

FAST FACTS

- Age 29
- The Juvenile Diabetes Research Foundation Tour De Cure raises money for research to help JDRF find a cure for Type 1 diabetes.
- Watson earned his bachelor's in business management from Bloomsburg University, Pennsylvania, 2009.
- In March, after active duty with the Army for six years, Watson started working as an account executive for a financial services firm.
- He is married to Samantha, a personal trainer; the couple has a 16-month-old son, Jace.

What do you think about David's efforts to help JDRF?



MARK MRUZ
FRIEND AND
CO-WORKER

Being a diabetic, I'm grateful David is willing to do this ride, raise money for a cure and bring awareness to the disease that affects more than 1 million Americans.



IRWIN STROMEYER
FATHER-IN-LAW

David is a hardworking guy and is doing this ride to help others with diabetes. He likes to help people, the same as he did in the Army. He's a responsible, caring individual, married to my daughter and can ride a bike better than I can.

ON THE SPOT

Is this your first time riding with Tour De Cure?

Yes, when I got off active duty, I relocated to Boynton Beach to be closer to family. I've always been athletic – I played lacrosse in college, do circuit training at the gym and run. I have friends with diabetes, so I thought I'd give it a try.

Do you have a family history of diabetes?

My sister had gestational diabetes when she was pregnant and my grandmother, father-in-law and a co-worker all have diabetes. I heard the ride advertised on the radio and signed up one hour later.

What type of bike to you have?

I own a Trek Road bike and have put on 6,000 miles over the past two years.

Where are your favorite places to ride?

Of course, I love to ride on A1A or up in Okeehchee Park.

What else do you do for fun and relaxation when you're not working?

I'll take my 3-year-old black lab mix, Savannah, to the Lake Ida dog park.

What's on your bucket list?

I'd love to do 'The Amazing Race' with my wife, Samantha. I think we'd enjoy it and do well. I'd also love to go to Africa, Australia and I know it's a longshot, but I'd love to climb Mt. Everest one day.

Did you have any role models growing up?

My dad. He owned his own contracting business and worked for everything he had. He was a self-made man with a lot of motivation and determination. He was the hardest working man I know.

What did you get from him?

I learned to be hard working, determined and have a willingness to adapt to changes and overcome barriers.

What motto do you live by?

Whatever I decide to do, I put in 100 percent and give it my best effort.

DAVID WATSON
RIDER, 2015 AMERICAN
DIABETES ASSOCIATION TOUR
DE CURE, Nov. 22

