Ride with Us in 2020
JDRF Ride to Cure Diabetes

Grand Rapids, MI
Jul 23-26
Sponsored by
La Crosse, WI
Aug 6-9
Saratoga Springs, NY
Sep 10-13
Amelia Island, FL
Oct 1-4
Death Valley, CA
Oct 15-18
El Tour de Tucson,
Tucson, AZ
Nov 19-22

Call 888-533-9255 or visit
ride.jdrf.org for more information.
Or connect with your local JDRF chapter:
Triangle/Eastern NC Chapter
Taylor Zundel
tzundel@jdrf.org
919-847-2630
https://www.jdrf.org/triangle/
Ride With Us Toward a World Without T1D

Once you register for JDRF Ride, you’ll receive support at every stage. This includes a custom training program from a USA Cycling-certified coach and tips from our fundraising experts to help you meet your goals. Whatever your skill level, whether you choose to cycle 25 or 100 miles, JDRF has a Ride for you. You’ll join fellow riders in lively seminars and team celebrations throughout the weekend, all leading up to Ride day.

**Grand Rapids, Michigan**  
**July 23-26, 2020**  
**Sponsored by Ford**

This ride begins and ends at Millennium Park, rolling through scenic farmland and small townships to beautiful Lake Michigan. You’ll encounter short rolling hills early in the ride, followed by relatively flat terrain that follows the Grand River.

**La Crosse, Wisconsin**  
**August 6-9, 2020**

Nestled between the bluffs of Wisconsin and the Mississippi River, you'll enjoy scenic views as you cross two bridges and three states. This route is relatively flat, making it one of our most family-friendly rides and ideal for new cyclists.

**Saratoga Springs, New York**  
**September 10-13, 2020**

With several mileage options, you’ll have the opportunity to ride your own triple crown as you enjoy quaint downtown Saratoga Springs and beautiful upstate New York just as the leaves begin to turn in the Northeast.

**Amelia Island, Florida**  
**October 1-4, 2020**

An oasis in Northeast Florida, you can expect to cycle along pristine beaches, over marshlands and through beautiful maritime forests. The flat terrain makes this Ride a perfect option for families and newer cyclists.

**Death Valley, California**  
**October 15-18, 2020**

With its eerie panorama of salt flats and elevations, this Ride has become a favored destination for nature lovers interested in navigating unique terrain. Expect extreme conditions, including a challenging climb up Jubilee Pass.

**El Tour de Tucson, Tucson, AZ**  
**November 19-22, 2020**

Ride through the Sonoran Desert with more than 9,000 riders and spectators from all over the world cheering you on, as you experience Tucson’s beautiful mountain vistas and giant Saguaro cacti. Whether you’re a recreational cyclist or a weekend warrior, El Tour has a ride for you.

When you ride with us, you’ll help JDRF support research to remove the daily burden of type 1 diabetes, until there are cures. Register today at ride.jdrf.org