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2010 was a year in transition for Pedal-with-Pete

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2010: A Year of Transition and Success for Pedal-with-Pete

During 2009, the Pedal-with-Pete Board of Directors in Kent, Ohio made the decision that the success and continued growth of the Foundation would be better served by transferring the headquarters to the Columbus, Ohio area. This transition began in late 2009 with the election of nine new board members from the Columbus area while retaining three board members from Kent, Ohio including the Founder, Pete Zeidner.

Much of the Board's emphasis during 2010 has been on relocating and consolidating the operations to more effectively support the Pedal-with-Pete Foundation and the bike rides in Kent and Columbus, Ohio, and in Emmetsburg, Iowa. The Board's emphasis included, but was not limited to:

- Streamlining the tracking and management of all monies (donations, expenses, grants) in one central location.

- Merging and updating the current two Pedal-with-Pete websites into a single website. This consolidation is in process. The new site will include the option of online registration for participants as well as the ability for individuals to make online donations in 2011.
- Investigating research opportunities that will have the greatest impact on helping individuals with cerebral palsy (CP).
- More information on these new activities will be forthcoming in our next Newsletter!

The Board of Directors is working diligently to position the Foundation to be more supportive of all our fund raising events and to make a greater impact on CP research. We were delighted to have the highest Pedal-with-Pete ridership in our history

during 2010. We are looking for further growth opportunities in 2011—with the existing rides and potentially by adding new ones. If you have an interest in starting up a Pedal-with-Pete Bike Ride in your area, please contact the Board at pwpp@pedalwithpete.org.

For our Fall newsletter we have gathered stories and information about Pedal-with-Pete this year. Thanks to all of you who supported Pedal-with-Pete during 2010, we had the highest Pedal-with-Pete ridership in our history - over 700 riders! We hope that your continued involvement will allow us to have an even better 2011! The new Columbus Board members are especially thankful for the experience, knowledge, and support that the Kent Board members have provided during this year of transition.

Ernie Larger
2010 President, Pedal-with-Pete

Ride for Pete's Sake! The Pedal-with-Pete 2010 Columbus Ride

By Cathy Levy, 2010 Columbus Ride Chair

The momentum of success for our ride benefiting CP research through the Pedal-with-Pete Foundation continues to build!

For the Columbus ride on August 14, we had a record number of 637 riders, 31% more than the previous year. We also raised a record amount of money for CP research, over \$40,000, which is 20% more



"Team Andy"

than last year. Thanks to generous donations of supplies from businesses and volunteers, we continued to keep our costs low, so that 85 cents of every dollar raised will go directly to CP research. This is a tremendous result for event fund-raising of this type.

Beyond the impressive statistics, we heard great stories of positive awareness building for the cause of CP research. We expanded our registration form to include more information about the condition of CP and why research dollars are so needed. Fund-raising teams, such as "Team David" and "Team Andy", were keys to our success in raising significant dollars for CP research. Some companies matched funds raised by their employees.

The volunteers and sponsors provided tremendous support and created a fantastic atmosphere that the riders

have come to expect (but don't take for granted!). In spite of the oppressive heat and the afternoon rainstorm that doused the final few long-distance riders, everyone was upbeat and positive about supporting such a great cause. Some post-ride thank you notes from riders included comments like...



Jake and Andy

"It was a blast"

"Thanks for putting on such a good and well-organized event"

Mark your calendars for Saturday, August 13, 2011, for the 10th Annual "Ride, for Pete's Sake", and watch our web site, www.pedalwithpete.org for more details. Thanks to the inspiration of Pete Zeidner and others with CP linked to the Foundation, thanks to the spirited volunteers, and thanks to the generous donors and sponsors—working together, we keep getting better every year. Please continue to ride, sponsor, or donate, and support a great cause and have a great time!

Pedal to make a Difference - 2010 Bike and Hike event in Kent, Ohio

By Chris Hudecek and Pete Zeidner

Again this year, the weather was not on our side! Although the temperature cooperated, we had a prediction for rain on May 22. Some riders must have been deterred by this, because we only had 58 participants, fewer than previous years. This is disappointing as much time and effort goes in to preparing for the ride. But our participants enthusiastically overcame the weather to raise approximately \$10,000! This year's event included a "hike" option for those who preferred it over riding a bike.

The Kent ride committee thanks our teams, St. Gobain NorPro, girls from Kent Roosevelt High School, Kent Lion's Club, Martin W. Layman & Associates, and Reynolds Schultheis Consulting. Many thanks also to all our riders, volunteers, donors of food and door prizes, and everyone who pledged money.

Next year's Kent ride will be a few weeks later, on June 4, 2011, in hopes of better weather. The location for the event will also change—to Faith Lutheran Church across from Kent State University. Some

shorter route options will also be added, through the campus for families and those who prefer not to ride in the streets. We hope that these changes will help to increase our participation. We are always looking for volunteers, so please check out the web site in 2011 for information about the Kent ride and how you can be involved!



Pete and The Gang

Another Successful Ride in Emmetsburg, Iowa

By Julie Naig, Iowa Chairperson

For the past eleven years, the Palo Alto County 4-H County Council in northwest Iowa has sponsored an annual ride to raise money for the Pedal-with-Pete Foundation. This year's ride occurred on Sunday, September 19, 2010. Seventeen enthusiastic riders dusted off their bikes and "pedaled for a cure" to raise approximately \$405.



Iowa Pedal-with-Pete Riders

Riders ranged in age from 9 to 48. The 4-H'ers who raised the most money this year were Emily and Josie McMahon (tied for 1st place),

followed by Betsy Norland. Winning the youngest rider award was Lauren Kenyon, and the oldest rider award went to Mike Norland. Many door prizes were also handed out, and a good time was had by all. Sincere thanks to all the riders who rode the route and to all the individuals who donated to the cause! All donations were sent to the Pedal-with-Pete Foundation.

Adapted Sports Opportunities *By Andy Singh*

So you think that persons with cerebral palsy and other disabilities are unable to participate in sports activities? Wrong! There are many adaptive sports programs throughout Ohio and the U.S. Today, I'll discuss the National Sports Center for the Disabled (NSCD) located in Winter Park, Colorado.

NSCD was founded in 1970, when Hal O'Leary volunteered to teach skiing—with his invented “sit skis”—to 23 amputees from the Children's Hospital in Denver. From that small start, NSCD has grown to become the largest and best known adaptive sports program in the United States, offering year-round sports activities including skiing, mountain climbing, horseback riding, kayaking, white water rafting, soccer and baseball to athletes with disabilities. Participants include amputees, the blind, persons with CP or autism, and a very special program for disabled veterans. Participants come from all over the world. NSCD is the training center for the U.S. Winter Paralympic ski team, which won five medals at the 2006

Paralympic games in Torino, Italy. NSCD's motto is “No Mountain Too High”. Winter Park, Colorado's first ski resort, is a beautiful, fully accessible town in the Rocky Mountains located one hour west of Denver. Adaptive transportation from the Denver International Airport is available. Winter Park won fame as the training center for World War II's famed 10th Mountain Army Division. NSCD's staff and numerous volunteers make it possible for EVERYONE to fully participate in sports, no matter the disability.



I have CP and travel in a wheelchair. I've been participating in NSCD's adaptive skiing program for the past 10 years, and it is awesome! I ski on a mono-ski (snowboard placed on top of two skis) with tethers/ropes held from behind by my ski instructor. My instructor tells me which direction to lean, similar to slalomming on skis. If I don't follow the instructions, I'll

wipe out into a snow bank! We ski from an altitude of 13,000+ feet, taking a ski lift to the top of the mountain, then skiing for as long as 45 minutes to the bottom. My mono-ski gets a lot of attention, as it is painted with a special paint that changes colors with each change in light. While skiing at Winter Park, I've met members of the U.S. Olympic and Extreme Sports ski teams. They really thought my color-changing mono-ski was cool and wanted to know how to make their skis and snowboards change colors, too!

I highly recommend the National Sports Center for the Disabled. Their reasonably priced alpine ski programs for disabled skiers and their families, their wonderful volunteers and staff, and the perfect alpine powder skiing make for an unforgettable experience. I can't wait for my next trip! For further information about NSCD, log on to: www.nscd.org.

Nationwide Children's Hospital in Columbus Responds to Call for Action

By Lisa Brooks

Cerebral palsy (CP) can be a very complex disorder due to the varying degrees of severity and numerous ways the neuromuscular disorder presents itself. Caring for a child with CP can be very challenging, especially in the more severe cases. In some instances, a child may see more than ten doctors and therapists from different disciplines, making it extremely difficult for the caregiver to manage. Caregivers really need a hospital that will help them advocate their needs. Families sometimes experience frustration with inconsistent quality of care or lack of communication between doctors.

Thanks to Patty Lyons and Lynne Fogel, co-chairs of the Reaching for the Stars Columbus Chapter and CP Parent Support Group, this is beginning to change for Columbus families. Patty and Lynne asked Dr. Terrence Davis, at the time Interim Medical Director of Nationwide Children's Hospital, and Dr. Steve Roach, Chief of the Division of Neurology at Nationwide Children's Hospital, to attend a CP Parent meeting and listen to the parents' concerns and needs. Children's responded to the call for action!



Drs. Davis and Roach communicated the parents' concerns all the way to the top administrators at Children's. An interdisciplinary CP planning committee was formed, including doctors ranging from

neurosurgery to orthopedics, therapists, a social worker, administration, and even parents. After several months of planning, the Comprehensive Cerebral Palsy Program was formed.

The vision of the CP Program is “that every child with cerebral palsy will reach his/her maximum potential in physical, cognitive, and social-emotional development.” The mission of the program is “to provide outstanding clinical care, while fully integrating innovative translational research that will rigorously evaluate both current and novel therapeutic interventions in order to improve the care of all children with cerebral palsy.”

The CP Program is literally taking a team approach to evaluate what each child needs - and respond to and fulfill those needs. Everyone involved is striving to optimize the quality of care and to look at what the child with CP can do—instead of what he/she can't do! After just over a year, Children's is receiving more CP referrals than ever. Thank you, Nationwide Children's Hospital, for listening!

Looking Ahead to Pedal-with-Pete in 2011

By David Connolly

You can tell from the breadth and scope of articles and information in this newsletter that Pedal-with-Pete had a great year in 2010! Our new Columbus-based board was formed, and rides in Columbus and Kent, Ohio, and in Emmetsburg, Iowa raised a total of over \$50,000. Believe it or not, 2011 promises to be even more exciting and successful!

Mark your calendars for next year's ride dates:

- Kent, OH – Saturday, June 4, 2011
- Columbus, OH – Saturday, August 13, 2011
- Emmetsburg, IA – Saturday, September 17, 2011
- It's not too late to plan and create a new ride in a new city for 2011! Contact the board at pwp@pedalwithpete.org if you think you might be interested in doing so.

Other things to look forward to in 2011:

- The Board will make decisions on specific CP-related research projects to fund and support. (We plan to report on this in the next Spring Newsletter!)
- Our re-vamped Pedal-with-Pete website will offer helpful new features including the ability to register or donate on-line.
- Please contact any board member or e-mail pwp@pedalwithpete.org if you would like to become more involved with supporting Pedal-with-Pete!

Thanks again for your support in 2010. Happy Holidays from the Board, and we'll see you in 2011!

Pedal-with-Pete and *The Spokesman*

Pedal-with-Pete is a philanthropic organization dedicated to raising funds for research to improve the quality of life for persons with cerebral palsy. The Spokesman is published twice yearly, in the Spring and Fall, by Pedal-with-Pete.

Your thoughts and suggestions are always welcome.

For more information, contact us at:

Pedal-with-Pete
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Worthington, Ohio 43085

E-mail: pwp@pedal-with-pete.org

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Ways to Help Pedal-With-Pete

United Way Giving: You can "Donor opt" your United Way contribution to Pedal-with-Pete.

Estate Planning: Remember Pedal-with-Pete in your will.

Special Gift: Give a gift in honor of or in memory of a loved one. All gifts are tax deductible.

Matching Donation: Ask your employer or company to match your donation.

Year-end Tax Donation: Contribute to Pedal-with-Pete in December and get a 2010 income tax deduction.

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