



Newsletter

Volume 18 August 2007

Tom made it! After 5 days of hard work and a little fun too, Tom made it home to Scappoose with 343 miles under his seat! We took a few detours which in some places added mileage, but cut out some hills. Tom and Karl had there fill of big hills on day one, Scappoose to Astoria. Next time you drive along the Oregon Coast image you are on a bike! We want to thank everyone who supported our family's excursion as Tom rode for diabetes awareness. Tom's **Ride 4 a Cure** was a journey to spread awareness about Type 1 diabetes and raise funds for the Juvenile Diabetes Research Foundation. Even though we are only a few hundred dollars closer to Tom's goal of \$4000 we feel it was a successful ride.

We are still hopeful that Tom 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, and one of four from Oregon. If you would like to make a donation online visit <http://ride.jdrf.org/rider.cfm?id=7295>.

We are still in need of your generous tax deductible donation. If you have given already thank you so much! If you haven't given yet please take a moment now. Since the ride is next month we need to work harder to reach our goal! The goal is set at \$4000 because the JDRF spends a lot of money to get people there and house them. Because we are driving ourselves and camping the JDRF is crediting us \$872.00. George and his friends collected \$135. at a block party; that leaves us only \$755. from our fundraising goal!

September is the JDRF Walk to Cure Diabetes in Portland, Oregon. Join more than 5,000 other walkers as we aim to raise \$500,000. for diabetes research. Meet Scooby Doo, enjoy a barbeque lunch and enjoy the rides at Oaks Park afterward. You'll have a great time, get some exercise, and most importantly, be a part of the cure! **Walk begins at 11 a.m. Sunday September 30, 2007 at Oaks Amusement Park.** Register with Rock Against Diabetes NW/Team Kilman now at <http://walk.jdrf.org/>

Please contact us if you would like to make any kind of donations, sponsorship, host a jewelry party, or if you have any other fund raising ideas. 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