

# your ADA

News from the American Diabetes Association

American Diabetes Association  
**Tour de Cure 2012**

## Pedal Mettle

The American Diabetes Association's Tour de Cure® is rolling into a town near you! This year, nearly 90 events will take place across the country in an effort to raise money and awareness to Stop Diabetes®.

Tour is one of the ADA's biggest fund-raisers. In 2012, Tour's national spokesman is Chris Carmichael, founder and CEO of Carmichael Training Systems. He was named the U.S. Olympic Committee's Coach of the Year in 1999 and has coached seven-time Tour de France champion Lance Armstrong.

"Diabetes touches so many people's lives, and exercise and nutrition are important parts of preventing and treating diabetes," Carmichael says. "I want to help the American Diabetes Association raise critical funds and awareness about this disease through my passion for cycling."

To learn more or sign up for a Tour near you, visit [diabetes.org/tour](http://diabetes.org/tour).



Chris Carmichael, Lance Armstrong's former coach, is this year's Tour de Cure national spokesman.



events

