JOIN more than 60,000 others across the U.S. riding to Stop Diabetes.

REGISTER TODAY AT diabetes.org/nashvilletour

IT STARTS WITH YOU.

2015 Top Teams

Top National Teams

Team Red $1,329,763
Lockheed Martin $489,485
Walmart $375,723
Johnson & Johnson $318,279
Dignity Memorial/SCI $287,206
Lilly Diabetes $225,808

Top Ten

Single Site Teams

Team Spirit $161,402
Team Trinity Industries $156,593
Team Crocs $154,256
Team UnitedHealth Group $121,919
Kivort Steel Cycling Team $92,936
Davidson Brothers Drafters $80,746
Amazon Lab126 Cycling Team $78,927
Chain Reaction/Midtown AC $78,073
Scott Lab $65,004
Team Audi Colorado $62,483

*as of 11/13/15

Special Thanks to our National Sponsors

Lilly DIABETES
PRIMAL

Nashville Tour de Cure
Saturday, June 11, 2016
The Lawn at Franklin Park
Franklin, TN

Tour de Cure
American Diabetes Association
THANK YOU FOR YOUR SUPPORT

 Diabetes can lead to blindness, heart disease, stroke, kidney failure and amputations. Know the warning signs of diabetes, since many people have it without knowing it. Common signs of diabetes are extreme thirst, frequent urination, blurry vision, and tingling in the feet. For more information, call 1-800-DIABETES or visit diabetes.org. To take the Diabetes Risk Test, visit diabetes.org/risktest.

 Nashville Tour de Cure
 Saturday, June 11, 2016
 The Lawn at Franklin Park
 Franklin, TN

 Local Contact Information:
 For questions regarding the 2016 Nashville Tour de Cure, please contact:
 Christine Vohland Free, Development Manager
cfree@diabetes.org
 615-298-3066 ext. 3330

 Diabetes can lead to blindness, heart disease, stroke, kidney failure and amputations. Know the warning signs of diabetes, since many people have it without knowing it. Common signs of diabetes are extreme thirst, frequent urination, blurry vision, and tingling in the feet. For more information, call 1-800-DIABETES or visit diabetes.org. To take the Diabetes Risk Test online, visit diabetes.org/risktest.

 It STARTS WITH YOU.

 Nashville Tour de Cure
 Saturday, June 11, 2016
 The Lawn at Franklin Park
 Franklin, TN

 Sponsored by:

 American Diabetes Association

 ROUTE:

 10 miles
 10:00 AM

 100 miles
 7:00 AM

 START/FINISH: 6100 Tower Circle, Franklin, TN
 EVENT DESCRIPTION:
 All routes will begin at the Lawn at Franklin Park near the intersection of Carothers Parkway and East McEwen Drive. Our routes are designed to appeal to all skill levels and include the following distances:

 10 Mile Fun Ride:
 Our family-friendly Fun Ride is accessible to all ages and fitness levels. You can ride 2.5 miles or do 4 laps for 10 miles. You may also choose to do as many laps as you like.

 30 Mile Ride:
 Our 30 mile ride offers a moderate challenge while being safe and scenic. This ride is great for the beginner to intermediate cyclist.

 62 Mile Metric Century:
 Our 62 Mile Century is for the intermediate to advanced cyclist. Full route support ensures a safe ride from start to finish.

 100 Mile Century:
 Our 100 Mile Century is the perfect choice for the intermediate to advanced cyclist. Full route support ensures a safe ride from start to finish.

 100 Mile Century:
 Our 100 Mile century is a true test of endurance and best suited for the experienced cyclist.

 The Nashville Tour de Cure aims to give you the ride of your life! We'll be offering all the extras that you can expect from a Tour de Cure event, including breakfast and lunch, scenic route choices for all types of riders, medical and on-course support, well-stocked rest stops, and a fabulous finish line festival.

 A Team Effort
 The Tour de Cure is an extraordinary opportunity to inspire others. Start a team with friends, family and coworkers. We provide lots of support and extra incentives for Team Captains!

 Thank you
 Each rider who raises the required $200 minimum to fund diabetes research, education and advocacy, will receive the 2016 Tour de Cure T-shirt. Raise $250 or more and receive your choice of thank you gifts including cycling gear and apparel, electronics and more! Visit diabetes.org/tour to see all of the levels and gifts.

 For general questions, please contact the ADA Nashville office at 615-298-3066 ext. 3330

 Christine Vohland Free,
 Development Manager
cfree@diabetes.org

 Early Bird Registration Fee (until March 1st) $15
 Regular Registration Fee (until June 10th) $25
 Day of Event Registration Fee $35
 Fundraising minimum $200
 Online Registration diabetes.org/nashvilletour

 Raise $500 to receive the 2016 commemorative jersey!
 Raise $1,000 to receive the 2016 Commemorative Gift Choices, Sony Home Theater System
 Raise $2,500-$3,499 to receive the 2016 Commemorative Gift Choices, Sony Home Theater System

 Recognizing Red Riders
 Riders with type 1 or type 2 diabetes receive a Red Rider jersey to wear proudly at the event. *We want to celebrate you!

 2015 Top Individual Fundraisers

 Jane Lips Hagan $10,000
 Kevin Hagan $10,000
 Travis Garner $3,753
 Jill Murdoch $3,053
 Schuyler Murdoch $2,360

 2015 Top Nashville Teams

 Vanderbilt Medical Center $25,917
 Team Leidos $12,756
 Tuesday/Thursday Riders $9,127
 Team Red $7,775
 The Lancet Armstroms $6,037

 For more information, call 1-888-DIABETES (Ext. 3330)

 Nashville Tour de Cure
 Saturday, June 11, 2016
 The Lawn at Franklin Park
 Franklin, TN

 Sponsored by: