



**American Diabetes Association®**  
**Tour de Cure® 2009**

**2009 Tour de Cure**

Saturday, May 9<sup>th</sup> 2009

Start/Finish Line: The Colonnade, Ringgold, GA

Presented by: Comcast, Talk Radio! 102.3 FM, Owen Cyclery, and Niko's Southside Grill  
Sponsored by: Coca Cola, Erlanger, and Memorial Wound Healing Center, Blue Cross Blue Shield, Women's Institute for Specialized Health, LBMC, and Mtn. View Chevrolet, Walgreens, and Mayfield Dairy.

Register On line at [www.diabetes.org/tour](http://www.diabetes.org/tour)

Register by phone by contacting: Ben Bass to register: 865-524-7868 x: 3342 or  
[bbass@diabetes.org](mailto:bbass@diabetes.org)

**Join the American Diabetes Association for the inspiring Tour de Cure Chattanooga in 2009!**

Whether you are a seasoned cyclist or just enjoy a leisurely ride for a good cause, we have a route that is perfect for you. For the first time riders: there will be a **12-mile family fun ride**. For the leisurely cyclist: a comfortable **25** mile ride starting and looping around back to the Colonnade. For the more adventurous riders, choose **62 or 100 mile courses** traveling along the beautiful country roads of North Georgia. All of the routes feature full service rest stops with refreshments, mechanical supports, restrooms, and medical teams. When you cross the finish line, recharge with a lunch or dinner, a health & wellness village, massage therapy, music, and entertainment.

The route will be fully supported this year with plenty of rest stops, SAG vehicles, HAM operators, bike mechanics, EMT cyclists and a full time ambulance stationed at the Start/Finish line.

Register as an individual or create a team. An online webpage will be created for you with your permission where you can send out letters to family and friends. Fundraising online is simple to do. However; if you want to register by phone you may call Ben Bass @ 865-524-7868 x: 3342.

Saturday, May 9th, 2009

**Chattanooga's 2009 Tour de Cure**

**12 Miles: Family Fun Ride**

**7:00 a.m. Check-in 8:00 a.m. Start**

**25 Miles:**

**7:00 a.m. Check-in, 8:00 a.m. Start**

**62 Miles:**

**6:30 a.m. Check-in, 7:30 a.m. Start**

**100 Miles:**

**6:30 a.m. Check-in, 7:30 a.m. Start**

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