

Data Sheet for Don Muchow, Type 1 Diabetic Athlete

Updated 9/23/2023

Photo & Video Links

[Swim-related pix](#)

[Run-related pix](#)

The T1 Deca Challenge: 10X Ironman Triathlon Distance

- Attempting to set record as the first person with Type 1 diabetes to complete the equivalent of ten full Ironman events: a 24-mile swim, 1120-mile bike ride, and 262-mile run
- Attempting to become the first person with Type 1 diabetes to complete a deca (10X) Ironman distance

The 50th T1Diaversary Challenge: 5X Ironman Triathlon Distance

- Marked the 50th anniversary of my diagnosis with Type 1 diabetes by completing the equivalent of five Ironman events: a 12-mile swim, 562.5 mile bike ride, and 131-mile run
- First person with Type 1 diabetes to complete a quintuple Ironman distance

The Type 1 Diabetes Swim Around Key West

- June 18, 2022: Finished 1st place male, 2nd place overall, 1st place age-group at solo 10K (6.2-mile) open water swim
- Hosted by the College of the Florida Keys Key West Open Water Swims

The Type 1 Diabetes Run Across America

Includes the first-ever “Mouse to Mouse” Run from Disneyland to Walt Disney World - separate details below

- 2845-mile “Coast2Coast” route went through CA, AZ, NM, TX, AR, MS, GA, FL; from Pacific Ocean to Atlantic Ocean
- Began in Feb 2020 in Newport Beach CA
- Paused March 2020 for COVID at Tarzan, TX at the 1261-mile mark
- Resumed long enough to finish Texas in October 2021, then paused again due to COVID at the 1800-mile mark
- Restarted March 2, 2021 at the Texas/Arkansas border
- Completed April 7, 2021 at the Atlantic Ocean in Indialantic, FL in 90 days of running
- Only one other person with Type 1 diabetes has run solo across the US

The “Mouse2Mouse” Disneyland to Disney World Run

- The first-ever run from Disneyland to Walt Disney World by anyone
- Part of the Type 1 Diabetes Run Across America

- 2761 miles from Disneyland to Disney World
- Finished Apr 5, 2021 in 88 days of running

Mascot: Disney's "Coco"

- Coco, the diabetic monkey, a plush toy with miniature insulin pump, blood sugar monitor and emergency alert bracelet
- Created by Disney in collaboration with insulin-maker Lilly Diabetes.
- She even has her own Type 1 Diabetes Run Across America t-shirt!
- Disney-branded website for Type 1 diabetic families: <https://www.t1everydaymagic.com/>
- Disney provides books about Coco to newly-diagnosed kids to help them learn about all the things they can do despite Type 1 diabetes (like swim around Key West and run from Disneyland to Disney World!)

USA Run Facts

- Averaged 32 miles/day
- Ate 4000 calories/day
- Slept about 7 hours - mostly AirBNB and our rooftop tent on the van
- Ran from sunrise to sunset
- Runs in rain, but not in thunderstorms

Facts about Don

- Lives in Plano, TX, age 62. Partner in healthcare marketing company.
- Diagnosed in 1972 at age 11 with Type 1 diabetes, an incurable autoimmune disease.
- Told by doctors to avoid exercise due to the risk of low blood sugar, he experienced diabetic eye complications by 2003, at age 42, and was determined to turn his health around, eventually losing 50 pounds
- 2023 is Don's 51st year with Type 1 diabetes - the equivalent of 100,000+ injections of insulin
- To stay alive, Don gives himself insulin shots every day with a Tandem t:slim insulin pump with Control-IQ automated insulin dosing algorithm and a Dexcom continuous glucose monitor to help prevent dangerous low and high blood sugars. Also uses a FreeStyle Libre as backup blood glucose monitor during swims.

Athletic Highlights

- Fastest known run (FKT) across Texas - 850 miles - 2019
- First person and first Type 1 diabetic to run across Iowa - 339 miles - 2018
- Ironman Texas finisher - 2.4 mile swim, 112-mile bike ride and 26.2-mile run - 2017
- First & only Type 1 diabetic solo finisher of the 223-Mile Capital to Coast Race from Austin to Corpus Christ - 2017
- Texas Quad Marathon - 104.8 miles in 4 days - 2016
- First runs ever: the Dallas, TX Turkey Trot 5K, Disney 5K and Disney Race for the Taste 10K -

Facts about Type 1 diabetes

- About 1.5 million people in the US have Type 1 diabetes
- About half the new diagnoses every year are kids, and about half are adults

Quotes from Don

- “2022 marks my 50th year with Type 1 diabetes. I’m grateful for the innovations like insulin and continuous blood glucose monitoring that makes just living with this incurable disease possible, but nothing ever makes it easy. I’m grateful that my story reassures so many in the Type 1 community that we can still dream—but in my heart, what I still wish for most is a cure for us all.”
- “Dealing with Type 1 diabetes is like a second sport that we have to master just so we can do the fun stuff – like run, ride and swim, or spend a day walking around a mall or an amusement park.”
- “One of my earliest races was Disney’s Race for the Taste, and now, I’m stoked to become the first person ever to run from Disneyland to Walt Disney World.”
- “Disney is all about keeping dreams alive for all ages. My message to everyone out there is that ‘Epic is for everyone. The Disney folks say it best: ‘If you can dream it, you can do it.’ When the journey’s a little harder, the achievement is even sweeter.”
- **When did you start swimming?** “I started training seriously when I decided I wanted to enter a triathlon, which combines swimming, cycling and running. Open-water swimming is especially scary for folks with Type 1 diabetes. No one wants a severe low blood sugar in the middle of a lake or ocean!”
- **When did you start running?** “When I was diagnosed in 1972, my doctor actually said “no gym class, too risky” due to the risk of low blood sugars. But by 2003 I had early diabetes-related vision complications, and I realized that no matter what I had been told, I needed to figure out how to balance diabetes and exercise. I started small, built up my confidence that I could do this even with diabetes, and 20 years later, here I am.”
- **Why ultra distances?** “Every ultra is different, and I’m always looking for the next running adventure. Ultra running also rewards endurance over speed, which makes it easier to manage my diabetes and fits my grind-it-out mindset.”

To follow this adventure

Don’s Facebook page: <https://www.facebook.com/don.muchow.9>

Facebook page for the run and swim: <https://www.facebook.com/T1Determined>

Website: t1determined.org

Instagram: <https://www.instagram.com/t1determined/>

Disney’s official branded Type 1 diabetes website for families (with more about Coco):
<https://www.t1everydaymagic.com/>