



Monday, May 14, 2012

Dear friends and family,

Well, it sure seems winter has long since been gone and the sunny weather is now upon us. What better way to start the season than to hit the open road in preparation for the 5th Annual Pedal For The Cure. I cannot believe that it has been 5 years already !!! I am psyched about the team that will once again be joining me on this adventure to fight this disease.

Like most of you know, I was diagnosed with Type 1 Diabetes in 2006. Just finishing university, this was hard news to come by but I was determined from the start not to let this disease get me down. Rather, I stood up against it and felt the need to do something on a larger scale in order to make living with this disease more easy and also to also create awareness to those who might not be as familiar with diabetes in general.

Diabetes is one of the leading diseases needing support from stem cell research. There are over 200,000 Canadians living with Type 1 Diabetes and more people are being diagnosed each day. We need to stop its attack NOW! Insulin is not a cure; research is the key to a world rid of this chronic disease.

And at this point, I'd like to remind you that I am once again pedaling my way towards a cure by holding a fundraiser called "Pedal for The Cure" on July 6, 2012. This is an event where myself and several other riders will be travelling from Ottawa to Montreal in order to raise funds for the Juvenile Diabetes Research Foundation of Montreal. In the past 4 years, we have been able to raise well over \$8000. This will be our 5th Annual Pedal for The Cure. I am most certain that this year will bring us well past our goal of \$10 000 raised for the foundation. Your astonishing support is what will make this dream possible.

This year, my father and I are joined by an amazing and awesome group of dedicated riders. On July 6, this will be the team that will be burning their thighs, drinking plenty of water, and will feel an adrenaline rush like no other.

I am getting pumped up for this event. If I have not already explained it to you, this is a bike ride like no other, presenting different challenges along the ride and showing us year after year that with dedication and determination, a team that comes together can achieve many new heights. You are a member of that team by helping us fight this disease. If you would like to donate to this worthy cause, here is what you can do;

- Cash
- Cheque (made out to: **Juvenile Diabetes Research Foundation**)

- \* Donations of \$20 or more will receive a tax donation
- \* Send cash or cheque to:

Carla Hoger  
349- 27th avenue  
Deux- Montagnes, Quebec  
J7R 4J8

We are both eagerly anticipating this event and have been completely taken aback by your support over the years, both emotionally and by your donations. We will keep you updated on our training progress and our road to the finish line.

Merci beaucoup pour ton générosité et support!

Carla and Rick

**THE FINISH LINE BBQ**  
**Rick and Nora's House**  
**Friday, July 6**  
**After 5pm**  
**B.Y.O.B.**

- \* Stop by to see us pass the finish line. Family and friends are invited. Yummy food awaits you!