

Cycling to a Cure

Welcome Joseph Connelly, Ride Youth Ambassador



2010 Ride Youth Ambassador
Joseph Connelly

We are thrilled to announce Joseph Connelly as the 2010 Ride Youth Ambassador! Here is a glimpse into the life of Joseph. “Hi my name is Joseph, I am 10 years old and live in Riverside, Illinois. I have a younger brother, Owen, who is

six years old. I was diagnosed at age three. I think living with diabetes is hard sometimes because I have to check my blood sugar 10 to 12 times a day, but I feel I can do anything anyone else can do. Diabetes doesn’t stop me!

I really like school, my favorite subject is math and physical education. I play baseball, basketball, and love to ride my bike. I love music and I am currently learning to play the piano, and I will take on any challenge at Guitar Hero.”

Training Rides!

Let’s begin training! Spring is in the air and the weather has taken a turn in the right direction. Paul, the Illinois Ride coach, will host two training rides a month beginning in May. Our first training Ride is Sunday, April 25th, 8 am leaving from Paul’s home in Elburn. (please see Paul’s e-mail for more

Details. Training will take place at various locations throughout the Chicago-land suburbs. Training rides are designed to prepare you for your Ride destination to work together as a team! They will vary in length and difficulty. Paul will be with you every step of the way guiding, leading, and preparing you for the

JDRF Ride. If you are interested in hosting a training ride please contact Paul at pbrinworth@comcast.net. He will work with you to coordinate the training ride. We look forward to begin training as a team over the next several months!

Inside this issue:

Fundraising	2
JDRF Illinois Ride Blog	2
Bike Shop Involvement	2
Coach’s Corner	3

2010 Ride to Cure Diabetes Dates! Register today!

Join us for one of our five rides!

Burlington, Vermont
July 15-18

La Crosse, Wisconsin
August 12-15

Lake Tahoe, Nevada

Tour de Tahoe

September 10-13

Death Valley, California

October 14-17

Wait listed

Tucson, Arizona

El Tour de Tucson

November 18-21

For more information or to Register visit:

ride.jdrf.org

2010 Team Illinois

Paul Brinkworth
Susan Brinkworth
Craig Dooley
Mary Gollings
Jill Keller
Paul Rosenbaum
Sarah Touhy

Register today and join our team at ride.jdrf.org

Questions?

Please contact
Megan Gavin

JDRF Ride Manager
312-423-7195
mgavin@jdrf.org

JDRF Illinois Blog brought to you by:



SOLUTION SPACE TECHNOLOGIES

Ride Fundraising

Kick it into gear and start your Ride fundraising today! The most effective and efficient way to collect donations is to utilize your Ride Central web page. You can log on, create a fundraising letter to send out via e-mail to your supporters. They will be sent a direct link to your fundraising page where they can make a donation. I promise, you will be



surprised at how quickly your fundraising total will increase in a matter of minutes! You can also try raising some extra money this summer by having a neighborhood garage sale with the proceeds benefiting JDRF, host a game night with a \$5 entry fee, put a Ride flyer on your cube wall at work ask-

ing your co-workers to support your efforts (a great way to get the word out about the Ride and recruit new team members), put a change donation jar out at your local bike shop, have your favorite restaurant host a JDRF night with 5% of food sales benefiting your Ride fundraising. If you would like more fundraising ideas please e-mail Megan Gavin at mgavin@jdrf.org.

Get your Local Bike Shop Involved!

Frequent a local bike shop? We are looking to partner with shops to promote the Ride and to help the shops gain local exposure and help drive customers into their stores. JDRF has a great relationship

with Cannondale: with every Cannondale bike purchase, you will receive 20% off your purchase. In return, Cannondale will reimburse the bike shop the 20% you saved on your bike! Current participating

bike shops: Velo City Cycles. If you have any questions or are interested in having JDRF contact your bike shop please contact Megan Gavin, Ride Manager at 312-432-7195 or mgavin@jdrf.org

JDRF Illinois Ride to Cure Personalized Blog!

JDRF Illinois is partnering with Solution Space Technologies to create a JDRF Illinois Ride blog. There is a main JDRF Ride blog at www.rideforjdrf.com. From the home page you will have access to your own personalized Ride blog, you can share posts about training,

fundraising, post pictures and share your personal journey with your friends and family. If you have never blogged before, fellow Illinois rider Craig Dooley will walk you through the process with step-by-step instructions on how to get started, update and maintain

your blog. If you are interested in getting started today, please contact Megan Gavin at 312-423-7195 or mgavin@jdrf.org. We will host blog training sessions during the months of April and May.

• JDRF Illinois Ride Coach • Paul Brinkworth • pbrinkworth@comcast.net •

Coaches Corner!

I know that most of you have completed a century ride in the past but below is a basic training guide you can use to help you prepare for the JDRF Ride.

A century ride (100 miles) is a major accomplishment for a cyclist. **Below is a week-by-week training plan** that will help you reach that goal of riding your bike a hundred miles in one day.

Training Concepts

The main principle of training for a century is to increase your mileage gradually over a number of weeks. In doing so, you help to avoid injury, burnout and over-fatigue. Plus you will also be able to detect any issues with your body or bike that you want to discover before the big day.

To set in motion your training plan, pick a known date for your century ride, count back ten weeks to determine your start point. This ten-week training plan below assumes you are in shape at the start to be able to ride 20 miles comfortably. That's a two-hour ride at a very easy 10-12 mph pace. If this is more than where you are, consider a metric century (100 km/62 miles) as another potential goal.

The best way to learn training, hydration and eating tips is to ride with people who have done it before, but you can certainly do it on your own.

As you prepare, aim for the targets as laid out in the table below to get you ready. It shows the distance of your longest ride each week (typically on a Saturday or Sunday) plus a cumulative mileage total for the week you reach with your other riding.

First training Ride is SUNDAY, APRIL 25TH, 8 AM, leaving from Paul's home in Elburn, IL.

	Mon- Easy	Tue- Pace	Wed- Brisk	Thu	Fri-Pace	Sat- Pace	Sun- Pace	Total Miles
1.	6	10	12	Off	10	30	9	77
2.	10	13	15	Off	13	44	17	112
3.	10	15	17	Off	16	53	20	123
4.	11	16	19	Off	16	53	20	135
5.	12	18	20	Off	18	59	22	149
6.	13	19	23	Off	19	64	24	162
7.	14	20	25	Off	20	71	27	177
8.	16	20	27	Off	20	75	29	187
9.	17	20	30	Off	20	75	32	194
10.	19	20	30	Off	10	5	Century	184

Easy = leisurely ride

Pace = matching the speed you want to maintain during the century ride

Brisk = faster than your century speed