

# Cycling to a Cure

## Thank you for participating in the 2009 Ride!



2009 Illinois  
Death Valley Riders  
\*Some riders not pictured\*

Thank you for your participation in the 2009 Ride to Cure Diabetes.

Whether you rode in Whitefish, Sonoma, Death Valley, Killington, or Tucson, you were part of a team who helped JDRF become one step closer to finding a cure!

Your training, fundraising, and support made 2009 the most successful Illinois ride team year date!

Congratulations Illinois ride team...you deserve it! 2009 was a success because of you!

We are looking forward

to a great 2010 ride season.

If you missed the last training times newsletter you can check our 2009 ride pictures at: <http://picasaweb.google.com/JDRFRIDEPIX>

## 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 that is based on your Ride destination. In exchange, JDRF will provide you with a fully supported Ride

weekend. JDRF has created powerful online fundraising tools to make it easier for you to reach your goal and we can help you with materials, ideas, and support. The money you raise helps JDRF fund the critical research that is needed to find a cure. Please see the attached for the JDRF ride fundraising packages and benefits!

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## 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](http://ride.jdrf.org)

## 2010 Illinois Ride Coach: Paul Brinkworth

JDRF Illinois is pleased to announce the 2010 ride coach, Paul Brinkworth! We are thrilled to have Paul on board and thank him for his leadership, dedication, and commitment to JDRF, the ride program, and to helping us get one step closer to finding a cure!

Paul 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. Throughout the course of the ride season, Paul will conduct two training rides per

month at various locations throughout Illinois. He will also be in constant contact

with riders regarding their training schedule. Paul will participate in the Death Valley and Lake Tahoe Rides. He will also be in attendance at the La Crosse Ride. Please give Paul a warm welcome as he joins the JDRF Ride family. We are honored to have him as the Illinois Ride team coach! If you have any questions about coaching or training please contact Paul at:

[pbrinkworth@comcast.net](mailto:pbrinkworth@comcast.net)



*2009 Coach Michael Wollpert accepting the top recruiter award in Death Valley*

## Thank you Michael Wollpert!

Thank you, Michael, for your leadership and dedication to JDRF and the Ride! Illinois had an outstanding Ride year and it was in large part due to Michael. Michael was honored at the Death Valley Ride as the

event's top recruiter. He recruited eight new Death Valley riders for the Illinois team. We are looking forward to having Michael continue his success as a coach and Ride recruiter. We not only are looking

forward to his presence again in 2010 but we look forward to having all of his recruits join the 2010, Illinois Ride team. A big thank you to Michael for his support throughout the 2009 Ride season!

## 2010 Illinois Ride Sponsorship opportunities!

Work for a great company? Looking to get involved with a great charity? Become a 2010 Ride to Cure Diabetes sponsor.

The Illinois Ride sponsorship levels begin at \$500 and extend to our exclusive sponsor at \$2,000. Your

company will be provided with several benefits such as logo placement on Ride materials, JDRF web page, social networking sites, and much, much more! Please look at the attached 2010 Illinois Ride sponsorship

packet. Your company can also become involved with the Ride by registering as a company under the Illinois Ride team. Visit [ride.jdrf.org](http://ride.jdrf.org) to learn more and hear from other companies who have become involved with the Ride to Cure Diabetes.

**Questions?**  
Please contact  
**Megan Gavin**  
JDRF Ride Manager  
312-423-7195  
[mgavin@jdrf.org](mailto:mgavin@jdrf.org)

## Coaches Corner!

Hello! My name is Paul Brinkworth and I am proud to be the JDRF Illinois Ride to Cure Diabetes coach. First off, I want to thank everyone that has signed up to do the ride. I have done six JDRF rides in the past and each one has been an overwhelming experience for me. Each of us has our own personal reasons for doing the Ride to Cure and my goal is to bring us together to help reach our fundraising and athletic goals. Working together with people who share the same goals will make the ride experience all that much greater.

Although it is still cold outside it doesn't mean that you can't start your training for your ride now. There are three different ways you can begin training while we wait for warm weather to return. The three ways are:

- Trainer- mount your bike on it and train indoors
- Spin Classes- sign up for a class at a local health club
- Computrainer classes: Classes that are held at local Bike shops that utilize a computrainer system.

A trainer such as a Cycleops Trainer

( <http://www.saris.com/c-6-trainers.aspx?skinid=2> ) is generally less expensive than an exercise bike and you can mount your bike on it to ride indoors. There are many Bike trainers DVDs that you can watch that will provide a great workout. Many trainers that you buy will have an exercise DVD included.

Spinning is an aerobic exercise that takes place on a specially designed stationary bike called a spinning bike.

Many local health clubs in the area offer spin classes. Spinning classes are done in a fitness studio with various light and music settings to create an energized atmosphere. Instructors guide participants through workout phases – warm up, steady up tempo cadences, sprints, climbs, cool downs etc.

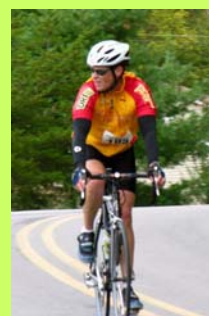
Computrainer classes are something I have been utilizing for the last five years. A Computrainer is a sophisticated professional training system. It is a trainer that is hooked up to a computer that can vary the resistance over the course of a workout. Prior to using a

Computrainer a rider takes a Lactate Threshold (LT) test to establish a baseline for the computerized workout. Many area bike shops now offer Computrainer classes. Here is a website that shows the area shops. [http://www.computrainer.com/RM\\_inc/sales/centers\\_multirider.html](http://www.computrainer.com/RM_inc/sales/centers_multirider.html)

Anything you do now will give you a leg up to when we start riding outdoors again the spring. Using any of the methods I described will bring you that much closer to the distance you choose for your ride. Once warm weather returns I'll start organizing training rides that we can do together.

If you have any questions or suggestions let me know. I can be reached at: [pbrinkworth@comcast.net](mailto:pbrinkworth@comcast.net)

Sincerely,  
*Paul*



*Although it is still cold outside it doesn't mean that you can't start your training...*