



TOUR[®]
de CURE[®]
 American Diabetes Association.
 Ride. Run. Walk. **For Life.**

The Kickoff Party:

Thursday, March 12th @ 5:30pm
 Stokely Event Center: 10111 E 45th Pl
 Tulsa, OK 74146
 Come for Free Food & Beer

Bike Riders/Walkers: Come enjoy the party and check out a team that fits you!
Registration fee waived when you register during the event!
Team Captains: Come enjoy the party and recruit new members for your team!

**Join us to learn about the Tour and
 ‘Step Up to the Plate’ to End Diabetes!**



Did you know:

- 🔴 Nearly 13% of oklahomans have diabetes (3% above national average)
- 🔴 Diabetes is the 7th leading cause of death nationally.
- 🔴 Diabetes increases the risk of heart disease, stroke, kidney disease and is estimated to cost \$327 billion nationally/year.
- 🔴 1 in 11 people have diabetes

***THE TOUR: JUNE 6TH - ROUTES: 10; 24; 45; 70MI CYCLING ROUTES OR A 5K FUN WALK/RUN**