

# AMERICAN CANCER SOCIETY SEVENTH ANNUAL PENNSYLVANIA HOPE RIDE

JUNE  
22-23, 2019

JUNE 2019

[pahoperide.org](http://pahoperide.org) | 717.534.1487

## Things to Know

### **ALL RIDERS:**

**Early Rider Check In:** Friday afternoon - 5 PM to 6:00PM at the American Cancer Society Office Rt. 422 & Sipe Avenue, Hummelstown PA

Bring any donations received to the Packet Pick-Up or use the [FUNdraising App](#) and get the credit quickly.

**Friday Kick Off Dinner: FREE for all riders. Guests are \$20.**

The dinner will be held at the American Cancer Society Office in the tent beginning at 6:30 PM catered by Dafnos Italian Grill.

**PA Hope Ride Store:** Past year items plus other PA Hope Ride miscellaneous items will be for sale. Need a jersey? We will have some. Cash, check or credit card payments will be accepted

**LOGISTICS:** Click here for the link to the Logistics Document ONE DAY or Logistics Document TWO DAY. This contains all the details for the weekend of the rides. **PLEASE READ!**

**Jerseys:** If you reached your \$750 goal to earn a jersey by June 5, it has been mailed to you. If you reach that goal after that date, you will get your jersey at packet pick up. If you want to stop at the ACS office to pick it up, please email [pahoperide@cancer.org](mailto:pahoperide@cancer.org) to set up a time.

**Wear your PA Hope Ride jersey on Sunday, June 23**

## **GARDEN OF HOPE**

Again this year we will have the Garden of Hope. For a \$10 donation, friends and family can purchase a pin-wheel flower in honor or memory of someone touched by cancer. Names can be written on the petals of the flower. They will all be placed in the "Garden of Hope" at the start and finish area. See page 5 for order form and details

## **Inside this issue**

Things to Know	1
Top Ten	1
1K Club	2
Facebook Fundraising	2
Tentative Weekend Schedule	2
My Story / Larry Adams	3
Sponsors	3
Tips for a SAFE Ride	4

## Top Ten Fundraisers

The top ten fundraisers as of **June 19th at NOON** will receive rider numbers 1– 10 to wear during the ride and will receive special recognition at the Kick Off and Recognition Dinners.

If you have off line donations, use the [FUNdraising App](#) to receive the credit quickly.

**QUESTIONS:** Email

[maryann.kennedy@cancer.org](mailto:maryann.kennedy@cancer.org)

## Current TOP 10 Fundraisers:

*as of June 5*

Nina Kenney  
Michelle Sandom  
MaryAnn Kennedy  
David Geesaman  
Carl Cramer  
Larry Adams  
Marc Pochet  
Nick Mavros  
Jill Cramer  
Jason Collopy

## \$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.

### Members of the 1K Club for 2019

Nina Kenney  
Michelle Sandom  
MaryAnn Kennedy  
Carl Cramer  
Larry Adams  
Marc Pochet  
Nick Mavros  
Jill Cramer  
Jason Collopy  
Tim Johnston  
Craig Martek  
Vince Mulry  
Austin Appel  
Joel Savilonis  
Mikael Anderson  
Phil Shar  
Wendy Pignatella  
Fred Zahradnik  
Tshering Sherpa

## How is your fundraising going?

### ONLY THREE WEEKS TO GO

Have you tried the Facebook fundraising?



It is easy and effective.

From your “dashboard” use the “Create a Fundraiser Through Facebook”. Invite all your Facebook friends to donate and share your progress. Be sure to keep you posts updated frequently and thank your donors as they make donations. Ask friends and family to “like” and “share” your fundraiser.

- Facebook Fundraiser is an easy way to let the world know you’ve joined the fight against cancer.
- Fact: People raising funds through social media raise 7X more than ones who don’t. Start a Facebook Fundraiser today!

## Important Dates to Remember:

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
6/21/2019	KICK OFF DINNER - 6:30 – 8 PM
6/22-23/2019	PA HOPE RIDE
8/31/2019	Last day for donations for the 2019 PA Hope Ride, to qualify for 2019 incentives

## Weekend Schedule

### June 21, 22 & 23, 2019

*tentative - times may change*

#### June 21

Early Packet Pickup	5-6 PM
Hope Store	5-6 PM

**Kick Off Dinner - Hershey** 6:30 PM

**ALL riders are invited and encouraged to attend**

Sponsored by Donegal Insurance Group

Catered by Dafnos Italian Grill

#### June 22

Packet Pickup	5:30 AM
Breakfast	5:30 AM
Bike Mechanics	5:30 - 6:45 AM

**RIDE START (Mass start) 7:00 AM**

**All ride distances start together  
30, 62 and 75 / 100**

#### One Day Ride

Finish Hershey	9:00 AM
Hope Store	9:00 AM
Lunch Hershey	10:30 AM

#### Two Day Ride

Finish Kutztown	11:00 AM
Pre-dinner Social	5:30 PM
Recognition Dinner	6:30 PM

#### June 24 / Kutztown (Two Day Riders)

Breakfast (Kutztown U Cafeteria)	5:30 AM
Check Out	6 - 7 AM
<b>RIDE STARTS (rolling start)</b>	<b>7:00 AM</b>
Finish Area Opens	11:00 AM
Hope Store	
Finish Area Closes	5:00 PM

**Watch your email for the Logistics Document with ALL the weekend details. It will be in your email mail box by Friday, June 7.**

## Why We Fundraise

A PA Hope Rider's Story  
by Larry Adams

### Let's Do This Again!

The picture to the right is from last year's PA Hope Ride. I am doing it again this year. So why does a 67 year old man keep doing stuff like riding a bicycle over 150 miles for 2 days and raising money? It's simple:



### Giving Back

As you may know, my wife Anne and I are blessed with 2 great sons who are successful young men in good health. Marcus, the younger one is a 25 year survivor of leukemia. Also, we have a number of friends and relatives who are cancer survivors.

### Inspiration

I know far too many people who are battling cancer and somehow remain examples of living life positively in spite of their circumstances. Jenelle, Pam, Shannon's "Little Man" Daniel, and people I take to their treatments as part of American Cancer Society's Road to Recovery. All of you provide a very special inspiration to me and the world even though you may not know it.

### Helping Others

It's because of research and various programs funded by the American Cancer Society that many, many people survive cancer. The funds we raise help a LOT of patients and their loved ones know the special blessing of having a cancer survivor in the family.

The American Cancer Society has contributed to a 20 percent decline in cancer death rates in the US since the early 1990s. That means we've helped save nearly 1.2 million lives during that time, thanks in part to people like you who made a donation, which allows the ACS to provide:

- The information and tools they need to avoid getting cancer or find the disease early, when it's easiest to treat
- A place to turn for help 24/7 if they are facing cancer
- Benefit from the progress being made toward finding cancer's causes and cures
- Get access to lifesaving screenings and treatment

**THE ROUTE.** Due to road closures, route adjustments are currently being made. GPS and cue sheets will be available soon.

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.

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

## BIKE MECHANICS

There will be 2 bike shops donating their time and expertise to make sure you have a great ride. World Cup Ski & Cycle will be at the start to do a few MINOR adjustments. Please bring your bike in good working order. NO major repairs will be done on Saturday morning.

For TWO DAY riders, South Mountain Cycle will be at the last rest stop and Kutztown University to make sure your bike is in top shape for the next day's ride.

## THANK YOU TO SPONSORS AND IN-KIND DONORS



**PennState**  
Cancer Institute



Comfort Inn at the Park  
Comfort Inn at the Park  
Hershey, PA



# tips for safe cycling

- ◆ always wear a **helmet**.
- ◆ **alert** disabled bikers to pull off of road for repairs.
- ◆ **keep right**, ride with traffic.
- ◆ **watch** for drain grates, loose stones, rocks, sand and soft shoulders.
- ◆ maintain a **straight path**, three feet minimum out from parked cars.
- ◆ stop and **look** for vehicles before entering the road.
- ◆ use **hand signals** before turning.
- ◆ keep your bike **mechanically sound**.
- ◆ **stay alert** for vehicles and pedestrians
- ◆ **be predictable** - let the other riders around you know what you are doing
- ◆ **communicate** with all riders around you

## Motor Vehicle Traffic Patterns

Whenever you move into traffic, you must watch out for yourself and for the motorist. Most car drivers scan the road for large vehicles, not for small objects. Assume that drivers will not see you. Don't move into traffic until you make eye contact with the other driver(s).

## Entering the Roadway

Look before entering a street. Motorists may not have time to react if you simply pop into view from the side of the road. If entering from the sidewalk, walk your bicycle onto the street and then get on to ride. Look both ways and slow your speed before entering traffic from a bicycle lane.

## Intersections

At intersections, stay clear of motor vehicles and pedestrians. Slow down and look both ways before moving forward. Remember that you must have a full green light to enter an intersection controlled by a traffic light. Whether you are turning right or going straight through an intersection, wait for the vehicle ahead of you. Never pass a vehicle on the right-hand side because it's hard for the driver to see you. If you are behind a big car or truck, don't follow too closely. There are two methods for making a left turn at an intersection. In heavy traffic, or if you are a new bicyclist, walk your bicycle through the crosswalks as a pedestrian. But in light traffic where your bicycle can be seen easily, and if you are skilled, make a normal vehicle turn from the right side of the centerline or left-turn lane.

## Direction of Traffic

Always ride with the traffic, not against it. When you ride along with the traffic, motorists can see you far enough ahead to steer out of your way. It is hard for motorists to avoid bicyclists who suddenly appear in front of them going the wrong way.

## Riding on the Right

When riding on a street, at less than the normal speed of traffic, ride as closely as you can to the right-hand side of the road, or on the highway shoulder.

## Making Turns

Signal at least 100 feet before you turn, using correct hand and arm signals. Before turning, check traffic in all directions and keep to the rear. As you signal, be sure to make eye contact with the driver(s) nearby; don't turn until you are sure that they see you. As you make the turn, keep both hands on the handlebars.

## Following Distance

Use the "Two-Second Adjust" to follow a safe distance behind another vehicle. When the vehicle in front of you passes a fixed object (tree, sign, house), begin counting, "one-thousand-one, one-thousand-two." If you pass that object before you finish counting, then you are following too closely.

## Parked and Double-parked Cars

Plan your route so that you ride on streets where there is room for parked cars and bicycles. Ride at least three feet away from parked cars so that you don't have to dodge opening car doors. If it looks like the driver is going to get out of the car, slow down and make yourself visible by sounding a horn or bell, or by yelling. If you must move to your left to avoid an accident, don't swerve out into traffic. To predict when a car will pull out from the curb, or when a car door will open, watch for these signs: cars stopped with running motors, back-up lights on, brake lights on, and turn signals flashing. Select streets with bike lanes where you don't have to worry about parked cars.

## Railroad Crossings

At railroad crossings slow down and stop a safe distance from the tracks if a train is coming. Wait for the train to pass, and don't move onto the tracks until they are clear — or you could dart out into the path of another train on a different track. To cross railroad tracks, point your front wheel at a right angle to the tracks and cross each track, one at a time.

