

## In Summary

“**Bike for the Cure 2023**” is a 650 mile bicycle ride off the Gulf Coast, from Corpus Christi TX to New Orleans LA, ending at the 38th Annual HDSA Convention (June 1 - 3, 2023). 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 22 rides, the purpose of the ride is to heighten public awareness of HD and to raise funds for family services and research towards a cure.

## Route Itinerary

Day 1 - May 22 - Corpus Christi - Tivoli TX  
Day 2 - May 23 - Tivoli - Blessing TX  
Day 3 - May 24 - Blessing - Freeport TX  
Day 4 - May 25 - Freeport - Galveston TX  
Day 5 - May 26 - Galveston - Port Arthur TX  
Day 6 - May 27 - Port Arthur TX - Grand Cheniere LA  
Day 7 - May 28 - Grand Cheniere - Abbeville LA  
Day 8 - May 29 - Abbeville - Baton Rouge LA  
Day 9 - May 30 - Baton Rouge - New Orleans  
Day 10 - May 31 - Arrival at Convention Hotel

The first four days are parallel to the Barrier Islands of the Texas Gulf Coast. The next four days are a revisiting of the 2013 BFTC ride across Louisiana. The final two days are new territory, riding into New Orleans from Baton Rouge, the state capital.



## Ride Origin

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 together across America in 1999. **Marie** joined **Charlotte** as a “Bicycling Grandma,” with the birth of her first grandson in 2008. Two years later, a second grandson was born. **Charlotte** has three adult grandchildren plus two great grandchildren. **Charlotte and Marie took early “retirement” in 2019 for health and family reasons.**

## Rider Profiles - The Bicycling Grandmas

The baton has been passed to the sister team of **Sherri Kole** and **Mary Ann Taylor**. **Sherri** found the ride through HD Internet contacts. This is her 11<sup>th</sup> “Bike for the Cure” ride. She 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 49 year old son Dustin tested positive for the HD gene 18 years ago, and is symptomatic. **Sherri** also has a 13 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 seventh “Bike for the Cure” ride to raise funds for research to help find a cure for her nephew Dustin.

## Past “Bike for the Cure” Rides

The prior 22 rides have routed through parts of 47 states and Washington DC (over 26,000 miles); the first two were cross-country rides and the rest shorter regional rides. Check out **www.bikefortheure.org** to see a list of routes, starting and ending points, and journal entries.

## Join Us Online

During the ride, a Daily Message is written, recounting the highlights and progress of each day. Send an e-mail to **Marie** at **rmnemec@gmail.com** to request subscription. The ride can also be tracked on the Internet at **www.bikefortheure.org**

## Online Giving

Go to **www.hdsa.org/bikefortheure**  
The website is fast and secure. It is for donations only (not for ordering t-shirts.)

## How You Can Help

A total of \$811,000 has been raised through past rides. This year’s goal is \$39,000 to reach a total of \$850,000. **Anonymous donors have pledged to match all funds raised on this year’s ride.**

Contribute any of the following:

- \_\_\_\_\_ Prayers for a safe journey
- \_\_\_\_\_ Send a gift card for fuel purchase
- \_\_\_\_\_ Buy a commemorative ride T-shirt
- \_\_\_\_\_ A donation of any amount

**Make check payable to “HDSA.” Send to Marie Nemec at address under T-shirt Sponsorship Information on the back side of this brochure.**

## Commemorative T-shirts/Sponsorships

Honor the memory of a loved one, or have your name on the limited edition t-shirt. Sponsor names and a grouping of "In Loving Memory" names are featured on the back. **Individual sponsorships are \$85; businesses are \$130. Space is limited, so don't miss out! BONUS EARLY BIRD SPECIAL; with any sponsorship postmarked by April 15, a "free" T-shirt is included. Specify name to put on T-shirt, size (adult small - XXXL). Make sponsorship checks payable to "HDSA." Postage is included in EARLY BIRD SPONSORSHIP.**

Marie Nemec  
Bike for the Cure 2023  
3087 - A 1/2 Road  
Grand Junction CO 81503

Additional T-shirts cost \$25 (short sleeved). **Make check payable to "HDSA."** Send check to Marie Nemec (address above). Postage is \$5/shirt.

### T-shirt Order Form

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

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

Name on shirt \_\_\_\_\_

Sponsor \_\_\_\_\_ In Loving Memory \_\_\_\_\_

## 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

**Sherri** - sherrickole@yahoo.com 208-305-4928

**Mary Ann** - mataylor612@yahoo.com

775-770-4908

**Marie** - rmnemec@gmail.com 970-250-5997

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



New Orleans was founded in 1718. NOLA is world renowned for its distinctive music, Creole and Cajun cuisine, unique dialects, and its annual celebrations and festivals, most notably Mardi Gras.

## BIKE FOR THE CURE 2023

*A bicycle ride northeast  
off the Gulf Coast  
and across Louisiana,  
from Corpus Christi TX to  
New Orleans LA*

**Celebrating 23 years of  
fundraising and advocacy for  
research and family services  
for those affected by**

## HUNTINGTON'S DISEASE



**May 22 - May 31, 2023**

**www.bikefortheure.org**