

## Doug Pulvermacher



### My Story:

- Hometown: Menomonee Falls, WI
- Graduated from UW-Milwaukee, Educational Psychology
- Father to Olivia (13)
- Works For Centene

**JDRF Connections:** My daughter Olivia. My Fiancé, Corinne Merten, also a JDRF Coach and T1D Mother to Grace, Jacob and Brayden.

**JDRF Rides:** 6 including Lacrosse, WI, Death Valley, CA (2), Saratoga Springs, NY and Virtual 2020 & 2021



**JDRF Coach:** 1<sup>st</sup> Year as a JDRF Coach. I will meet you where you are at and assist you to achieve your JDRF ride goal.

**Ride to Cure Journey:** Olivia was diagnosed with T1D on 6/20/2013 at the age of 3. It is crazy to think that she will have her 10<sup>th</sup> Dianiversary this summer. Olivia and I have attended Summits, family nights, camps and trainings. We have also completed multiple JDRF walks and volunteered for a couple more. I was looking for a little more of a physical challenge, so I learned about the ride program. I signed up, trained and completed my first JDRF Century in Saratoga Springs, NY in 2017. I have been riding ever since. When not riding, I coach high school wrestling and Olivia's softball team.

**Favorite Ride:** My first Death Valley experience was in 2019 with Corinne. Around mile 85, I had a rock rip off my derailer shortly after leaving Badwater. My bike was disabled. I thought my ride was over, until an amazing JDRF ride support tech found me. He was able to fix my bike (kind of). The damage left me with 1 gear to finish the final 15 miles. I was the last rider on the course along with JDRF ride coach Allen who was the event sweeper. The next few miles were extremely tough, frustrating and emotional due to spinning on a flat road and the thought of not finishing. Finally, I came up to the last rest stop where Corinne was ready with fresh water and a pull in. With assistance from the JDRF ride support, JDRF coaches and my favorite JDRF teammate, I was able to complete with Corinne my 3<sup>rd</sup> JDRF Century in DEATH VALLY, CALIFORNIA... Then I was politely asked to get checked out by the JDRF Medical Staff, lol!

**My JDRF 2023 Rides:** I will be coaching La Crosse, WI and Amelia Island, FL. I am beyond excited to offer my support and experience to help all JDRF riders reach your individual goals. Let's Go!

**Contact Info:** e-mail: dougp36@yahoo.com, cell: 262-955-9394

