Get ROLLING!

THE AMERICAN DIABETES ASSOCIATION’S TOUR DE CURE® is heading your way. This year, more than 80 cycling events take place nationwide as riders gear up to raise diabetes awareness and money for research.

Tour de Cure is one of the ADA's biggest fund-raisers, having generated more than $26.5 million in 2012 alone.

This year, two national spokespersons will lead Tour de Cure: Chris Carmichael, a top cycling trainer, and Mari Ruddy, founder of TeamWILD (a training program for athletes with diabetes) and the Red Rider program, which honors all cyclists with diabetes. Being a Red Rider means you are not alone—hundreds of other people with diabetes ride along with you, and thousands more support your ride to help Stop Diabetes®.

"Tour de Cure is the highlight of my year," says Ruddy. "I have diabetes, and there’s nothing more amazing than to spend the day riding bicycles with people who understand what I go through to live well and who alongside me want to Stop Diabetes. The Tour is a joyful celebration of riding and raising funds that go to the incredible mission of the American Diabetes Association. You should come ride with us!

To learn more or sign up for a ride near you, visit diabetes.org/tour.

Map: XNR Productions

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Events

American Diabetes Association
Tour de Cure 2013

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