



Celebrate World Diabetes Day

To Spread Awareness

To Support Type 1 Research for better treatments & prevention

To be part of the Cure

World Diabetes Day Bike Ride

Free Family Friendly Bike Ride for
diabetes awareness

Saturday, November 12



TWO RIDE STARTS

Newcastle Beach Park at 8am

- **Brisk paced ride** to Seattle
- David Nestvold, USA Certified cycling coach leads this group to Hales to meet up with the 2nd start

Hales Brewery Parking lot at 10am

- **Family** casual paced 14 mile family ride
- Jeremy Vrablik, Ride leader

TWO RIDE ENDINGS

- **11:30-12:30-** Post ride gathering at Hales
- **12:30 – Return to eastside !**

David leads Brisk pace back to Newcastle

Contact Jeremy for info: jeremyv@fcbloxom.com

Winter Training Series Indoor Time Trials

A Benefit for the
Juvenile Diabetes Research Foundation (JDRF)

Sunday, November 13,



Location: Seattle Multisport Training Center
4333 Fremont Ave. Seattle, WA

Time Trial: Test yourself against the clock & other
local cyclists

- 10+ kilometer (6.2+ mile) course
- INDOORS on CompuTrainers-computerized bike trainers
- Participants must bring their own bikes & cycling shoes
- 15-20 minute warm up then group TT start end with 10-15 minute cool down

Entry Fee: (per event): Age 20+ \$15.00, Under 19 \$10.00

Race Categories: Male and Female- Junior 19 & under, 5 yr Age Groups 20-70+

Series Awards and Prizes: 1st, 2nd, and 3rd in each category

Post Race Refreshments - Mac & Jacks!

Registration: [Reserve your race spot here.](http://www.wejoinin.com/sheets/jmpxh)
(<http://www.wejoinin.com/sheets/jmpxh>)

Contact Tim for info at info@seattlemultisport.com

