

# THE CAUSE



The Charles H. Best Diabetes Centre for Children, Youth & Beyond, a registered charity, has been serving Durham Region since 1989. Originally designed as a children's program the Best Centre currently helps children & adults of all ages with Type 1 Diabetes and their families through a personalized program of education, management & emotional support designed to promote healthy living for the prevention of complications.

Insulin Pump Therapy gives children and adults with diabetes a better chance for a healthy future, reducing the risk of life-threatening complications associated with the disease. Funds raised from this event go to the Best Centre's unique "Get Pumped" Insulin Pump Program offering education, training & on-going support as well as financial assistance for adults unable to afford the technology.

# THE EVENT

The "Get Pumped" teams are entered into the Hot August Nights event promoted by Chico Racing. Riders arrive the morning of Saturday, August 25<sup>th</sup> to settle into camp. The race begins at noon and will end at noon the following day, Sunday, August 26<sup>th</sup>. This event attracts hundreds of teams. There are plenty of on-site amenities including bike repairs & even massage! You'll receive a pre-race package including a "Get Pumped" team jersey. All your meals are prepared for you and snacks & drinks are always available, just bring your bike, helmet, a tent & your personal belongings & we'll take care of the rest!



# THE COURSE

The course is 17km in length, team members will take turns completing laps over a 24hr period through the trails of Albion Hills Conservation Area in Bolton. There are many hills and turns and it will take an average of 1hr to complete each lap. Teams compete against each other in various categories. To learn more about the trail visit [www.chicoracing.com](http://www.chicoracing.com). Training dates are scheduled with a qualified instructor.



# TO JOIN

Riders of all skill levels are welcome. We can put you on a team or sign-up with a team of your own. A minimum of \$300 is required in pledges by each participant and incentive prizes are awarded. Call the Centre at 905-666-7796 to register or visit the website at [www.charleshbest.com](http://www.charleshbest.com) for all the details you need to "Get Pumped".