



Greetings!

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Training is done, just two days of riding in front of me and ground to cover towards my fund raising goal.

Five Pan Mass Challenge (PMC) rides, ten, fifteen, twenty, twenty-five and now its thirty years training, fundraising and the full Summer Weekend. Each has been a goal, to do my part in the fight against cancer. I tell myself I can still ride, then I think of all the people we have lost and those fighting cancer now. That's all it takes to commit one more year of riding in the PMC to support the Dana Farber Cancer Institute.

It's another "odd" covid year as I can't say it will be 175 miles. Without staffed water stops or overnight accommodations, we will ride the official first day and a Seacoast second day. We can adapt the ride, but there is no respite to the cancer fight. Sadly, an unprecedented number of my peers are amid a cancer battle. My wife Amy's message to women is, "get your mammogram," as it helped her discover a malignant growth early. After a February surgery, radiation in March, and now hormone therapy, she was able to avoid chemotherapy.

During Father's Day I was telling our boys stories of my Dad, JB. It's not even two years since we lost him to cancer, but those few extra years made a huge difference in our boys getting to know JB before the man we cherished faded in front of us. So, with those thoughts I ramp up my training rides, that will soon eat up seven to eight hours a weekend until PMC weekend August 7<sup>th</sup> & 8<sup>th</sup>. I was doing that math this weekend as I age my training rides take more time and conditioning requires a longer, slower ramp.

While we wiggle out of Covid's grasp, the need to keep funds flowing remains, as this one event was 64% of all contributions made to the Dana Farber in 2020. It's good to know that 100% of your contributions go directly to the Dana Farber, this e-book ([click here](#)) provides detail on how those funds are utilized. Our minimum fund raising commitments continue to rise and this year my goal is \$9500.

Your vital activity can be made online at <http://www.pmc.org/egifts/SB0011>, through the PMC website with my rider ID of SB0011. Old school checks can be made out to PMC/Jimmy Fund and mailed to 431 Wallis Rd. Rye, NH 03870 (but online is much easier for all of us).

Sharing/forwarding this e-mail to others is an additional opportunity for you to

contribute. Also, take a moment to see if your company has a matching program, [click here](#).

Thank you for your generous support in the continuous fight against cancer.

Best Regards,

Steven

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Great information on the PMC and the Dana Farber Cancer Institute: [Click Here](#)



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Gift ID: <http://www.pmc.org/egifts/SB0011>

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