

In Summary

“**Bike for the Cure 2020**” is a 620 mile bicycle ride, south on the Natchez Trace Parkway from Nashville TN to Natchez MS and on to New Orleans LA for the 35th Annual HDSA Convention (June 4-6, 2020). In 1967, Marjorie Guthrie, the widow of famed folksinger Woody Guthrie, founded the Committee to Combat Huntington’s Disease, which in 1983 became the Huntington’s Disease Society of America. The mission of HDSA is to improve the lives of everyone affected by HD and their families. As in the prior 20 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

Day 1 - May 24 - Mile Markers 444 to 391
Day 2 - May 25 - Mile Markers 391 to 364
Day 3 - May 26 - Mile Markers 364 to 300
Day 4 - May 27 - Mile Markers 300 to 230
Day 5 - May 28 - Mile Markers 230 to 160
Day 6 - May 29 - Mile Markers 160 to 100
Day 7 - May 30 - Mile Markers 100 to 39
Day 8 - May 31 - Mile Markers 39 to 0
Day 9 - June 1 - Natchez MS to Baton Rouge LA
Day 10 - June 2 - Baton Rouge to New Orleans
Day 11 - June 3 - Arrival at Convention Hotel

Ride Origin and Rider Profiles

In 1997, **Marie Nemec** 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** met **Charlotte Reicks** through a mutual friend, and the trio rode across America together in 1999. In 2008, **Marie** joined **Charlotte** as a “Bicycling

Grandma,” with the birth of her first grandson. Two years later, a second grandson was born during the 2010 “Coastin’ to Carolina” ride. **Marie**, the only 21 year veteran, will continue to ride tag-team with **Charlotte**, and they will alternate driving **Marie’s** SAG van.

Charlotte’s bicycling adventures began in 1992 when she rode across Colorado. This is **Charlotte’s** 27th year of cross country bicycling for charity, as well as her 20th bicycle ride for HD. In her work in medical transcription, her bicycle is her primary means of transportation around GJ. She is an original “Bicycling Grandma,” and is still our “energizer bunny,” the oldest of our riders. Her three grands are now adults in their 20’s and 30’s, and she now has a great granddaughter!

We are again blessed to have the sister team of **Sherri Kole** and **Mary Ann Taylor**. This is **Sherri’s** tenth “Bike For the Cure” ride. **Sherri** organized and put on seven pig roast fundraisers in Lewiston ID. These events raised close to \$100,000. She has two very special reasons to ride. Her 46 year old son tested positive for the HD gene 15 years ago, and is now symptomatic. **Sherri** also has a 10 year old “at-risk” grandson.

Mary Ann is an avid golfer and tennis player. She and her husband Scott live in Truckee CA (where she is the pro shop buyer and merchandiser at a golf course). She is the proud grandma of two young granddaughters who live in Reno NV. She cross-trains in spinning classes. **Mary Ann** did one “STP Classic” ride with **Sherri**. This is her fifth “Bike for the Cure” ride to raise funds for research to help find a cure for her nephew Dustin, who has HD. Welcome back, **Mary Ann** and **Sherri**!

This year, we have four “Bicycling Grandmas.”



Past “Bike for the Cure” Rides

Our first 20 rides have taken us through parts of 47 states and Washington DC (over 25,000 miles). Prior rides include two cross-country rides plus numerous shorter regional rides. Check out **www.bikefortheCure.org** to see a list of routes, starting and ending points of past rides, and journal entries. **Charlotte** and **Marie** took early “retirement” in 2019 for health reasons, but missed the ride so much, we have “unretired” and are back again, along with **Sherri** and **Mary Ann**!!!

In the first 20 rides, \$748,000 has been raised. This year’s goal is \$27,000 to reach a total of \$775,000.

About the Route



The Natchez Trace Parkway comprises the first 444 miles, through 3 states and hundreds of years of history. It was established as a unit of the National Park System in 1938 and officially completed in 2005. It commemorates the most significant highway of the Old Southwest. It evolved from animal game trails, use by Native Americans, explorers, early settlers, Civil War soldiers, into modern times. It was used by such notables as Gen. Andrew Jackson, Meriwether Lewis, John James Audubon, Jefferson Davis, and Ulysses S. Grant. The Parkway creates a greenway from the southern Appalachian foothills of Tennessee to the bluffs of the lower Mississippi River. The second half of the ride is on surface roads, from Natchez MS through Baton Rouge and on to New Orleans.

Ride Dedication

This ride is dedicated to our young people and their families who are impacted by juvenile HD.

Commemorative T-shirts/Sponsorships

Honor the memory of a loved one, or have your name on the limited edition lilac New Orleans themed ride T-shirt. It can be viewed at www.bikefortheure.org. Sponsor names and a grouping of "In Loving Memory" names are featured on the back. Individual sponsorships are \$75; businesses are \$125. Space is limited, so don't miss out! **BONUS EARLY BIRD SPECIAL: with any sponsorship postmarked by April 10, a "free" T-shirt is included. Specify name to put on T-shirt, size, and your choice of sleeve length (long or short). Make sponsorship checks payable to "HDSA." Postage is included in sponsorship.**

Marie Nemec
Bike for the Cure 2020
3087 - A 1/2 Road
Grand Junction CO 81503

Additional T-shirts cost \$20 (short sleeved) or \$25 (long sleeved), in adult size (small - XXXL). **Make check payable to "HDSA."** Send check to Marie Nemec (address above). Postage is \$5/shirt.

Use the enclosed insert for donations and sales.

For More Information

HDSA 1-800-345-HDSA / www.hdsa.org

Join Us Online

During the ride, **Marie** writes a message recounting the highlights and progress of each day. Send an e-mail to her husband Ron at ronnemec@gmail.com to request subscription. The ride can also be tracked on the Internet at www.bikefortheure.org **Charlotte** also writes daily e-mails. You are still on her list if you received them in the past. If you would like to be added or removed, please e-mail her at careicks@gmail.com or follow **Charlotte** on Facebook.

Online Giving

Go to www.hdsa.org/bikefortheure

The website is fast and secure. It is for donations only; for t-shirt sales, follow the instructions on the ride brochure insert.

Huntington's Disease

HD is a neurological, genetic 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). This 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 has this disease. Since 1993, a genetic test has been available to those at-risk, to determine whether (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.

Contact Information

Marie - rmnemec@gmail.com 970-250-5997
Charlotte - careicks@gmail.com 970-596-5616
Sherri - sherrickole@yahoo.com 208-305-4928
Mary Ann - mataylor612@yahoo.com
775-770-4908



BIKE FOR THE CURE 2020

*A bicycle ride south on the
Natchez Trace Parkway from
Nashville TN to Natchez MS
and on to New Orleans LA*

**Celebrating 22 years of
fundraising and advocacy for
research and family services
for those affected by**

HUNTINGTON'S DISEASE



May 24 - June 3, 2020

www.bikefortheure.org