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| **Have you signed up for the Upstate NY Tour de Cure?**  **Sat June 13, 2026** Ellms Family Farm  **Bicycle Distance:**  10, 32, or 62 miles  **Registration Fee:** $30  **Fundraising Minimums** $250 to participate in-person  **For details about joining our team or to donate: www.upstatepeloton.com/TDC** | 2020 Tour de Cure: Twin Cities | Explore MinnesotaOver 38 million Americans are living with diabetes, 88 million people are living with prediabetes and 90% don’t even know it. Every 21 seconds someone in the U.S. is diagnosed with diabetes.  Help us find the cure! Donate to our team by scanning the barcode on your phone.  **www.upstatepeloton.com/TDC?donate** |
| Instructions   1. Customize the top row however you want, e.g.    1. adjust your personal URL- set up in [your TDC profile](http://www.upstatepeloton.com/tdc/?personalpage) ; replace circled URL with yours    2. replace text with personal reason why you’re fundraising (friend/family/etc)    3. use [https://www.qrcode-monkey.com/#](https://www.qrcode-monkey.com/) to update URL in QR code 2. Copy/paste the top row to fill out the table/page 3. Delete these instructions & any rows on a 2nd page 4. Print front and back onto [business card paper](https://www.staples.com/Avery-Clean-Edge-Inkjet-Print-to-the-Edge-Business-Cards-White-Matte-Finish-160-Pack/product_569140) so that each card will have a separate image front/back |  |
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