



# American Diabetes Association® Tour de Cure®



Not a Cyclist?

Can't Attend a Tour Near You?

Don't miss out!

**Join the Tour de Choice !**

Raise funds for the American Diabetes Association by dedicating **any activity** (walk, bike, swim) to this organization.

Set a goal then complete tour de choice on your own schedule....in just one session or over multiple sessions.

It's as simple as 1-2-3....

## 1. Register

- a. Visit [www.diabetes.org/tour-teamjandj](http://www.diabetes.org/tour-teamjandj) and follow the step by step rider instructions to register as though you were riding in your local Tour de Cure event (you do not need to indicate that you will be participating virtually)
- b. Email your team captain or the local ADA contact to let them know you are a "virtual participant".

## 2. Fundraise

- a. Raise funds for the ADA just like you were participating on the day of the event. Feel free to personalize your fundraising page and share your activity.
- b. Qualify for all ADA incentives.
- c. New and Returning participants raise \$350 to receive a Team J&J Jersey.

## 3. Get Moving!

- a. Don't forget to keep your Team Captain apprised of your progress so we can join in celebrating your success.

**Questions???** Contact Mary Lou Stuart – National Team Captain at [Mstuart@its.jnj.com](mailto:Mstuart@its.jnj.com)