

# UPSTATE NEWSLETTER

2022 Tour de Cure: Upstate New York  
June 11, 2022

## IT'S BACK!!

Earn your long sleeve in training performance shirt by registering for the 2022 Tour de Cure and raising at least \$150 by December 31. This shirt will not be available after the first of the year, so be sure to earn yours now!

Register as an individual, team captain or join a team!

<https://www.diabetes.org/upstatetour>

Train for the 2022 Tour de Cure:  
Upstate New York in style!



## 2022 TOUR SPONSOR SHOUT OUT



## Team Spotlight: Rochester Bicycling Club, Rochester NY



About 5 years ago, Bonnie MacLean approached the Rochester Bicycling Club's Board of Director's about starting its own Tour de Cure team. Many of our club members were already riding in the Tour on other teams, but our club did not have a team. The goal was not to recruit Tour participants who were already established with other teams, but to add new members who might not participate otherwise. **The response was overwhelming!** Club members signed up by the dozens and invited friend and family to join them.

Most of them were new to the Tour, and after experiencing Tour Day, they were ready to sign up again! But it was so much more than the Tour Day experience for many members of the team. **They embraced the cause of helping others.** And then COVID-19 came along, and the Tour went virtual. Bonnie was worried participation would fall off in the virtual setting. However, BOTH virtual seasons they had a large team. They did their own ride and RBC truly showed that the spirit of the Tour is not in the fabulous routes (and of course, they are fabulous!) or the rest stops that are so well done or the huge party after the finish line. **The spirit of the Tour is giving.** Caring. Riding for others. Being together. Fast riders. Slower riders. Long distances. Short distances. . . Tour de Cure is a reflection of the caring and kind people we all ride with.



"The outpouring of support from the club has resulted in new friendships that have made our club stronger. All because of people who care."  
~Bonnie MacLean, Team Captain

## We need you! Volunteer Recruitment

VOLUNTEERS NEEDED

Are you passionate about the mission of the American Diabetes Association? Are you well connected with businesses and individuals? Do you enjoy planning events? Do you want to get involved within your local community? If you answered yes to any of those questions, we could use your help on one of our Boards or committees.

**Upstate Tour Planning Committee** - Meets once a month to help plan all of the logistics that go into Tour de Cure such as Route Planning, Food and Beverage, Entertainment, Registration, etc.

**Upstate Engagement Committee** - This committee reaches out to current and past event participants to get them involved in the current Tour de Cure. They have conversations about their individual goals, as well as their team goals and help them map out a plan to be successful.

**Upstate Executive Committee** - This group of individuals helps the staff reach the Tour goals in corporate partnerships. They identify companies and individuals in the local community that they are connected with and help to start the initial conversations.

**If you are interested in any of these volunteer roles, or would like more information, please reach out to Jessica Joanis at [JJoanis@diabetes.org](mailto:JJoanis@diabetes.org).**

## November: American Diabetes Month



November is American Diabetes Month and we're taking The Big Step Up against diabetes. Take your health into your own hands through **awareness, detection, management,** and learning to **thrive** despite your diabetes. Diabetes is a constant battle, not only for those diagnosed, but for their loved ones, caregivers, and health care providers. With the guilt, the blisters, the numbers, the sleepless nights—it's no wonder it seems impossible that there are good days ahead.

Now is the time to take charge. Your best days are still to come - Join us today!

<https://www.diabetes.org/bigstepup>

## Top Fundraisers (as of 11/17/21)



**Important Tour Links:**  
[Event Details](#)  
[Fundraising Tips & Toolkits](#)  
[Volunteer Opportunities](#)

TOP INDIVIDUALS	TOP CORPORATE TEAMS	TOP FRIENDS & FAMILY TEAMS
1. Paul Koch: \$2,959	1. Kivort Steel Diabetes Revolution: \$6,249	1. Team Scouts BSA Troop 75: \$2,959
2. Robert Kivort: \$2,500	2. Team LLE: \$250	2. Rochester Bicycling Club: \$1,111
3. Stu Balter: \$1,630	3. Excellus Blues Blasters: \$130	3. Upstate Peloton Cycling Club: \$100
4. Howard Katz: \$900	4. Ortho Clinical Diagnostics: \$105	4. Can-Ale Biking Club: \$34
5. Charles Hoffman: \$479	5. Parsons & Associates—Metro Fitness Pedalers—\$75	5. Redwolf2022: \$25

Follow the [Tour Facebook Page](#) and Join the [Community Group!](#)



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