

# AMERICAN CANCER SOCIETY TENTH ANNUAL PAN OHIO HOPE RIDE

328 MILES. CINCINNATI. COLUMBUS. CLEVELAND.

JULY 21-24, 2016



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### Current POHR Stats

- ⇒ 190 Riders (5 Virtual Riders)
- ⇒ \$21,484 Raised
- ⇒ 31 Teams
- ⇒ 2015 ARPR = \$2,467
- ⇒ Current ARPR = \$113

### Rider Breakdown

- ⇒ 161 Returning Riders
- ⇒ 29 New Riders

### Top Team Fundraising

- ⇒ MCPc
- ⇒ The RoadFish
- ⇒ Honey Badgers

### What's New in 2016?

- ◆ To maximize the impact of every dollar raised, the fundraising minimum to ride will be **\$1,000** for the 2016 event. (*\$1,000 provides a 2 week stay in an ACS Hope Lodge for a cancer patient undergoing treatment and their caregiver; an average stay is 4 weeks!*)
- ◆ The 10th Anniversary 2016 Pan Ohio Jersey will be earned when \$1,328 is raised. (Only \$328 beyond the \$1,000 minimum to ride!)

### Earn the POHR Sweatshirt!

- ◆ All riders who raise \$500 before December 1, 2015 will earn the POHR Fall Incentive Prize. Every participant that raises \$500 by 12/1, will receive the first ever **Pan Ohio Sweatshirt!** The style of the sweatshirt is pictured here and the design will be finalized soon.



### Help Promote #GivingTuesday

This holiday season, join the American Cancer Society and the Pan Ohio Hope Ride by using **#GivingTuesday** leading up to and on December 1st to encourage generosity and online giving from donors following the heavy shopping days of Black Friday and Cyber Monday. Use **#GivingTuesday** along with **#POHR2016** to direct people to give on [POHR.org](#). Send out links to your POHR Fundraising page on 12/1 to make it even easier for donors to give directly to your POHR campaign.

## Rider Story: Mike Hammontree

Written by Mike Hammontree

The cooler temperatures and early sunsets means only one thing: Fall has definitely arrived in Ohio. The end of the year is quickly approaching, but not before we take some time to pause in November to **give thanks**.

As I reflect on this year, there's lots to be thankful for. Collectively, Pan Ohio Riders and Supporters raised a ton of funds this year that will help more patients and families fighting cancer than ever before. I'm very proud to be part of such a caring event and community of participants unified for a common goal.

I'm thankful most of all this year for health. I feel very fortunate to have a healthy family and hope our good fortune in that area continues. Personally, I recently had a yearly physical, and all the numbers that came back from the usual tests looked good. I wasn't always a cyclist, so the training and participation to prepare for this event the last 7 years has been a huge benefit to my health. Those numbers used to be very different and painted a much unhealthier picture.



*Photo By J. Magalski Photography*

As I age (Hello, 40!), it's becoming apparent I've not protected my skin as well as I should have from the damaging effects of the sun's rays. In January I was diagnosed with a pre-cancerous condition on my left cheek. It was diffused over a large area, so I was prescribed a topical chemotherapy for my face as treatment. The cream burned 2-3 layers of skin off my face over the two weeks it was used. It wasn't a comfortable process, to say the least. Thankfully, it did what it was supposed to and got rid of the bad stuff.

Dermatologist appointments every six months to check for abnormalities are now a part of life. At my last checkup a few weeks ago, they found another one. This time it was in the form of a mole in the center of my back that I would never have seen in the mirror. While the biopsy did not show any cancer (a diagnosis I've not received to date and would like to keep that way!) it is considered abnormal and pre-cancerous.

By the time this is published, I'll have had that section of skin surgically removed. This is the second time I've needed a pre-cancerous section of skin removed from my back, and, I suspect, won't be the last time something like is needed. My dermatologist even told me the chemotherapy on my face just simply rolls back the clock on this condition and may need to be repeated down the road.

Even still, some back stitches and facial discomfort are a small price to pay to avoid a more significant treatment for cancer if an unchecked condition were to worsen. So, again, for that I'm thankful. With that in mind, even in the colder months where exposure to sun is lessened, I'd remind everyone to please be vigilant in monitoring their skin for abnormalities and wear your sunscreen! The American Cancer Society has a wealth of information available on this subject by visiting 888-227-2345.

In closing, as one of the volunteer co-chairs of this event, I am also thankful for you - Our Riders, Supporters, Volunteers, ACS Staff and anyone else who makes this event the experience that it is today. Thank you for your hard work and dedication to this cause and for helping this event continue to help others.

Happy Thanksgiving!

*What's your story? Is there something you'd like to share with readers of this newsletter? We want you to have a voice through this publication. If you have a story idea, please send it to [panohioinfo@cancer.org](mailto:panohioinfo@cancer.org).*

## Join #NoShavePOHR this Month!



Not shaving has its perks! Use the hashtag **#NoShavePOHR** throughout the month of November to share your growing progress. At the end of the month, all pictures shared using the hashtag on the POHR Facebook page will be voted on to win a POHR Swag Prize Pack! Ladies, we're not leaving you out; maybe you can't grow a beard, but you can recruit a family member or friend to grow theirs for you and enter the contest using their facial hair growth. Post pictures weekly to show your progress and POHR pride!

Use **#NoShavePOHR** as a fun and creative fundraising tool with donors (ie. *"If I grow out my beard for the month of November, will you donate \$100 to my POHR account?"*).

So use November to grow a beard, mustache, goatee, soul patch or some other facial hair creation (get creative with it!) and help us spread the word about POHR and our fight against cancer!

## Registration Rate & Important Dates

Don't forget! The registration rate for POHR 2016 increases to \$225 on December 1, 2015. Register now at [POHR.org](http://POHR.org) to join POHR at the current rate of \$200!

### Incentive Dates:

- ◆ 9/1/15- 11/30/15: Raise \$500 to receive the POHR Sweatshirt (New for 2016)
- ◆ 12/1/15-2/29/16: Raise \$500 to receive the Official POHR Wind Vest.
- ◆ (Earn both and you are only \$328 dollars away from earning the 2016 Event Jersey!)

### Fundraising Dates:

- ◆ June 6, 2016: Recommitment Date; all that have not raised the \$1,000 Minimum will be asked to recommit their intent to do so.
- ◆ July 12, 2016: \$1,000 Minimum Fundraising Deadline

## WHO DO I CALL WITH QUESTIONS?

⇒ You can always call 888.227.6446 Ext. 1222 or email [Panohipoinfo@cancer.org](mailto:Panohipoinfo@cancer.org) with questions.

## UPCOMING EVENTS:

- ⇒ Cleveland Family & Friends Info Night: December 1st, 6-8:30pm. TownHall- 1909 W 25th St, Cleveland, Ohio
- ⇒ Cincinnati Family & Friends Info Night: December 10th, 6-8pm. Location: TBD
- ⇒ RSVP to [Panohipoinfo@cancer.org](mailto:Panohipoinfo@cancer.org).

## CONNECT WITH US!

- American Cancer Society Pan Ohio Hope Ride
- Pan Ohio Hope Ride
- @panohiohoperide

**DON'T FORGET TO USE  
OUR HASHTAG!  
#POHR2016**