

## **Take the "Ride of Your Life" to Beat Diabetes**

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Dr. Vivian Fonseca invites people in the Tulane community to enjoy a morning on wheels with the Tulane Riders as they join with hundreds of area cyclists for the American Diabetes Association's Tour de Cure on May 23 in Mandeville, La.



Louisiana has one of the highest rates of diabetes in the country, says Dr. Vivian Fonseca, so each of us needs to walk and ride our bikes every day to prevent getting diabetes ourselves. He encourages Tulane employees and students to join the Tulane Riders for the Tour de Cure of the American Diabetes Association.

This year's Tour de Cure will take place on the scenic Tammany Trace Trailhead on the North Shore, and is part of the nation's largest diabetes cycling event. At Tour de Cure events in over 40 states from coast to coast, thousands of cyclists will be pedaling toward finding a cure for this deadly disease.

"The mission of the American Diabetes Association is to find a cure for diabetes and improve the lives of those who have it," says Fonseca, the Tulane Riders team captain, who holds the Tullis-Tulane Alumni Chair in Diabetes. "To fulfill that mission takes money ? most of which is used on research. We at Tulane are proud to have participated in that research and look forward to raising funds for more research."

The Tour de Cure provides both avid and recreational cyclists with a meaningful opportunity to raise money for diabetes research and education. The tour's cycling routes include a 25-, a 50- and a 100-mile ride, as well as a family fun route. Cyclists can refresh themselves at full service rest stops along the way, and expert bike mechanics will be on hand to keep everybody rolling. At the finish line, participants will enjoy lunch, unwind with a massage, listen to live music and check out other amenities.

"Most importantly for our community," says Fonseca, "as we have one of the highest rates of diabetes in the country, each of us needs to walk and ride our bikes every day so we can prevent getting diabetes ourselves. Come out and join our team ? Tulane Riders!"

Register for the Tour de Cure [online](#).