



## Joe Brady

### My Story:

- Hometown: Cambridge, WI
- Retired English/Journalism educator
- Married to Cindy 40 years, adult children, Ben, Nate, Mara (all JDRF teammates—I love my family!), and 3 grandsons!

**JDRF/T1D Connections:** T1D since 1981; so many friends and family members affected by type one.



**JDRF Rides:** 25+, including Whitefish, LaCrosse, Death Valley, Nashville, Loveland, Amelia Island, Tucson, Santa Fe, Killington, Hincapie, etc.

**JDRF Ride Coach:** 17<sup>th</sup> Year! Keen interest in helping fellow T1Ds manage BG effectively through exercise. Enjoy helping new riders develop an appreciation for JDRF and a love of cycling. Love devising cool training routes featuring fun stops and a few rolling hills.

**I Can't Thank Enough:** The JDRF Wisconsin team has a long history. Now one chapter, its history is a testament to Life-is-Good when you get involved. I have been blessed by working with dedicated local and national staff members (yeah to our current staff of Erin, Dana, Tanya, Julie, Ashleigh and Anne), excellent leaders here in WI and across the country, generous sponsors.

**Favorite Rides:** Every ride resides in my heart: The Death Valley wind/sandstorm year and the 112 degree hotter-than-hell year, the Killington 24 hours of rain/cold/hurricane winds, the OMG-is-that-a-grizzly-bear Whitefish year, the Nashville PARTY, the Loveland eclipse magical year, and of course all the LaCrosse LOVE years (best rides ever!!)

**Why I Ride:** Being a JDRF rider/leader is all about being with my JDRF family: a truly diverse group focused on curing, treating, and preventing type one. They are truly the best. We know the tragedy of losing loved ones to this disease, but also know we're going to do what it takes until no parent ever again has to stay up all night with a T1D child. Our dream of seeing type one change to type none will happen!

**Contact Info:** e-mail: bradyj07@gmail.com, cell: 608.669.2732

