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No Time Like the Present

I read something recently that suggested Monday is the best day to start a diet. Today's a Monday. Maybe it's THE Monday.

But whether it is or not, it's THE day for you to read our latest stories about health, wellness and fitness. And again, we have a wide array of stories to share with you about how you can be active and improve your health.

We recently featured square dancing in INstride. That prompted a reader to suggest another form of dance, so in this month's edition we take you to a Scottish dancing club for some movement and fun.

You'll meet a team of Bloomington cyclists—all self-described “middle-agers”—who trained hard for a September event in which they were to ride from Grand Rapids, Michigan, to downtown Chicago. INstride went to press before their event, so we can't report on how well Team Sycamore did. We'll update you next month on that.

We also bring you a story today about how to prevent falls; and if you do fall, how you can recover more quickly.

There's more of course, but those are a few of the highlights of what you'll find inside today. Whether it's the day you start a new diet or not, I hope you'll do something today and every day to stay healthy.

Bob Zaitsberg, editor
Climate
B-Town team hits the road to raise funds and awareness

By Seth Tackett

An email from a family member started a journey that will send Sheryl Woodhouse Keese and six other cyclists on a 300-mile ride from Grand Rapids, Mich., to Chicago for a climate conference on wheels.

The Climate Ride Midwest will be the first of its kind in the area, and Woodhouse Keese thought it would be the perfect opportunity for the Sycamore Land Trust.

"I was just going to do the ride to support one of the organizations already receiving funds for the ride," said Woodhouse Keese, development director for the land trust. "I pursued it a little further and saw that it would be a great opportunity for Sycamore to put together a team and to be able to participate for a local cause at a national event."

Climate Ride is a nonprofit organization that utilizes charitable events to raise awareness and support sustainability, active transportation, and environmental causes. Sycamore Land Trust fits right in with its mission to preserve the natural and agricultural landscape of southern Indiana.

"I think it is very exciting," Woodhouse Keese said. "They have been doing them in California and on the east coast from New York to D.C. for a number of years."

"This is the first time it's been in the Midwest. So it allowed Sycamore to participate without traveling too far."

The ride is two-fold—it brings awareness of global climate change and will raise funds for the Sycamore Land Trust.

Each rider had the responsibility to raise at least $2,800. Eighty percent of the overhead goes to the Sycamore Land Trust with the remaining 20 going to Climate Ride.

Team Sycamore has taken the fundraising part seriously. Only one other team has raised more money, with Sycamore members Jeff White and Robert Meitus being among the top individual fundraisers.

"We have a team of volunteer fundraisers reaching out to their contacts to help grow membership and tell people about what Sycamore Land Trust does," Woodhouse Keese said, "so it has introduced a lot of people to Sycamore and plenty of our current supporters have supported the ride.

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**Riders**

*ABOVE LEFT:* The members of Team Sycamore from left to right: Robert Meitus, Marcia Veldman, Legene White, Jeff White, and Bill Brown pose for a portrait out front of Meitus' house prior to a cycling event to benefit the Sycamore Land Trust.

*BELOW LEFT:* Sheryl Woodhouse Keese, an organizing member of the team, is development director for the Sycamore Land Trust.
“Anybody who isn’t currently a member of the land trust receives a year of membership to Sycamore Land Trust with their support of a climate rider.”

Other members of the team include Brain Keece, Bill Brown, Legene White, and Marcia Veldman.

The four-day trek across Michigan, Indiana, and Illinois started on Sept. 6.

Each climate rider has the option of a 50-mile ride or a 70-mile ride with all routes leading to Chicago.

Every evening of the four-day trip will end with different speakers and programming related to climate change. Woodhouse Keece will share a presentation about the Sycamore Land Trust and its mission. White, who is a professor at Indiana University’s School of Public and Environmental Affairs, will also speak.

Team Sycamore has prepared all summer for the ride by riding at least twice a week. The weekly rides have not only provided some training, but more importantly, brought the team together.

“There has been some nice team spirit building,” Woodhouse Keece said. “Everyone is excited to just get it started. We’ve been working at it for most of the summer. I am personally excited just to be there. I wanted to help raise money for Sycamore, but it’s just something fun to do: To be out on the road with 150 other cyclists seeing southwest Michigan and sharing the experience.”

For Woodhouse Keece, who is from Chicago, it will be a bit of a homecoming.

“When I was a kid I spent time in southwest Michigan, and as a young adult I worked in the area for a nature center,” Woodhouse Keece said. “I haven’t been back in 20 years. I am excited to ride through there. I expect to recognize a lot.”