

Identification Information

Submission Identifier code:	TA09-024.
Entry Title:	Blazing Saddles
Entry Category:	Men's Health Programs
Contact Person:	Alan Tolkoff
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Club name/number:	Shomrei Torah Synagogue Men's Club/1058
Est. # of Club Members:	60
Synagogue:	Shomrei Torah Synagogue - West Hills, CA
Club President at entry:	Steve Wold
Club President at convention:	Don Cervantes
Person preparing entry:	Alan Tolkoff
Date of submission:	April 20, 2009

Summary

At the beginning of 2008, the Shomrei Torah Synagogue Men's Club established a recreational bicycle club for its members. We typically ride at least once per month, weather and calendar permitting. To encourage tzadeka and help raise health consciousness, some of us signed up for the "Tour de Cure". This is a nationwide program of the American Diabetes Association ("ADA"), whose goal is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Our Tour de Cure team consisted of two of our most outSPOKEn riders. Together, they raised awareness for a good cause amongst our members, raised over \$2,500 for the ADA, and rode over 100 combined miles. Here is the Tour de Cure web site:

http://tour.diabetes.org/site/PageServer?pagename=TC_homepage

Self Assessment

- As this was our first year doing this, our enthusiasm was greater than our expectations. We were not disappointed.
- This helps fulfill our Synagogue's theme (this year) of caring for the (widow and) sick in our community, as commanded in Leviticus.
- We have about 5 "regulars" who attend most of the rides, and 3-to-5 others who come out ad-hoc.
- Our efforts have raised the level of awareness of our health and the importance of regular exercise as a group. Over the course of a year, we have lost over 75 lbs as a group.
- As a value to club building, we have attracted some younger adult members, as well as an occasional USY'er to join us.
- With the better weather that spring brings, we are [shifting gears](#) to raise a new team to participate in next years Tour de Cure.

Documentation

1) We have run the following blurb in the temple e-news letter:

Bike Club: Monthly Sunday morning bike rides. Contact Ron Goldberg for more information. Day at (818) 755-0002 or in the evening, (818) 884-5127 or Email: canoga_rafi@yahoo.com

2) I have attached a photo of the award presented to our club as a result of our efforts in the Tour de Cure.

American Diabetes Association
Tour de Cure 2008

2008 Ventura County / Conejo
Tour de Cure
Thousand Oaks, California

Top Team Award

Presented to

Shomrei Torah



#8 Fundraising Team
\$2,598

Thank you for Your Team's Commitment
in the Fight Against Diabetes

