

AMERICAN CANCER SOCIETY SIXTH ANNUAL PENNSYLVANIA HOPE RIDE

JUNE
22-23, 2019

FEBRUARY 2019

pahoperide.org | 717.534.1487

NEW FOR 2019

30 mile and 62 mile rides

added to the 2019 PA Hope Ride.

Not able to do the 2-Day ride, come out and join us, support the American Cancer Society by riding 30 or 62 miles.

The **30 mile loop** will include one rest stop with snacks/drinks and a celebration at the finish.

The **62 mile (metric century)** will include 2 rest stops with lunch and a celebration at the finish.*

All rides will start on Saturday, morning, starting at 7 AM

Registration for the ONE DAY rides is available on the website:

PAHopeRide.org

*there will be a time limit on the 62 mile ride.
Riders must be finished by 3pm.

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Got questions? Who ya gonna call?

Email: pahoperide@cancer.org or
maryann.kennedy@cancer.org
Phone: 717-534-1487

Daffodil & Tulips are available as a fundraiser:

You still have time. And now with this crazy weather, thoughts of turning to SPRING.

You can sell daffodil or tulip bunches to family, friends, and co-workers during the remaining **cold months of winter** for arrival in the Spring. It is an easy sell and all the proceeds will go to your fundraising efforts. FORMS are attached to this Newsletter or go to the "[Download Library](#)" and print your own!

**If you live in the Leigh Valley, contact maryann.kennedy@cancer.org for your forms.

(More Fundraising on page 2)



PA Hope Ride Socials/Information Nights MARK YOUR CALENDAR

all will be held 6 - 7:30PM

February 13 – Funks Brewing – Emmaus PA*

February 19 – Troegs Independent Brewing- Hershey

February 21 – Iron Hill Brewery – Lancaster

Come out and get information about the NEW 30 & 62 mile route options.

Bring family and friends!

*may run later than 7:30PM

BACK FOR 2019

\$7,500+ - King of the Mountains
(Polka Dot Jersey)

\$10,000+ - Maillot Jaune
(Yellow Jersey)

\$1K Club is back

To become a member of this exclusive club, riders need to raise at least \$1,000

Membership benefits: Specially designed 1K Club T-shirt, and recognition at dinner Saturday night.



Some of our 2018 \$1K Club members honored at dinner
39 riders raised OVER \$79,470

Fundraise Online

Here's how to get started with your online fundraising and let everyone in your social network know about your passion to finish the fight against cancer:

Personalize your individual and/or team fundraising Web page with photos, a video, and stories.

Send emails through your Fundraising Dashboard encouraging everyone you know to join your team or support you with a donation. Be sure to clearly explain how their donations will help the American Cancer Society make a difference. (You can create your own email message or use one of the sample email templates provided.)

Collect cancer donations using our secure, personalized Web site.

Ask friends on Facebook & Twitter to support your fundraising effort (don't forget to include a direct link to your personal fundraising page).

These in-person cancer fundraising ideas, for both individuals and teams, can help you meet your goals. Be creative, have fun, and ask everyone you know or meet to donate to help support your effort. The number-one reason people donate is because someone asked them!

THE ROUTE. NEW this year are 30 and 62 mile options. Both will start at 7AM on Saturday, June 22 with the 2-Day Riders. Both will be supported with SAG and mechanical.

There will be a **100 Mile CHALLENGE** route. It is truly a CHALLENGE with multiple hard climbs. If you want to do this route—TRAIN for it.

Our **cancer SURVIVORS** will lead off the 2019 ride with our top 10 fundraisers.

Important Dates to Remember:

- 2/13/2019 Funks Brewing – Emmaus PA*
- 2/15/2019 **2-Day registration fee goes up to \$125**
1-Day registration fee goes up to \$65
- 2/19/2019 Troegs Independent Brewing- Hershey (Registration discount)
- 2/21/2019 Iron Hill Brewery – Lancaster (Registration discount)
- 6/1/2019 Recommitment date. All who have not reached the minimum of \$500 will be asked to recommit their intent to do so.
- 6/18/2019 Deadline to qualify for awards, prizes and team/individual ranking for the start of the ride. \$500 fundraising (2-day ride) minimum deadline
- 6/22-23/2019 PA HOPE RIDE
- 8/31/2019 Last day for donations for the 2019 PA Hope Ride, to qualify for 2018 incentives

BACK THIS YEAR...

Dynamo Club - We will be offering the Dynamo Club jersey to any rider who raises \$5,000 or more! Design is coming soon!

PA Hope Ride Jersey - to maximize the impact of every dollar raised, the PA Hope Ride jersey will be earned at \$750, \$250 over the minimum.

What \$250 can provide:

- * A cancer patient and caregiver 2 nights of free lodging at American Cancer Society Hope Lodge
- * 10 people with free access to 24-hour support via the phone, email, and online chats
- * 25 rides to and from treatment for a cancer patient
- * A breast cancer patient with one-on-one peer support from a breast cancer survivor
- * A trained patient navigator to help cancer patients better understand their diagnosis

Why we fundraise

by Leslie Premo, PA Hope Rider

November 2016: An unexpected call from my brother in VT while I am on my daily commute from Baltimore to York. "Are you driving he asks?" "Yes," I respond. "You need to pull over so we can talk" is his baffling response. I do as suggested as he, voice shaking on the verge of tears exclaims: "Mom has leukemia." My body reacts in nanoseconds: brain and thoughts whirling, ears ringing, heart racing and legs that turn to the noodle-like feeling experienced when nearly having a car accident. Despair sinks my heart to a depth never experienced.

Fast forward to May 2017: I am in VT with Mom for what is supposed to be her second chemotherapy infusion. The oncologist reviews her charts and seems happy with how she is feeling. He physically assesses her and his face drops when feeling the lymph nodes in her neck, he grimaces and begins to shake his head no. He explains that the chemotherapy is not working. A room of three people is imbued with the heaviness of disappointment; it's suffocating, stifles all sound and slows all movement. The room is quiet as we all look at each other in disbelief. It never occurred to us that Mom would not receive chemo that day. We are at a loss as to what comes next.

We go back to the Hope Lodge where we had checked in the night prior to check out. We explain to the staff member and she is sympathetic. Actually more than sympathetic as she listens to story of the oncologist appointment. She comforts us and gives us reassurance that there are other options. She was right. My Mom has now been on Imbruvica (her diagnosis was actually marginal zone lymphoma) for about two years and it is working. Although the side effect of severe fatigue is troubling to my very active mother, we are relieved that her blood counts are stabilized and her lymph nodes no longer enlarged.



The American Cancer Society's Hope Lodge opened in Burlington in 2008, named the Lois McClure-Bee Tabakin Building in honor of McClure and her long-time friend who each lost a daughter to cancer.

**The Hope Lodges
around the country have been giving
HOPE A HOME
for over 30 years!
Join the PA Hope Ride this year
and help us support
the Hope Lodges!**

While my stay at the Hope Lodge was exceedingly short, my Mom had stayed there before and was overwhelmed by the facility, the volunteers and the FOOD!

Unspoken but realized was also the fact that it was free. She told me it gave her something to look forward to, a "little get away" to quote her verbatim.

The Lodge simplified: a comforting staff member, a little get away and free lodging and meals. But things given of the heart and in love are not so simple and the Hope Lodge is more than a place; it's a manifestation of compassion for those facing the disease of cancer. For that I am exceedingly grateful.

Thank you all for riding and raising money for this great cause. I assure you supporting The Hope Ride is worthy of your dedicated commitment.