

In Summary

"Plains to Lakes" is a 700 mile bicycle ride from Belle Fourche SD to Minneapolis MN for the 26th Annual HDSA Convention (June 24-26, 2011). 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 twelve 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

June 12 - Belle Fourche SD - Mud Butte SD
June 13 - Mud Butte - Eagle Butte SD
June 14 - Eagle Butte SD - Gettysburg SD
June 15 - Gettysburg SD - Roscoe SD
June 16 - Roscoe SD - Frederick SD
June 17 - Frederick SD - Gwinner ND
June 18 - Gwinner ND - Wahpeton ND
June 19 - Wahpeton ND - Fergus Falls MN
June 20 - Fergus Falls MN - Alexandria MN ***
June 21 - Alexandria MN - St. Cloud MN ***
June 22 - St. Cloud MN - Eden Prairie MN
June 23 - Eden Prairie MN - Bloomington MN

Ride History and Rider Profiles

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.

This year **Gary Heiman** will be riding with us. He is the husband of Barb Heiman, social worker with the HDSA Central Ohio Chapter. and the Ohio State University Center of Excellence. **Gary** has ridden the Great Ohio Biking Adventure (GOBA) 11 times, and is an experienced rider who logs 2000 miles a year in West Central Ohio. Welcome to our team, **Gary!**

Plains to Lakes is the thirteenth ride for HD; prior rides include two coast-to-coast rides **Bike for the Cure '99** and **Bike for the Cure 2000**, **Border War on HD** (Vancouver, BC, Canada - 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), **Canyons to Cactus** (Grand Junction CO - Phoenix AZ), and **Coastin' to Carolina** (Bar Harbor ME - Raleigh NC). Close to 20,000 miles have been pedaled through parts of 42 states and Washington DC. Our fundraising goal is \$12,000 to bring the total raised to \$532,000, and to add three more states to our total (Wyoming, Montana, and North Dakota.)

Join Us Online

During the ride, **Marie** will write a message recounting the highlights and progress of each day. E-mail **Marie's** husband at ronnemec@gmail.com to request subscription. The ride can also be tracked on the Internet at www.bikefortheure.org. "Ride" along with us!

How You Can Help

I want to help make "Plains to Lakes" 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:

Plains to Lakes
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.**

Riders

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

Marie Nemec
3087 - A $\frac{1}{2}$ Road
Grand Junction, CO 81503-9678
(970) 250-5997 / bike4cure@gmail.com

Gary Heiman
1060 Olmstead Road
West Jefferson, OH 43162
(614) 439-9223 / gheiman2@juno.com

On-line giving

Go to 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 tan T-shirts are available both along the route and by mail. T-shirt front is a bold 2 color logo featuring 3 riders. The T-shirt back pictures prairie grass, bicyclists, the names of our ride sponsors, and a grouping of "In Loving Memory" names. See website for actual designs.

Send check to Marie Nemec (address above). T-shirts cost \$15 (short sleeved, adult sizes Small - XL), \$18 (short sleeved, XXL - XXXL) or \$20 (long sleeved, any adult size). **Make check payable to "Huntington's Disease Society of America."** 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.

For more information

HDSA 1-800-345-HDSA	www.hdsa.org
HD Advocacy Center	www.hdac.org
HD Lighthouse	www.hdlighthouse.org

WANTED

*** Bicyclists to ride the Central Lakes/Lake Wobegon Rails-to-Trails with us on June 20-23. Bring your own bike or rent one. Show your support for efforts to cure HD! Experience the thrill of ending the ride at the Convention Hotel.

Contact Marie for more specific information.

Plains to Lakes



*A Bicycle Ride
across South Dakota, the southeast
corner of North Dakota, to
Minneapolis MN
to raise awareness and funds for
Huntington's Disease research
and family services*

June 12 - June 23, 2011

www.bikeforthe cure.org