



Keirsten Welch

JDRF South/ Central Ohio Chapter

My Story:

- Hometown: Columbus, OH
- Partner to Kevin 24 years, 3-Kids: Alexandria (25), Twins Kyra & Makenna (21)
- Registered dietitian and certified diabetes educator
- Works at NovoNordisk in cardiovascular division, dedicated NovoNordisk JDRF coach



JDRF Connections: my daughters, Ali diagnosed in 2001 and Kyra diagnosed in 2019 as well as all the patients I have worked with in my past career. My other daughter, Makenna is also Type 1, stage 1 as am I.

Ride to Cure Journey: After participating in JDRF walks for many years, I wanted to challenge myself knowing my first daughter struggled every day. I worked for Medtronic Diabetes at the time and helped create their first bike team with a colleague in 2016 and completed my first JDRF Ride to Cure in Death Valley. I was not an athlete and just a novice cyclist. Training was an adventure, and the ride was AMAZING. My goal after my first ride was to get my 10 ride jersey which I achieved last year in 2022. Furthermore, after years of doing ride, knowing JDRF has given me so much, I've decided to give back more through coaching.

12 JDRF Rides: Including Death Valley, Amelia Island (4 times), Virtual '20 & '21, Grand Rapids (2 times)

3rd Year JDRF Coach: Motivated to help new, T1D riders, and everyday riders achieve JDRF Ride to Cure goals.



Favorite Ride: I am not sure I have one as they have all been so wonderful with the teams, friends made and locations.

My JDRF 2024 Rides: I plan to wear the Green Coach Jersey in Wisconsin! and then wherever the NovoNordisk team decides to go-

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