

## John Niebler



### My Story:

- Hometown: Milwaukee, WI
- Graduated UW-Milwaukee, Electrical Engineering/ Computer Science
- Works at Chip Connection, Inc – Small Business IT Services

### JDRF Connections:

Myself since 1984. All the T1D friends I've made through Ride!

**JDRF Rides:** 21 including Death Valley, La Crosse, Lake Tahoe, Nashville, Santa Fe, Saratoga Springs, Tour de Tucson,



**JDRF Coach:** 2022 will be my 7th year. I like helping new riders learn bike skills and T1Ds learn how to manage blood sugars while exercising.

**Ride to Cure Journey:** I started riding in 2003 in Death Valley. I hadn't trained much and had a mountain bike with slick tires. I completed 70 miles in a very hot year. A testament to stubbornness more than smarts. Over time I've upped my bike skills and training. It's definitely a challenge, but an enjoyable one!

**Favorite Ride:** Saratoga Springs has beautiful horse farms and huge rolling hills. Death Valley is stark, barren, and like biking on the moon. Lake Tahoe was beautiful and easier than I expected, which is always nice. La Crosse is a great ride through the Midwest. Tour de Tucson is a big circle with 10000+ bikers.

**My Ride 2022 initial thoughts and goals:** I'm excited that we can be in person again! Training rides are a blast and Ride weekend is an amazing experience every time!

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