



THE GERRY FRIERDICH ROAD TO RECOVERY BENEFIT BICYCLE RIDE & WALK

For immediate release

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The Gerry Friedrich Road to Recovery Benefit Bicycle Ride and Walk will Benefit Injured Recumbent Bicyclist... and His Community

QUICK FACTS ABOUT THE RIDE:

When:

Sunday, June 6, 2010

Day of ride registration:

7 to 10 a.m.

Where: Central Junior High School, 1801 Central School Road, Belleville, Illinois 62220

Cost:

Adult bicyclists: \$25
Child bicyclists 13-17: \$15
Child bicyclists 12-under: \$5
Walkers (6 and over): \$15
Walkers (5 and under): Free

Web site and online registration:

<http://babes.rogerkramercycling.org>

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On Aug. 19, 2007, the life of Belleville master photographer Gerry Friedrich was changed forever. Gerry was riding his recumbent bicycle on South Greenmount Road in Belleville, Ill. when a pickup truck struck him, leaving Gerry paralyzed from the chest down. He is unable to work or care for himself, and Gerry is forced to rely on family and friends for help.

On Sunday, June 6, 2010, friends of Gerry and the Belleville Area Bicycling and Eating Society-St. Louis Cycling Club will team up to help Gerry with The Gerry Friedrich Road to Recovery Bicycle Ride & Walk at Central Junior High School, 1801 Central School Road, in Belleville.

Day of event registration takes place from 8 to 10 a.m. June 6 (early birds are welcome at 7:00 a.m.). Separate routes for bicyclists and walkers will be provided. Cyclists can take off on our courses of 6, 15, 30 and 50 miles, and our walkers will wind 2-miles through the beautiful Reunion Subdivision.

At 9:00 a.m., Gerry will "lead the charge" on his Invacare bike which is specially designed for his needs. Because *Bacchetta Bicycles* in St. Petersburg, Florida, believes in Gerry as much as we do, Bacchetta donated two of its recumbent bikes for our raffles. Proceeds from those raffles funded Gerry's Invacare bike.

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"June 6 is going to mark a big milestone for Gerry. All of us knew he would one day be back on the cycling circuit and June 6 will be his new beginning," said Sandy Gore, one of Gerry's friends and a key organizer of the event. "Gerry doesn't realize how much he has overcome since the accident. He continues to make positive strides in his recovery. We are so excited for him and are always inspired by his fearless approach and his never-ending enthusiasm toward each and every challenge presented to him."

"We hope our community will join us as we celebrate Gerry's accomplishments and to cheer him on as he achieves a dream. This will be such a special day for Gerry and one that none of us will forget!" she said.

All proceeds raised through registration fees and 50/50 raffles will be used to help Gerry with his continuing medical care and day-to-day needs. But this year, it isn't all about Gerry. He wants to help others, too!

Caring for others has always been a concern of Gerry's. This year, to say thank you, Gerry wants to give back to his beloved community for all it has done for him and his family since the accident. To help Gerry succeed, we have organized two community fundraisers at our event. All participants and guests are asked to bring a canned food item to help support Belleville's Interfaith Food Pantry. In addition, friends of Gerry and area businesses have donated services and gift certificates for "Gerry Gives Back" basket raffles. All proceeds from these basket raffles will be donated to the YMCA of Southwest Illinois. The donating businesses so far include: *Ace Hardware (W. Main Street), Allison's Common Sense, Andria's Steak House, Bike Surgeon, Crafty Eye Photography Studio, Dave's Home Brewing, Dill's Floral Haven, Inc., Elmwood Golf Course, Margarita's Mexican Restaurant, Marilyn's Pie Pantry, Marvin's Camera, Midwest Recumbents, Sandy's Back Porch, Seven Restaurant & Lounge, Valvoline, White Cottage Ice Cream Shop, and Kevin Zeldin of Stifel Nicolaus*. Other donations from friends and family to the baskets include gift cards to AMC Theatres, Bath & Body Works, iTunes, Wal-Mart, along with DVDs, event t-shirts, and the list goes on!

A helmet helped save Gerry's life and, to show how important helmets really are, Gerry's helmet from the accident will be on display. Because helmets are required for our ride, *Helmets First! and Dr. Joseph Cangas of Illini Pediatrics* of Columbia, Ill., will be available from 8:30 a.m. to 10:00 a.m. properly fitting kids and adults with helmets. The cost is \$8/child helmet and \$20/adult helmet. Worth every penny for a small peace of mind!

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FUN & SPECIAL EXTRAS

For our listening enjoyment, Gerry has put together a selection of music to be played at Central Junior High School. A light breakfast will be provided free of charge for all participants. At 10:30 a.m., lunch will be sold at a nominal cost, along with a bake sale to satisfy everyone's sweet tooth organized by our very own Juleene Weilbacher of Millstadt.

We will have a special area set-up for kids to play. At 11:00 a.m., ***Knight for Hire, Karl Kindt III***, will be telling funny tales of chivalry to kids of all ages wearing his suit of shining armor! We hope you, your family and friends will join us for some lunch and enjoy our entertainment.

MORE INFORMATION AND REGISTRATION INFORMATION

Bicyclists can choose from four (6, 15, 30 and 50 mile) clearly marked routes. ***Bicycle World*** and other volunteers will provide SAG support until 2:00 p.m. for those who need repairs or are unable to complete the ride.

Our walkers will wind through a 2-mile route through beautiful Reunion Subdivision.

All rest stops for bicyclists and walkers will be stocked with fruit, snacks and beverages for their enjoyment.

All event information can be found at either <http://www.babes.rogerkramercycling.org> or at www.ChiefGetWell.com. Participants can pre-register online through May 30 on Active.com, or by downloading and mailing the flyer available on the websites above. Participants can contact Sandy Gore at 4gores@charter.net for a registration form, too. Mailed registrations must be postmarked by May 28. Our first 300 registrants (bicyclists and walkers) will receive a very special neon green benefit t-shirt designed by Gerry himself with help from good friend, Rick Schindler.

THANK YOU TO OUR VOLUNTEERS AND SPONSORS

With the help of the ***Belleville Area Bicycling and Eating Society-St. Louis Cycling Club***, a group of Gerry's friends have organized this event. Our committee includes: ***Jean Bauder, Jan Courtney, Bud & Sandy Gore, Steve & Jackie Hausmann, Roger Kramer, Carol Lawrence, Jim Schneider, Dave & Nancy Schulte, Robyn Weilbacher*** and ***Matt Zipfel***.

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A wide range of sponsors are supporting our event. They include: *Bacchetta Bicycles, Belleville Area Bicycling and Eating Society-St. Louis Cycling Club, Belleville News-Democrat, Bicycle World, Goodall Steel Supply, Print Master, Vertical Performance, Archway Heating & Cooling, Jim & Cathy Gore, Helitech Waterproofing & Structural Repair, Newbold Toyota, Alternative T's, Econ-O-Johns, Farmers Market, Grand Station Rental, Helmets First!, Knight for Hire featuring Karl Kindt III, McDonald's East Belleville, Switzer Outlet, Mike & Robyn Weilbacher Family-In Loving Memory of Nathan Weilbacher, Steve & Jackie Hausmann Family, and Bud & Sandy Gore Family.*

Other sponsors include: *February 28 Special Gathering of Friends & Family, Bike Surgeon, C&K Machinery-Charles Kub, Country Financial-Carl Fuhrhop, Frank & Joyce Eiserle, Hank's Excavating & Landscaping, Inc., Carolyn Jewell, Marvin's Camera & Digital Print Center, R.L. and Peggy McAfee, Joe Moerchen Family, Dave & Nancy Schulte Family, SECON Rubber and Plastics, Inc., Rick & Mary Sotiropoulos Family, Karen, Ryan & Justin Terveer, Bill & Patty Weier, Ken & Juleene Weilbacher, and Windoor Company, Inc.*

We would like to recognize these businesses and organizations for their help and support: *Belleville East High School Art Department, Belleville Parks & Recreation, Belleville Police Department, Belleville YMCA, Campbell's Automotive, Central Junior High School, City of Belleville, Hoernis Auto Body, Karber's Knotty Pines, Krispy Kreme Doughnuts, Millstadt Sportsmen's Club, Mr. J.'s Ice & Glacier Co., Sam's Club, Shop 'n Save, and Triple Lakes Golf Course.*