

UPSTATE NEWSLETTER

2022 Tour de Cure: Upstate New York
June 11, 2022

LONG SLEEVE INCENTIVE HAS BEEN EXTENDED!



Register and raise at least \$150 by January 31st and this Tour swag will be yours.

2022 TOUR SPONSOR SHOUT OUT

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Team Spotlight: Motown Joe & The Derailleurs, Buffalo NY



Kenneth Rogers, Team Captain - My first Tour de Cure was in June of 1995 in Buffalo, starting and ending at Ellicott Creek Park. The 30-mile ride almost killed me - I was not in shape - but it was the inspiration I needed to take cycling more seriously, as a form of exercise. **I had wanted to do something for my cousin who had just passed away from complications related to Type 1 Diabetes.** After a few years of riding on my own, I started recruiting other friends to ride with on the Tour. In that process I was introduced to Joe Brennan (AKA Motown Joe) who had a TDC team. He recruited me to join his team. I recruited a few of my riding friends as well, and we have been Motown Joe and the Derailleurs ever since.

For my initial years in the TdC I was a casual fundraiser, gathering donations from friends and family. By 2008 I had been involved enough to better understand the cause, and started to get serious about my fundraising efforts. Joe, our captain, moved out of town, and handing the reins of Motown Joe over to me. **I believe in leading by example, and being a Champion for Diabetes helped me to do that.** With one exception, my teammates are cyclists first and incidentally funders of the TdC. Last year the five of us did a 40+ mile ride to Frank Lloyd Wright's Graycliff as our virtual Tour. As the Tour this year is being run out of Rochester this year, it is likely that we will find a fun 40-mile destination again and continue to ride in the Buffalo Niagara region. **No matter how the Tour is organized, the cause is an important one, and the cycling is fun, so we will continue our Motown Joe tradition!**

Welcome to our New Staff Members!



Julie DeMersman brings 5+ years successful experience in non-profit fundraising and volunteer management to the American Diabetes Association, along with 3 years of sales experience. In her most current role with the Alzheimer's Association as Constituent Events Manager, Julie managed the Southern Tier & Finger Lakes Walk to End Alzheimer's as well as the association's other signature event, The Longest Day. She is passionate about fundraising and making a difference her community so has chosen to continue her career in the non-profit sector. She lives in Webster with her husband, Josh, and 5 year old son, Jaxon. Julie enjoys being outside and spending time with her friends and family. She is excited for her new role with American Diabetes Association. **WELCOME JULIE!!**

Giancarlo Tápanes, on the left, was born and raised in Miami, Florida where he attended and graduated from Florida International University with Bachelor of Arts in Communication Arts and a Master's of Science in Global Strategic Communications. He has extensive experience working with non-profit organizations and established corporations. Before moving to Rochester, NY he was a part of the Communications, Marketing, and Community Partnerships team at Miami's Super Bowl Host Committee. His passions include cooking, entertaining, and exploring the new city/state he now calls home with boyfriend Jordan and their two dogs Charlie & Bishop. **WELCOME GIANCARLO!!**



News from National: Ask the Expert virtual Q&A series

Our Ask the Experts series is designed to help people with diabetes tackle commonly faced issues by providing a community where individuals can ask questions of our experts and hear from others who might share similar experiences. Each series is free to register and is virtually available to anyone. Our next Ask the Expert topic is 'Make the Most of Your Health Care Visits' - Visits with your health care providers can feel overwhelming at times. Learn tips on how to prepare for visits with your diabetes care team and questions to ask to get the support you need. To find out more information, to register for an event, or to listen to past recordings, visit <https://www.diabetes.org/ask-the-experts>

Don't miss out on our upcoming events!

- Jan 27** Ask the Experts: Make the Most of Your Health Care Visits
Thursday, January 27, 2022 | 2:00PM - 3:00PM (ET) | Virtual
[Sign Up](#)
- Feb 08** Ask the Experts: Keeping your Heart Healthy-What to do
Tuesday, February 8, 2022 | 2:00PM - 3:00PM (ET) | Virtual
[Sign Up](#)
- Mar 08** Ask the Experts: Does Kidney Disease have to Happen?
Tuesday, March 8, 2022 | 2:00PM - 3:00PM (ET) | Virtual
[Sign Up](#)

Top Fundraisers (as of 01/21/21)



Important Tour Links:
[Event Details](#)
[Fundraising Tips & Toolkits](#)
[Volunteer Opportunities](#)

TOP INDIVIDUALS	TOP CORPORATE TEAMS	TOP FRIENDS & FAMILY TEAMS
1. Paul Koch: \$3,641	1. Kivort Steel Diabetes Revolution: \$12,145	1. Team Scouts BSA Troop 75: \$4,298
2. Robert Kivort: \$2,500	2. Bankers Healthcare Group: \$10,000	2. Rochester Bicycling Club: \$2,254
3. Stu Balter: \$2,105	3. Excellus Blues Blasters: \$3,080	3. The Pampered Peddlers: \$350
4. Tamil Devendiran: \$2,000	4. Team GM Cares: \$1,078	4. Team Anna: \$300
5. Howard Katz: \$1,900	5. Parsons & Associates—Metro Fitness Pedalers—\$1,075	5. Upstate Peloton Cycling Club: \$150

Follow the [Tour Facebook Page](#) and Join the [Community Group!](#)



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