

John Stephens



My Story:

- Hometown: Born and raised in Des Moines, Iowa. Live in Fitchburg, Wisconsin (about a mile from the beautiful intersection of the Badger, Military Ridge, Capital City, and Cannonball trails). We have lived here for ~10 years after ~20 years in Chicago
- Married to Meegan since 2004
- 2 kids - Avery (16) and Griffin (14)
- Graduated Northwestern University (Economics) and University of Chicago (MBA)
- Chief Strategy Officer at WPS Health Solutions in Madison
- Community Board Member, JDRF Wisconsin ~5 years
- Have been riding forever, but more avidly since we moved to Madison area in 2013

JDRF Connections: My son Griffin was diagnosed at 7 years old. And now I have so many other connections in the fantastic T1D community

JDRF Rides: 7, including Death Valley, Grand Rapids, La Crosse (2X), Loveland, and My Ride (2X)

JDRF Ride Leader: 2023 will be my 2nd year coaching riders

Ride to Cure Journey: not long after my son Griffin's T1D diagnosis, I joined the Western Wisconsin Chapter Board and Honey Badger ride team. I had a decent bike, but a pretty inconsistent ride habit. A great bunch of ride coaches and teammates helped inspire me and turn me into a better cyclist, and I've been riding for JDRF (and myself) ever since, completing 2 more in-person rides, and a host of other planned and impromptu/accidental century rides. My family might say I have an addiction. I'd say I have a healthy obsession. And I'm a firm believer in N+1 when it comes to the appropriate number of bikes – with several options for indoor and outdoor riding, on the roads and in the dirt and snow year-round.

My JDRF 2021 Ride Reimagined: an accidental century - I found myself 40+ miles north of home near Devil's Lake, and it only took a couple wrong turns to get me to 103 miles roundtrip and another official JDRF Century Ride!

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