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FOR IMMEDIATE RELEASE

Local Attorney Leads Charge to Grow North Carolina Tour de Cure

HensonFuerst sets sights on being named a top national fundraiser for third year in a row

RALEIGH, N.C., May 8, 2012—For the third year in a row, local attorney Thomas Henson Jr. is serving as chair of the American Diabetes Association’s North Carolina Tour de Cure, which will take place from June 2 and 3 in Cary, North Carolina.

“The biggest challenge as chair of the Tour is growing the event to the proportion it deserves,” said Henson, who was diagnosed with Type 1 diabetes at age 9. “I want our community to understand the importance of this event. The Tour helps combat diabetes by raising funds to find a cure for the disease, providing education to those living with diabetes, and teaching ways to prevent and treat for diabetes.”

Henson says he’s anticipating about 700 participants in the Tour this year, up from 525 cyclists last year.

“Thomas’s leadership and professionalism are key to the success of our event and the committee he leads,” said Katie-Rose Darby, an associate manager of the American Diabetes Association. “He puts his words into action, and we’re inspired to surpass our goals.”

Henson, who rides his bike between 70 and 100 miles per week, says the hardest part about riding in the Tour is managing his blood sugar levels and insulin regulation during the six-hour athletic endeavor.

“I’m not just doing the Tour de Cure for myself. I’m doing this for everyone who has been affected by diabetes. Together, we will find a cure.”

Thomas Henson Jr.

Attorney, HensonFuerst

Chair, North Carolina Tour de Cure

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In addition to chairing the Tour, Henson will be leading the HensonFuerst Cycling Team in the event. The team has raised more than \$70,000 during the last four Tours and has been named one of the national Tour de Cure Top 100 Fundraisers for the past two years. This year, the team members are setting the bar high and working hard to keep their fundraising title for a third year in a row.

The HensonFuerst Cycling Team currently has 40 members riding in the Tour and is looking for more people to join. Anyone interested in joining the HensonFuerst Cycling Team can contact Henson at ThomasHenson@lawmed.com for more information.

There also are volunteer opportunities available for the Tour. Contact Katie-Rose Darby for more information at kdarby@diabetes.org.

About the American Diabetes Association's Tour de Cure

The Tour de Cure is the nation's largest event to raise money to fight diabetes. Thousands of riders and teams have participated in the event since its inception in 1991. Last year, more than 55,000 cyclists raised almost \$18 million to support the ADA's mission to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The HensonFuerst Health Initiative

The Tour de Cure is one of many projects and events to which the members of HensonFuerst devote their time. To recognize the importance of giving back to the community, the firm established the HensonFuerst Health Initiative, a comprehensive plan that encompasses all of the law firm's community and service efforts. The initiative encourages both community and firm members to prevent injuries, improve health and fitness, and aid organizations committed to bettering health and well-being. Want to learn more about the HensonFuerst Health Initiative? Visit www.lawmed.com/health-initiative.

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EDITOR'S NOTE: Photographs of Thomas Henson Jr. and the HensonFuerst Cycling Team are available upon request.