

Making a Difference

Take The Ride Of Your Life

(NAPSA)—A growing number of Americans will be taking the ride of their life in a series of scenic and challenging cycling events held nationwide that raise funds to aid in the fight against diabetes.

Diabetes, the fifth-deadliest disease in the United States, is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both. It can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

A Ride, Not A Race

The Tour that Americans will be participating in is a ride, not a race, with routes designed for everyone from the occasional rider to the experienced cyclist. Funds raised through Tour de Cure support the American Diabetes Association's (ADA) research, information and advocacy initiatives.

Since the launch of Tour de Cure in 1991, thousands of individual riders and teams have participated to support the American Diabetes Association's important mission: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Rides are held in 40 states and over 80 cities mainly during the spring cycling season of April through June.



The Tour is to help find a cure for a disease that affects 21 million children and adults with diabetes.

Tour de Cure events feature routes for all riders, from the novice to the experienced cyclist. Routes range in length and difficulty, from 15-mile family fun rides to more challenging 100-mile "century" rides.

34,000 Riders Expected

- In 2007, nearly 32,000 cyclists participated in the event, which raised over \$13 million. In 2008, ADA hopes to raise more than \$15 million with the help of more than 34,000 riders.

More than 100,000 people are expected to make contributions to the American Diabetes Association in sponsorship of their friends, family members and co-workers who are cycling on behalf of the nearly 21 million people living with diabetes.

Tour events also raise general public knowledge about the ways in which physical activity and a healthy diet contribute to the prevention of diabetes and other life-threatening diseases.

How To Participate

To register for a team, sponsor a rider or for more information, visit <http://tour.diabetes.org> or call (800) DIABETES (1-800-342-2383).