

# AMERICAN CANCER SOCIETY SIXTH ANNUAL PENNSYLVANIA HOPE RIDE

# JUNE 23-24, 2018

TWO DAYS . TWO HOPE LODGES . ONE CAUSE . 150 MILES  
pahoperide.org | 717.534.1487

February / March 2018

## Top Ten Fundraisers

The top ten fundraisers as of **June 21st at NOON** will receive the rider numbers 1- 10 to wear during the ride and will receive special recognition at the Recognition Dinner on Saturday evening.



## 2018 Jersey design reveal



## FUNDRAISING

Have you used the fundraising tools right on your fundraising dashboard? You can download the Facebook App to post and ask for donations. You can also download the Fundraising App from which you can track your progress, send emails and take donations (checks & credit cards)

FUNDRAISING cont. on pg. 2

### My Fundraising Tools



Ask for Donations

- send fundraising emails
- ask friends to join you
- ask friends to share



Get the Facebook App

- schedule newsfeed updates
- share your personal page
- ask for donations



Get the App iPhone | Android

- track your progress
- send fundraising emails
- update your personal page

More ways to raise: [Send a Tweet](#) | [Donate to self](#) | [View fundraising ideas](#)

## How we are doing current PAHR stats:

66 riders

\$23,862.50 Raised

10 teams

\$367 (average raised per rider)

Last year: \$1,224 ARPR

**OUR GOAL FOR 2018 IS 200 Riders!**

**200 riders each raise a minimum of \$500 = \$100,000!**

**Help us reach that GOAL.**

**(If 200 riders raise \$1,000 each = \$200,000!)**

## The Teams:

Team Jenelle

TAGD - Today's A Good Day

Team CV

Team JO

Team Apollo

the Six Pack

Team PPRAC

The IMT

Harrisburg Bicycle Club

Korrageous Cycling

## Are you registered yet?

As a returning rider, you can still use the discount code of:

PAHOPERIDE2018

Be sure to read all emails from PA Hope Ride or MaryAnn Kennedy. They contain useful & important information

## \$1K Club

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.



### 2018 \$1K Club Members:

Philip Shar  
 Nina Kenney  
 Lindsay Texter  
 Michelle Sandom  
 Ginny Ackiewicz  
 Gena McVitty  
 Glenn Hosler  
 Kenneth Juengling

### LODGING AND TRANSPORTATION:

Information will be available soon and posted on the website. An email will notify all of our current riders. Be sure to read all emails from the PA Hope Ride.

And follow us on Facebook - information regularly posted at [www.facebook.com/pahoperide](http://www.facebook.com/pahoperide)

### FUNDRAISING cont.

Here is an idea from a 5 time PA Hope Rider and Team Captain Carl Cramer. He uses the signature below on ALL his outgoing emails. This is a great idea and will keep what he is doing in front of everyone he emails.



*Do you have a good fundraising idea? Share it on Facebook or email it to [pahoperide@cancer.org](mailto:pahoperide@cancer.org) and we will put it in the next Newsletter.*

## CONECT WITH US ON:



And don't forget to use our hashtag  
**#pahoperide**

### WELCOME PACKETS

The WELCOME PACKETS have been mailed out, there was a delay in the t-shirt production.

Please email [pahoperide@cancer.org](mailto:pahoperide@cancer.org) if you do not receive your WELCOME PACKET by Friday, March 16.

### WHY I RIDE, Glenn Hosler

**Together, we can finish the fight against cancer!**

Thirty years ago, my mother, Arlene, went home to be with the Lord after a year-long battle against lung cancer. She endured many treatments and hospital stays as she fought against this invisible foe. There have been many advancements in cancer treatments over the years since her passing, but cancer is still part of the human struggle on this earth. As a pastor, I have seen the impact cancer has on individuals and families.

This is my fourth year participating in this event. The ride over the past three years has been challenging due to weather and my own health. I rode for many different people in the past years. In 2015, I rode in honor of my mother, Arlene. In 2016, I rode for, Jill Chubb, went home to the Lord before the ride. She was a member of my congregation who had been battling cancer for almost two years. She endured many rounds of chemo, surgeries and the endless hospital stays. Last year, I was riding for Karen Yoder. She is also a member of my congregation who has been battling against cancer for over a year. She is now cancer free and doing well. This year, I am riding for Nicole Bomberger. She was the sister-in-law of a coworker, and she lost her battle with cancer after the ride last year leaving behind a husband and two small girls.

## Rider Updates

### TEAM JERSEYS: How it works -

Team Jerseys are not required, we are working with our partner **VOMax** to provide an opportunity for those teams/individuals that are interested in ordering apparel. Not only can you get jerseys for a reasonable cost, but you will also get funds back for your Team.

For information on how to order, contact Holly at [hdepalma@vomax.com](mailto:hdepalma@vomax.com)

**CUE SHEET AND MAP:** Last year's route is posted on the website in the Download Library. The 2018 route is undergoing some changes and will be posted later this spring.

**LODGING AND TRANSPORTATION:** Information will be available soon and posted on the website. An email will notify all of our current riders. Be sure to read all emails from the PA Hope Ride.

### Important Dates to Remember:

6/4/2018	Recommitment date. All who have not reached the minimum of \$500 will be asked to recommit their intent to do so.
6/15/2018	\$500 fundraising minimum deadline
6/22/2018	Kick Off Dinner
6/23/2018	First Day of PA Hope Ride

## Safety Tips From an Experienced Rider

### Don't expect motorists to see you.

In city traffic, dense streets and attentive drivers mean the key to safety is being assertive and using the rhythm of traffic to your advantage. But as your bicycle carries you away from town, the safer place to be becomes the side of the road. Likewise, plan to dodge cars in intersections even when you have the right-of-way.

### Look behind you.

I glance over my shoulder as I approach every driveway, intersection, and road hazard. Yes, every single one. A common car-on-bike incident is the right hook. This is when a car passes a cyclist, slows to turn right, and obviously crosses the cyclist's path on the edge of the street.

### Avoid riding into the sunset.

Each day I gauge the wind and sunlight to select as pleasant a route home as possible. This is about more than enjoyment: Riding into the sun makes you virtually invisible to motorists. If you're stuck heading west at the end of the

## TRAINING PLANS

The plans were created by Coach Don Larkin. Don is the Head Coach for Reach Multisport & Personal Training. In addition to holding certifications as a coach through USA Triathlon, a personal trainer certification through the National Strength and Conditioning Association, specialty credentials including TRX Suspension Training and NASM Fitness Nutrition Specialist, he coaches multiple athletes for events from the local 5k through Ironman triathlons every year, and is a veteran endurance athlete himself.

You can access the plans online in the [Download Library](#) or just go to the website and click on the Download Library at the bottom of the home page. If you have questions about your training or the plan, contact Don. He is our virtual coach.

**Don Larkin**, Reach Multisport & Personal Training  
[trainwithdon@gmail.com](mailto:trainwithdon@gmail.com), USAT Level 1 Coach, NSCA-CPT  
 -Cell: 717-343-2871

## SPECIAL THANK YOU TO OUR MECHANICAL SUPPORT



day, try taking a meandering route. And when the sun's at your back, keep in mind that road users ahead will have a difficult time seeing you.

### Watch for oncoming traffic.

Passing motorists often accelerate into the opposite lane without looking for cyclists in their path. Similarly, I shudder to think about how frequently I make fast right turns onto two-lane roads without considering what might be might be fast approaching on the wrong side.

### Pause in high-visibility places.

I usually don't stop to change clothes, eat food, or even answer the call of nature (an essential skill for road racing, and practice makes perfect). But I do wait until I'm a safe distance from blind corners or hillcrests before doing anything that compromises my focus.