

Diabetes Cycling Training Camp for Cyclists with Diabetes of All Abilities

By Mari Ruddy

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Exciting opportunity for adults with type 2 or type 1 diabetes to improve their cycling skills at a four day camp in San Diego with Olympic coaches and diabetes sports educators and nutrition experts. Supported by the American Diabetes Association.

CampWILD Cycling Training Camp, brought to you by TeamWILD: We Inspire Life with Diabetes, is for people who have ever struggled with how to manage diabetes while cycling or exercising and who want to better understand how to exercise with diabetes.

CampWILD Cycling Training Camp will be held in San Diego, California from April 18 to 22, 2012.

CampWILD Cycling Training Camp includes diabetes education, sports skills clinics, workouts with campmates and coaches, and a lot of "teamy goodness". Athletes will ride in the American Diabetes Association Tour de Cure in San Diego as part of the experience.

CampWILD is an intense time to learn about diabetes and exercise and to share experiences with other athletic people with diabetes. Men and women who want to attend camp do not have to consider themselves to be an athlete to come to CampWILD. The program is designed to help new athletes become athletes and accomplished athletes become better athletes. CampWILD accommodates all athletic abilities. Campers will experience cycling coaches working with diabetes educators in order to educate athletes how to manage blood sugars with nutrition needs while on the bike.

As one camper, Mara, age 44, type 1 diabetes for 25 years put it, *"Camp gave me the confidence to go longer on the bike than I ever dreamed possible."*

Camp experts include Olympic cyclist and former cycling pro for 12 years, Coach Nicole Freedman, one of the most recognized cycling coaches in the US. Nicole is also the Director of Boston Bikes, where she has implemented many innovative city-wide programs to bring bicycling to Boston.

Coach Nicole has been working with cyclists with diabetes for over 10 years. She specializes on helping cyclists of any skill get to the next level, including beginners. Athletes will get instant coaching feedback to immediately improve comfort, efficiency and performance on the bike.

CampWILD Diabetes Educators include Marcey Robinson, Jenny Smith and Lyndsay Riffe. Marcey Robinson, MS, RD, CDE, BC-ADM, has over 10 years of experience in the field of nutrition, health and sports science specializing in exercise nutrition, weight loss, meal planning, and carbohydrate counting for blood sugar management. Jennifer Smith, RD, LD, CDE, has 10 years of experience in the field of human nutrition and has lived with type 1 diabetes for 22 years. Lyndsay Riffe, RD, LDN, CDE, a type 1 athlete since age 3, and now a Registered Dietitian and Certified Diabetes Educator, she has a passion for helping others overcome challenges faced with diabetes and exercise.

As CampWILD camper Tiffany, age 41, type 2 diabetes for almost 8 years put it, *"The TeamWILD integrated approach really makes sense. I love having the athletic coach actually talk to the diabetes coach and me get to be there for the conversation!"*

CampWILD Mental Skills coach, Ginger Vieira will help campers focus on overcoming anxiety about

performance and diabetes, and gain the needed confidence to trust themselves while exercising. She will lead workshops about goal setting and understanding the role of the mind in performance.

CampWILD Cycling Training Camp tuition of \$1,495 includes all meals and snacks. It does not include bike rental, rooming costs, or minimum fundraising to ride in the San Diego Tour de Cure. **CampWILD is currently discounted 20% through February 15, 2012 through the TeamWILD Peerbackers Campaign which you can access through the TeamWILD website. <http://teamwild.org>**

CampWILD is supported by TeamWILD Blue Platinum Level Sponsor, Zevia, A Natural Soda. Expect every flavor of the fun, refreshing Zevia soda to be available at CampWILD!

If you have any questions about camp, please contact TeamWILD through our website.

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Team WILD is an integrated endurance sports training system to empower people with diabetes to see themselves as athletes first.

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