

Cycling to a Cure

Thank you for participating in the 2010 Ride!

Check out our
2010 Ride
pictures on facebook:

<http://www.facebook.com/pages/JDRF-Ride-to-Cure/290555879720?v=photos>

Thank you for your participation in the 2010 Ride to Cure Diabetes. Whether you rode in Death Valley, Killington, Lake Tahoe, La Crosse, or Tucson, you were part of a team who helped JDRF become one step closer to finding a cure! The

Illinois chapter has been working really hard over the last year to grow our local participation. Thanks to each of you and your dedicated JDRF supporters, we had our most successful Ride year! We had 16 riders who raised over \$50,000

for diabetes research. We have worked together to build the team momentum we need for the upcoming Ride season! We couldn't be more thrilled to begin the 2011 Ride with a bang!

About the Ride

The JDRF Ride to Cure Diabetes is an adventure of a lifetime. Riders from around the world take on two challenges: raising the critical money needed to fund the research that will cure diabetes, and reaching a personal training goal that will prepare them for their destination cycling experience.



JDRF Ride destinations are designed for riders of all fitness levels. Even if you are not an everyday cyclist, our USA Cycling certified coaches will work with you in the months prior to the ride to develop a training program based on your individual needs. As a rider, you'll commit to a fundraising minimum and in exchange, JDRF will

provide you with a once in a lifetime Ride weekend. JDRF has created powerful online fundraising tools to make it easier for you to reach your goal. In addition we can help you with Ride specific materials, fundraising ideas, and other local support. Please see the attached document for the JDRF Ride fundraising packages and benefits!

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2011 Ride to Cure Diabetes Dates!

Join us for one of our
five rides!

Burlington, Vermont

July 28-31

La Crosse, Wisconsin

August 11-14

Lake Tahoe, Nevada

Tour de Tahoe

September 9-12

Death Valley, California

October 13-16

Tucson, Arizona

El Tour de Tucson

November 17-20

For more information
visit: ride.jdrf.org

*Registration opens on
March 7th!*

Indoor training tip

Racing in a dim room gives you a change from the normal scenery which will help your mind and give you a little bit more of a challenge for your workout. This is a complete change of pace from the "normal" daylight routine.



Mill Race Cyclery
 11 E. State Street
 Geneva, IL 60134
 630-232-2833

Questions?
 Please contact
 Megan Gavin
 JDRF Ride Manager
 312-423-7195
 mgavin@jdrf.org

Thank you Paul Brinkworth!

Special thanks to JDRF Illinois Ride Coach, Paul Brinkworth for his leadership and enthusiasm! Paul will renew his role as the Illinois Ride Coach. He was diagnosed with type 1 diabetes more than 20 years ago. He is an avid cyclist and has been a JDRF supporter and ride participant for more than six years. Paul will



work with each rider to create a personalized training plan and he will host several training rides throughout the Ride season. He will travel to La Crosse and Death Valley as a Coach and JDRF Rider. Paul is currently working on a weekly training Ride calendar. Please stay tuned of more details.

Training Rides will be available to all Ride supporters beginning in late March. We are honored to partner with him again! If you have any questions about coaching, please feel free to contact Paul at: pbrinkworth@comcast.net

Mill Race Cyclery

We are thrilled to announce our continued partnership with Mill Race Cyclery for the 2011 Ride season. We will host several of our training rides from the bike shop in Geneva, IL. Please stay tuned for a

full training calendar, coming to you in March! Bike shop, manger, Rob Sanders will join JDRF as a first time Rider in Death Valley this October. If you are in need of any cycling supplies, a new bike, tune-up, or

apparel please stop by Mill Race and introduce yourself to Rob and shop owner, Bruce. Thank you Rob and Bruce for your continued dedication to JDRF and the Ride! www.millrace.com

Mary Gollings - JDRF Rider Profile

Last year, Mary participated in her first JDRF Ride and she calls it the "most enriching experience of her 22 years with JDRF". Mary was diagnosed with type 1 diabetes 22 years ago at age 8. Mary and her family first became involved with JDRF through a local support group and their commitment and dedication have grown through yearly participation in the Walk and Gala. Her fa-

vorite part of Ride weekend is the pre-ride dinner, "the excitement, energy, and hope in that room cannot be replicated. Having the opportunity to meet others, hear stories of struggle, sorrow, strength, and perseverance builds unity and camaraderie, I really felt the true power of JDRF". If Mary had once piece of advice to give new riders, it would be don't be afraid! "last year, before

the Ride, I only rode 20 miles, once. But I did it and it was one of the proudest moments of my life! I had only raised a couple of hundred dollars before, but I raised \$5,000 in six months." Mary will be riding with the Illinois chapter at La Crosse and Tucson and she hopes you can join her and experience the power of JDRF and the Ride! Thank you, Mary for joining the Illinois family!

Coaches Corner! What Motivates you?

Hi All,

I hope everybody has survived “Snowmageddon 2011” and looking forward to warmer days and the 2011 JDRF Ride season. This year will be my second year as coach but will be my seventh year riding for JDRF. This time of year causes me to reflect on why I do this. This month marks my 38th year of living with type 1 diabetes. It was six years ago that I decided I needed to do something about curing this disease. I remember I was having a bad day at work and of course diabetes reared its ugly head and made a bad day worse. I remember after the day was done, I thought to myself “what have I done to make this better?” and sadly realized that I have done nothing. It was then I decided that I wanted to be part of the solution instead of part of the problem.

I have been into cycling for over 20 years and knew about the Ride to Cure program and thought that would be the perfect fit for me to get

involved. I signed up for the Asheville Ride that year and I haven’t looked back since. It was one of the best decisions I have ever made. Up until then I only thought of diabetes as my problem. Something that I just have to deal with but that year and all the years that followed made me realize the problem was way bigger than just me.



I have met many parents of kids with diabetes and the kids themselves at these Rides. Prior to doing these Rides I have known very few other diabetics. The parents of these kids are my heroes. What they have to do for their children day in and day out is absolutely amazing. I obviously know what needs to be done and don’t have any problem doing it for myself but to be responsible for a child and doing all of what is necessary is heroic. After meeting all of these people I am very content with my own diabetes. My two kids are healthy and if diabetes has to be in

my life somehow I am extremely grateful that it is me. I am sure any parent would gladly trade places with their children and be the one with diabetes. This is what motivates me to do this year after year and I won’t stop until that mission is accomplished and we cure type 1 diabetes.

I hope you all think of the reasons that motivate you to do this and join me in this fight.

For me, this is not a cause that I picked, it picked me.

Thank you and I hope you will join me on a Ride this year. Remember the sign up starts March 7th!

Sincerely,
Paul

If you have any questions, comments or would like to get started on your training today, please e-mail me at pbrinkworth@comcast.net

“The parents of these kids are my heroes. “

In conjunction with Ride registration opening on March 7th our new Ride webpage will provide participants with some great new features.

There will be an Interactive section dedicated to training tips & coaching questions, rotating pictures, live feeds from the Ride to Cure Diabetes Facebook fan page, and much more!

Become a Ride to Cure Diabetes fan on Facebook
<http://www.facebook.com/pages/JDRF-Ride-to-Cure/290555879720>