



Bike-a-thon News and Updates

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- **Now:** Register for Bike-a-thon for \$60 plus \$100 fundraising. Fee increases to \$80 on April 1
- **Feb. 4:** [World Cancer Day](#)
- **Feb. 18:** Daffodil Days. [Order your fresh cut or potted daffodils by Feb. 18](#)

Message From The Chair

We kicked off the new year in high gear with our committee hitting the ground running. We are assessing and working to streamline the process of assisting our participants in the registration and enrollment process as well as supporting them in their fundraising efforts. We are implementing a mentoring program whereby team captains will be able to have direct links and contacts with a member of the committee so their voices can be heard in our planning process. We have applied for our permits from each of the townships where our route goes through so that we can finalize the route and make certain that road conditions are favorable.

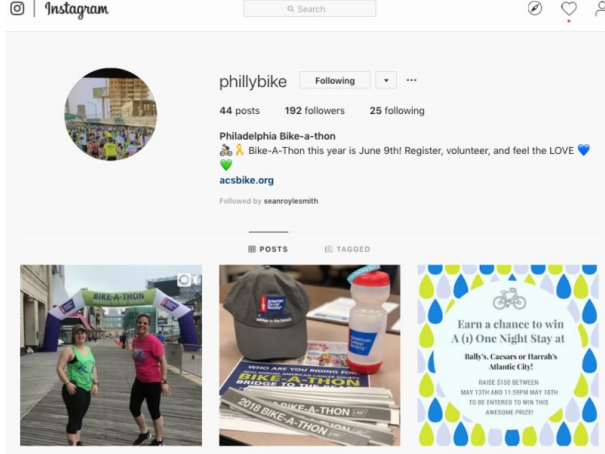


Our food and beverage subcommittee is working hard lining up donors to have the needed beverages, food, fruits and nutritional items in place for our riders. At the same time, our bike shop subcommittee is coordinating with our bike shops who graciously volunteer and donate their time, effort, supplies and knowledge in assisting our ridership.

In February, we anticipate working to make available our 2019 raffle tickets which enables everyone to passively fundraise and offers an opportunity to win some fantastic prizes including an all-inclusive trip for two to Mexico! We will also be working on a training calendar which you can use to prepare for the ride.

Stay in Touch!

Follow #Bikeathon on [Facebook](#), [Twitter](#) and [Instagram](#) to watch as the committee works to put plans in motion, get important reminders of special events and important deadlines. Share **YOUR** fundraising successes, training



rides and team building progress with us and the other teams.
 #WhoAreYouRidingFor #Teamwork
 #OnTheRoadToJune9

In Tribute

The American Cancer Society Bike-a-thon said goodbye to one of its stalwarts, Dr. Michael J. Schorr who recently lost his battle to stomach cancer. An ardent supporter who rode Bike-a-thon for 18 years, and raised thousands of dollars in the fight against cancer, worked the front lines.

Dr. Schorr, over the years of his practice, mentored, trained, guided and supported hundreds of medical residents as they embarked on their medical careers, many of whom have focused their practice on the fight against cancer.



While undergoing cancer treatment in 2017, Dr. Schorr still rode 20-plus miles and participated in the survivor ceremonies at the endpoint with his family, friends, colleagues and teammates from the 2017 rookie team, **["To The Shore for Schorr,"](#)** a team created in his honor by his colleagues and residents whom he mentored. He poignantly left his indelible mark on Bike-a-thon, the American Cancer Society, the Delaware Valley and its medical community. He brought a unique mix of passion and compassion to the war on cancer. He will be fondly remembered and deeply missed.



Thinking of The Century?

Maybe it's your first attempt at 100 miles or it's been a while since you tackled the full route. Planning and training are key, and now's a great time to get that all down on paper so you can start recording up the miles. The Bike-a-thon volunteers SAG (Support And Gear) the century loop and you'll find a rest stop and water stop on the loop to keep you hydrated and fueled, but the training starts long before.

[Here's some advice from Active](#) on planning for a century ride.

Ride or Volunteer Today! For details on how our fundraising makes a difference, visit [How Donations Save Lives](#).

Sincerely,
 Your Bike-a-thon Steering Committee

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