

What are you doing June 12? Riding in Bike-a-thon, of course!
The American Cancer Society Bike-a-thon's Monthly Newsletter



Bike-a-thon News & Updates

Greetings!

Just two months into the 2016 Bike-a-thon event, the numbers are astounding! **159 teams and 1,922 participants have raised \$1789,842.91**. The spirit and enthusiasm of the riders and volunteers will make this a Bike-a-thon to remember.

Thank you for tirelessly supporting the Bike-a-thon and helping the American Cancer Society create a world with more birthdays and less cancer.

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Important Dates

- Feb. 4: World Cancer Day
- Feb 20-21: Bike-a-thon exhibits at the [Endurance Sport Expo](#)
- May 13: last day to meet fundraising minimum to have bib packet mailed



[Register Today](#)

Fundraising Tip: Did you know that you can send emails through your Bike-a-thon Fundraising Dashboard, encouraging everyone you know

to join your team or support you with a donation? Log in to give it a try!

Team Spotlight--Team WMMR

Team WMMR led by Markus Goldman-- aka Markus in the Darkus--is a team on the move, coming in fifth out 209 teams in 2015 by raising \$52,116. From a group of only a handful of riders, they are now are 140 riders strong, more than doubling from 2014. By setting up regular training rides and a team Facebook page, they have built a team and community dedicated to wiping out cancer. What can your team do?



Mission Moment: Roy Kardon

I visit about 25 patients a week at the Hospital of the University of Pennsylvania as a volunteer chaplain. It is always sad, but when the patient is a friend, the sadness is overwhelming. This friend is about my age and looked worse and worse at each visit the last several weeks. After several weeks, my friend went home, and all was quiet... read Roy's full story [here](#).



THANK YOU!

Thank you to our new Bronze Sponsor
Penn Medicine's Abramson Cancer Center

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Cycling 101

You don't make progress by riding alone. Rest, nutrition and hydration are critical.

- Drink. Water not only keeps you hydrated it also helps your body get rid of toxins and stop cramps.
- Rest. You won't see improvement from working out; you see it when your muscles have a chance to heal and build back up stronger.
- Eat. Get the right amount of carbs, protein and vitamins to support the energy needed to do the miles and to help aid in building new muscle!



Message From The Chair

Last month, I had the honor of participating in the American Cancer Society 3-day National Volunteer Leadership Summit in Atlanta, GA. More than 300 representatives from around the country gathered to hear from presenters and attend workshops regarding all aspects of the efforts in the fight against cancer. The Summit provided valuable insight into the inner workings of the Society, its extraordinary leadership position in the global fight against cancer and the contribution Bike-a-thon provides. We are truly fortunate to be associated with such a marvelous organization and to be united in our goal of eradicating cancer: we are all just 1 degree away.

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

philadelphia.bike@cancer.org

Phone: (215) 985-5401

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Bike-a-thon Bridge to the Beach

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