

AMERICAN CANCER SOCIETY SEVENTH ANNUAL PENNSYLVANIA HOPE RIDE

JUNE
22-23, 2019

MARCH 2019

pahoperide.org | 717.534.1487



Luck of the Irish registration time!

Are you registered yet? Do you have friends and/or family who want to join you on this ride? This is the weekend to register. Not only do you have a “special discount” code, but the registration rate will drop back to the early bird special. So if you missed it last fall.... NOW is the time.

The weekend of St. Patrick's Day - Friday, March 15 - Sunday, March 17, you can register at the “early bird” rate and use a discount code: **LUCKOFTHEIRISH**

This is the last opportunity to get such a low registration rate.

But, that's not all! If you get a friend(s) or family member(s) to register, you will receive either a PA Hope Ride ball cap or a pair of PA Hope Ride socks (your choice). If you get 2-5 riders to register on this weekend, you will receive a PA Hope Ride goodie bag full of PA Hope Ride goodies.

So NOW is the time to start a team or grow your team.

Inside this issue

New for 2019	1
St. Patrick's Day	1
PA Hope Ride Socials	1
\$400 in 7 Days	2
Personalize Your Pag	2
1K Club	2
Hope Lodge	3
My Story / Sandy Wilcox	3

Got questions? Who ya gonna call?

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

NEW THIS YEAR

All teams of 10 or more will have special reserved seating at the Kick Off dinner on Friday, June 21. And will be recognized that evening.

Let see how many teams we can get!

All registered riders are invited to the Kick Off dinner. Guests are \$20. More information will be available in May.

MARK YOUR CALENDAR for PA Hope Ride Social/Information Night

(will be held 6 - 7:30PM)

Last chance: Troegs Brewery

April 1st

(Don't be a fool and miss this opportunity)

**Come out and get information about the NEW 30 & 62 mile route options.
Bring family and friends!**

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.

First members of the **1K Club** for 2019

Nina Kenney
MaryAnn Kennedy

Important Dates to Remember:

- 6/1/2019 Recommitment date. All who have not reached the minimum of \$250 or \$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 2019 incentives

PERSONALIZE YOUR FUNDRAISING PAGE

If you haven't done it already, take a few minutes to personalize your fundraising page (dashboard) with a picture and the reason you are a part of the PA Hope Ride.

There is a poster in the Download Library you can use to take a selfie. "Who Are YOU Riding For?"

If you need help, call MaryAnn: 717-534-1487 or email: maryann.kennedy@cancer.org

Raise \$400 in 7 days

Raising \$400 is easy if you break it down into smaller donations.

Ask everyone you know to support you. Everyone knows someone affected by cancer. You may be surprised at the number of people willing to support you!

DAYS	ACTIVITY	TOTAL	COMPLETE
Day 1	Sponsor yourself	\$25	
Day 2	Ask 5 family members to donate \$25 each	\$125	
Day 3	Ask 5 friends to contribute \$20	\$100	
Day 4	Ask 5 co-workers to contribute \$10	\$50	
Day 5	Ask 3 people from your place of worship to contribute \$10	\$30	
Day 6	Ask 3 neighbors to contribute \$10	\$30	
Day 7	Ask your boss for a company contribution of \$40 (better yet, find out if your company will match what you raise)	\$40	

Why We Fundraise

A PA Hope Rider's Story
by Sandy Wilcox

It's been almost 12 years since I heard "You have cancer." Working for the American Cancer Society, "cancer" is part of my daily vocabulary. I am well informed of the programs and services the Society provides. I'm proud to say I work for ACS. But on that day 12 years ago, it became personal and I got to experience first-hand the greatness of the organization I work.



Cancer.org was the first place I went to learn more about my diagnosis, options and treatment plan. An ACS patient navigator provided additional information, and scheduled me for the programs "Look Good, Feel Better" (where I learned how to make headwear out of t-shirts!), and "Reach to Recovery" (talked about the cancer journey with someone who experienced the same diagnosis). My chemo was the result of ACS funded research.

My husband Tedd and I volunteered for Pan Ohio Hope Ride 11 years ago. When I saw the camaraderie of the riders, I immediately knew I wanted to do the event. I didn't even own a bike! So, I bought a \$25 garage sale bike and started training. When telling others what I was doing, I was quickly informed why my garage sale bike wasn't going to cut it. Ten years and two bikes later I am now riding my tenth Pan Ohio, and my seventh PA Hope Ride.

I hate hills and wind, but I hate cancer even more. Thank you for joining me in the fight against cancer by riding the PA Hope Ride, in support of the American Cancer Society and its programs, services, research, and advocacy.

NEW FOR 2019

30 mile and 62 mile ride options

added for 2019 PA Hope Ride.

Not able to do the 2-Day ride? Come join us to 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 at 7 AM.

ONE DAY ride option registrations are available on the website: PAHopeRide.org

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

THE ROUTE. 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 for the 2-Day riders. It is truly a CHALLENGE with multiple hard climbs. If you want to do this route be sure to TRAIN for it.

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

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!

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