



Newsletter

Volume 17 July 2007

“Scappoose man pledges a 330-mile bike ride to help diabetic son” The south County Spotlight June 27, 2007

Support Tom as he rides for diabetes awareness. Tom’s **Ride 4 a Cure** is a journey to spread awareness about Type 1 diabetes and raise funds for the Juvenile Diabetes Research Foundation. All funds raised will go towards Tom’s goal of \$4000. With that total in donations he will be able to represent Oregon in September in the JDRF *Ride To Cure Diabetes* in Whitefish, MT. He will be one of only 200 riders.

This local ride is a family organized event! Tom is not a professional rider, he is a loving father and very determined. Tom is doing this ride for his son Henry who was diagnosed with Type 1 diabetes at the age of 2; he is now 5 years old.

This year’s ride will be held Thursday July 12th thru Monday July 16th, 2007. This will be a 5 day ride covering over 330 miles. It begins in Scappoose, Oregon at the High School Pharmacy/Grocery Outlet parking lot. The ride heads north on Hwy 30 to Astoria on day 1. The ride will go south on Hwy 101 to Tillamook. Meet at Tillamook Dairy, The Farmhouse Café for breakfast Saturday July 14th. Day 3 ends in Lincoln City. It will back track a little and up Hwy 18 past Grand Ronde to Newberg on day 4. Day 5 is the big day beginning in Newberg, with an early lunch at 11 am at McMenamin’s Grand Lodge, Yard House Pub. It proceeds thru Hillsboro with a stop at the Albertsons on Baseline. With stops at Beaverton City Park and in Portland they will head back up Hwy 30 to Scappoose. For complete itinerary visit www.rockagainstdiabetes.net

The public is encouraged to come out and visit at the rest stops to learn a little about Type 1 diabetes, support Tom or ride with him a bit. If you see Tom or one of the rest stops give them a wave or come by to say hello.

If you would like to make a donation online visit <http://ride.jdrf.org/rider.cfm?id=7295>. All donations to the JDRF are 100% tax deductible.

If you would like to contact The Kilmans about making any kind of donations, sponsorship, joining the ride, hosting a rest stop or anything else you can contact Jennifer Kilman by email, mail, or by phone. All information including an itinerary is posted on the website at www.rockagainstdiabetes.net

Rock Against Diabetes, NW is an ongoing family run campaign to spread awareness and raise money for agencies that support research and work on improving the lives of those who live with diabetes.

When making donations of any kind make sure to check with your employer to see if they have a matching gift program or perhaps they would like to make a donation as well. We know there are a lot of worthwhile causes out there so thank you for supporting our efforts!

Thank you for your ongoing support,
The Kilman Family: Jennifer, Tom, George, Henry, Kate, and Ellen