONSOR MONEY!** Ask your family, co-workers, friends, and neighbors to contribute to your goal.
3. **CARRY THE SPONSOR FORM!** Always have your sponsor form with you when you see potential donors.
4. **SHARE YOUR STORIES!** Let people know how you're preparing for Tour de Cure and what it means to you.
5. **FORM A TEAM!** Ask others to join you and form a team.
6. **ENJOY THE PROCESS!** YOU are part of the cure.

Special Thanks To:

Special thanks to our generous sponsors, volunteers, committee members, riders and team captains. Your support makes a difference in the fight against diabetes. Thank you to Lakeview Elementary School in Solon for making this event possible.

REGISTER NOW  
**diabetes.org/tour**

*Take the Ride of Your Life*  
American Diabetes Association®  
**Tour de Cure®**



*Solon, IA*

**diabetes.org/tour**  
or call **1-888-DIABETES**  
**Register Today!**

**Saturday, June 20, 2009**  
**Lakeview Elementary School, Solon, IA**

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**Lakeview Elementary School, Solon, IA**  
**100 miles: 6:30 AM** Check-in, **7:00 AM** Start  
**50 miles: 8:00 AM** Check-in, **8:30 AM** Start  
**25 miles: 9:00 AM** Check-in, **9:30 AM** Start  
**5 mile Family Ride: 10:00 AM** Check-in, **10:30 AM** Start  
**Start/Finish:** Lakeview Elementary, Solon, Iowa  
**Event Route:** All of the routes will go through the beautiful countryside of Iowa and will be supported by a crew of dedicated volunteers. Rest stops will be available every 10-15 miles on the longer routes. The official routes will be posted on our Web site by 12/15/08.

Eastern Iowa Tour de Cure is more than a healthy day in the saddle and taking in a scenic view of Iowa. The Tour de Cure is a community-based event that is improving the lives of over 200,000 people in our state with diabetes.

A light breakfast will be served after riders check-in at the start/finish area. Celebrate your accomplishment at our post-event party and enjoy a wonderful lunch, complimentary massages and entertainment on the grounds of the school.

By participating in this event you are helping the ADA accomplish our mission: To prevent and cure diabetes and improve the lives of all those affected by diabetes.

The dollars raised make a difference in the lives of those affected with diabetes in the following ways:

- \$10.00 Pays to send a diabetes information packet to a newly diagnosed individual.
- \$11.26 Covers one hour of an advocate's visit to Washington.
- \$25.00 Pays for materials necessary for a health fair
- \$26.00 Provides diabetes risk tests for 1,000 individuals
- \$37.00 Pays for educational materials for a newly diagnosed child and their family
- \$50.00 Pays for one hour of diabetes research
- \$50.00 Pays for one "Wizdom Kit" for the family of a newly diagnosed child.
- \$79.00 Pays for a child to go to camp for one day

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**1-888-DIABETES**

Raise the required \$150 minimum and receive the 2009 Tour de Cure commemorative T-shirt (not pictured). Raise between \$200 and \$10,000 and receive a special thank you gift in recognition of your fundraising achievement. Gifts include cycling gear and apparel or gift certificates, depending on level reached.



Raise \$2400 to receive a custom jersey. (design not shown)

Be a TEAM CAPTAIN and earn DIABETES DOLLARS toward thank you gifts. If you're an alumni or new Team Captain, for every NEW rider you recruit to your team, we'll credit you with 25 Diabetes Dollars.

To receive the credit, both you and the new rider must raise and turn in at least \$150 before May 30, 2009. Money raised through the personal fundraising page counts as "turned in." There is no limit to the Diabetes Dollars you can earn.

**Register Now!**

Register Online. Register by May 06, 2009 and earn ten Diabetes Dollars towards your thank you gifts. It's simple and convenient. Web tools will make your fundraising easy and fun. You can create your own Web page, e-mail your friends and family, accept online credit card contributions and raise more money in the fight against diabetes.

- Early Bird Registration Fee:** ..... \$15 (+ fundraising minimum) until April 4, 2009
- Event Registration Fee:** ..... \$25 (+ fundraising minimum)
- Fundraising Minimum:** ..... \$150
- Website Address to Register:** ..... diabetes.org/tour
- Phone Number to Register:** ..... (888) DIABETES
- Fax Number to Register:** ..... (866) 868-7934

All cyclists must turn in a minimum of \$150 in addition to the registration fee to participate. Registration fee does not count towards fundraising minimum. Registration fee is non-refundable and non-transferable.

**diabetes.org/tour**  
REGISTER NOW