



American Diabetes Association® Tour de Cure 2010

There are 23.6 million Americans who have diabetes and 6.2 million are unaware they have the disease. Locally, diabetes is the fastest growing disease in Tennessee. The American Diabetes Association is requesting your participation in their signature fundraising event, **the Nashville Tour de Cure on Saturday May 22nd.**

The Tour de Cure is a one day cycling event geared for beginning riders and avid cyclist alike. Companies create teams and families participate all over Middle Tennessee and Southern Kentucky showing their love for cycling and their dedication to finding a cure for diabetes. There are multiple route options to choose from including **4** and **10** mile family rides in Springfield as well as **30, 62, 100** mile rides through the scenic back roads of Springfield, Cedar Hill, Adams, Russellville, Franklin, Adairville, and Cross Plains.

The ride will start off at the **Travis Price Park in Springfield, TN** and take cyclists into back country roads of Northern Middle Tennessee and Southern Kentucky. Each route will loop back to the start/finish line where you can recharge with a great meal, massage, and entertainment. The routes will be fully supported this year with rest stops, SAG vehicles, and bike mechanics. Sponsors to date include: Northcrest Medical Center, Nashville Auto Diesel College, Curb Appeal Landscape Design, Lightning 100 Team Green, and Comcast.

Let's take the ride of our Life and Stop Diabetes!

For more information go to www.diabetes.org/tour, or Greg Lessley at 615-298-3066 ext. 3331, or glessley@diabetes.org.