



**Kevin Williams**



### **My Story:**

- Hometowns: Detroit, Royal Oak, and E. Lansing, MI; Madison, Monona, and Waunakee (Current) MI
- Undergraduate from MSU (Ag Biochem), and MS, PhD (Pharmacology) from UW-Madison
- Married to Mary Pat (40 yrs), 3 No-longer Kids: Benjamin (38), Katelynn and Alicia (34); and 3 grandchildren (Oliver, Adah and Meara)
- Retired from Covance in 2020 after 32 yrs in Safety Assessment for Pharmaceutical and Agricultural Products

**JDRF Connections:** Inspired by my son Benjamin and the many individuals with and without T1D that I am privileged to know through the ride program.

**JDRF Rides:** 11 For Kevin including Death Valley (2), LaCrosse (2), Hincapie (1), Loveland (2), Sonoma (1), My Rides (2), Grand Rapids (1).

**JDRF Coach:** My seventh is this this year. Hoping to help out many new riders this year for whatever this brings!

**Ride to Cure Journey:** Seems so long ago (64 yrs ago) that I first rode a 2-wheeler. It was a high-inertia ride with solid rubber tires but this taught me early to stand on the pedals when going over bumps. Fortunately, I was blessed with a more comfortable pneumatic-tire bike the next year and the first feeling of freedom that a kid experiences in exploring a widening world. How wonderful it will be when total freedom from T1D means that kids (by the way riding a bike makes kid-hood last for a lifetime) won't have to worry on their rides about their blood glucose and insulin infusion rate, and where the next rest stop is in relation to all of that. I'm amazed at the courage of all the T1D riders, as well as those without T1D, who are inspired to train hard and fundraise to bring this about.

**Favorite Rides:** The Death Valley ride in 2002 sticks in my mind, probably because it was my first and it was a battle with headwinds for the first 40 miles, then the Jubilee Pass Climb, and the return descent through rain, and then a tailwind for 40 miles to finish. Next in line was the Hincapie ride in 2015 after that as that was a comeback year after being on injured reserve in 2014. Then 2016, first year as coach, where I learned what it means to reprioritize your ride efforts to help other riders enjoy a successful and safe ride season.

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