

## In Summary

"Coastin' to Carolina" is a 1200 mile bicycle ride from Bar Harbor, ME to Raleigh, NC for the 25th Annual HDSA Convention (June 25-27, 2010). In 1967, Marjorie Guthrie, the widow of famed folksinger Woody Guthrie, founded the Committee to Combat Huntington's Disease, which evolved into the Huntington's Disease Society of America. As in the prior eleven rides, the purpose of the ride is to heighten public awareness of Huntington's Disease and to raise funds for family services and research towards a cure.

## Route Itinerary

May 30 - Bar Harbor ME - Bucksport ME  
May 31 - Bucksport ME - Thomaston ME  
June 1 - Thomaston ME - Portland ME  
June 2 - Portland ME - Portsmouth NH  
June 3 - Portsmouth NH - Boston MA  
June 4 - Boston MA - Providence RI  
June 5 - Providence RI - New London CT  
June 6 - New London CT - Stratford CT  
June 7 - Stratford CT - New York NY  
June 8 - rest day - visit HDSA in NYC  
June 9 - New York NY - Seaside Heights NJ  
June 10 - Seaside Heights NJ - Atlantic City NJ  
June 11 - Atlantic City NJ - Cape May NJ  
June 12 - rest day in Cape May NJ  
June 13 - Cape May NJ - Ocean City MD  
June 14 - Ocean City MD - Chincoteague VA  
June 15 - Chincoteague VA - Cape Charles VA  
June 16 - Cape Charles VA - Knotts Island NC  
June 17 - rest day in Currituck County  
June 18 - Knotts Island NC - Nags Head NC  
June 19 - Nags Head NC - Okracoke NC  
June 20 - rest day on Outer Banks  
June 21 - Okracoke NC - Morehead City NC  
June 22 - Morehead City NC - Kinston NC  
June 23 - Kinston NC - Cary NC  
June 24 - Cary NC - Raleigh NC

## Ride History

In 1997, **Marie** became aware of HD through meeting Carmen Leal, author of *Faces of Huntington's*, on the Christian Writer's Group list on the Internet. In June 1998, at Carmen's invitation, **Marie** attended the 13th Annual HDSA Convention in Denver, CO. After this experience, she was deeply touched. Her Christian faith required action: "... let us not love with word or with tongue but in deed and truth" (1 John 3:18). **Marie** and **Charlotte** met through a mutual friend, and the trio rode across America together in 1999. Arrival at the National Convention has become an annual rite.

**Coastin' to Carolina** is the twelfth ride for HD; prior rides include two coast-to-coast rides (1999 and 2000), **Border War on HD** (Vancouver, BC, Canada to Tijuana, Mexico), **Ramble 'Round the Colonies** (Manchester NH - Columbus OH), **Trek Across Texas** (Texline - Houston), **Kick HD on Route 66** (Albuquerque NM - St. Louis MO), **Coastin' for HD** (Wilmington DE - Atlanta GA), **Midwest Meander for HD** (Kearney NE - Milwaukee WI and Chicago IL - St. Louis MO), **Rockies to Plains** (Grand Junction CO - Oklahoma City OK), **Cycle the Heartland** (Clinton MO - Pittsburgh PA), and **Canyons to Cactus** (Grand Junction CO - Phoenix AZ). More than 18,000 miles have been pedaled, through parts of 40 states and Washington DC. Our fundraising goal is \$40,000 to bring the total raised to well over \$500,000, and to add four more states to our total (Vermont, Maine, Rhode Island, and Tennessee).

## How You Can Help

I want to help make "Coastin' to Carolina" bicycle ride a success.

I would like to contribute the following:  
\_\_\_\_\_ Prayers for a safe journey

A donation of any amount \$ \_\_\_\_\_

**\*\*Buy a ride T-shirt \$15-20 plus postage**

\_\_\_ Arrange or provide accommodations in homes or churches along the route  
\_\_\_ Organize a fundraising or awareness event with family, friends, church, or social group  
\_\_\_ Be a guest rider

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone \_\_\_\_\_  
E-mail \_\_\_\_\_

**\*\* T-shirt size(s)** \_\_\_\_\_

**\*\* Short sleeved** \_\_\_\_\_ **Long sleeved** \_\_\_\_\_

Make checks payable to "Huntington's Disease Society of America." Canadians may make checks payable to the Huntington's Society of Canada. Mail donations to:

Coastin' to Carolina  
c/o Marie Nemec  
3087 - A  $\frac{1}{2}$  Road  
Grand Junction CO 81503-9678

**\*\*Refer to information about Commemorative T-Shirts on the other side of this brochure.**

## The Riders

Charlotte Reicks  
406 Ridges Blvd. #22  
Grand Junction, CO 81507  
(970) 260-7132/careicks@bresnan.net

Marie Nemec  
3087 - A ½ Road  
Grand Junction, CO 81503-9678  
(970) 250-5997/bike4cure@gmail.com

## On-line giving

Go to [www.firstgiving.com/bikeforcure](http://www.firstgiving.com/bikeforcure)

The website is fast and secure. It is for donations only; for T-shirt sales, follow the instructions below.

## Commemorative T-shirts

Limited edition, quality pre-shrunk long and short sleeved stonewashed blue T-shirts are available both along the route and by mail. T-shirt front is a bold logo, with a lighthouse motif and the ride title. The T-shirt back has a DNA double helix, from Maine to North Carolina with the names of our ride sponsors and a grouping of names "In Loving Memory."

Send check to Marie Nemec (address above). Additional T-shirts cost \$15 (short sleeved, adult sizes Small - XL), \$18 (short sleeved, XXL - XXXL) or \$20 (long sleeved, any adult size). **Make T-shirt only checks payable to "Marie Nemec."** Postage cost is \$4/shirt.

## Huntington's Disease

HD is a neurological, familial disease, passed from parent to child through a mutation on the 4th chromosome. Each child of an HD parent has a 50-50 chance of inheriting the gene which causes degeneration of brain cells, resulting in the loss of ability to walk, think, talk, reason, and swallow. Onset generally appears at midlife, but in some onset occurs in childhood (juvenile HD) or in old age (late onset). The disease profoundly affects the lives of entire families, as the person with HD becomes totally dependent on others for his/her care. About one in 10,000 Americans have this disease. Since 1993, a genetic test has been available to those at-risk, to determine whether or not (s)he carries the HD gene. The test does not indicate at what age the disease will develop. Your contribution will support efforts to improve the lives of people affected by HD and their families, through programs of research, family services, education, and advocacy.

## Join Us Online

During the ride, **Marie** will write a message recounting the highlights and progress of each day. Just e-mail **Marie's** husband at [ron.nemec@hughes.net](mailto:ron.nemec@hughes.net) to request subscription. The ride can also be tracked on the Internet at [www.bikefortheure.org](http://www.bikefortheure.org) "Ride" along with us!

## For more information

HDSA 1-800-345-HDSA	<a href="http://www.hdsa.org">www.hdsa.org</a>
HD Advocacy Center	<a href="http://www.hdac.org">www.hdac.org</a>
HD Lighthouse	<a href="http://www.hdighthouse.org">www.hdighthouse.org</a>

# Coastin' to Carolina

[www.bikefortheure.org](http://www.bikefortheure.org)



*A Bicycle Ride  
down the Atlantic Coast, from Bar  
Harbor, ME to Raleigh, NC  
via the Jersey Shore, the DelMarVa  
Peninsula, and the Outer Banks,  
to raise awareness and funds for  
Huntington's Disease research  
and family services*

**May 30 - June 24, 2010**