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| **Have you signed up for the Capital Region Tour de Cure?**  **Sunday Sept 13, 2020** Virtual; anywhere you are  **Bicycle/Run/Walk:**  Any distance  **Registration Fee:** $0 for 2020  **Fundraising Minimums** ($0 for 2020)  $100 for a t-shirt, $50 for kids <12  **For information about joining our team, visit www.upstatepeloton.com/tdc20** | 2020 Tour de Cure: Twin Cities | Explore MinnesotaOver 34 million Americans are living with diabetes, 88 million people are living with prediabetes and 90% don’t even know it, and every 21 seconds someone in the U.S. is diagnosed with diabetes. Help find the cure!  **To donate to our team, please visit:**  **http://tdc.upstatepeloton.com OR http://main.diabetes.org/goto/cglockler** |
| Instructions   1. Customize the top row however you want, e.g.    1. adjust your personal URL- set up in your TDC profile (URL below)    2. replace text with personal reason why you’re fundraising (friend/family/etc) 2. Copy/paste the top row to fill out the table/page 3. Delete these instructions and any rows on a second 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   \* <http://www.upstatepeloton.com/tdc20/go.aspx?personalpage> |  |
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