

**PLEDGE SHEET
BOB JOHNSON'S 40 MILE INDOOR BIKE RIDE
NOVEMBER 14, 2024**

Lion club member Bob Johnson will be doing a 40 mile bike ride to raise funds for the Diabetes Association of Pierce County. This indoor ride will take place on the morning of November 14, 2024 in honor of World Diabetes Day.

World Diabetes Day is held on November 14th. every year to raise awareness about the impact of diabetes on the health of people. In 1921, Dr. Frederick Banting and his colleagues were the first to successfully extract insulin and administer it to a patient with Type 1 diabetes. Prior to 1921, Type 1 diabetes had a 0% survival rate. November 14th, Dr. Banting's birthday is recognized as World Diabetes Day.

Lions Club International is the world's largest service club organization with more than 1.4 million members in approximately 46,000 clubs in more than 200 countries and geographical areas around the world. Bob, a Lion since 1978, said of his Lions service, "This is something that is extremely important to me."

Bob is a member of The Tacoma Centennial Lions (TCL). TCL welcomes new members to join up with them and add more hands and hearts to the good works the Lions do for vision and eye health, ending hunger, the environment, childhood cancer, diabetes, youth, seniors and others. For information to become a Lion, please visit TCL Facebook page at: <<https://www.facebook.com/Tacoma100LionsClub/>>

Please make the check or money order payable to: Diabetes Association of Pierce County. Please send checks or money orders to: Diabetes Association of Pierce County, P.O. Box 110427, Tacoma, WA. 98411. For a complete list of our agency and services, please visit our website at: <<https://www.dapc.info>>

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