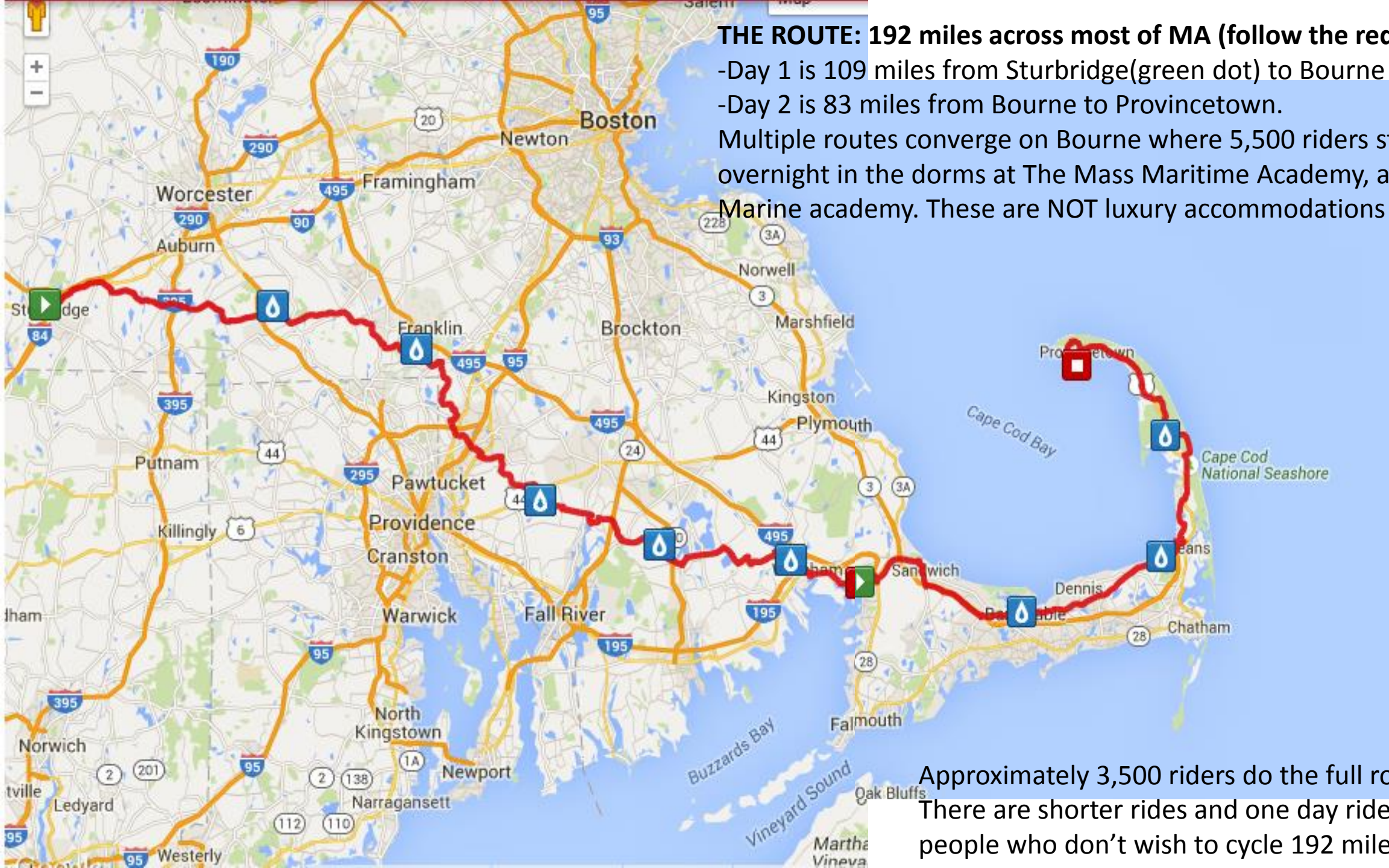




PMC 2015

YOU made it possible. We just did the riding.





THE ROUTE: 192 miles across most of MA (follow the red line).

- Day 1 is 109 miles from Sturbridge(green dot) to Bourne (red dot).
- Day 2 is 83 miles from Bourne to Provincetown.

Multiple routes converge on Bourne where 5,500 riders stay overnight in the dorms at The Mass Maritime Academy, a Merchant Marine academy. These are NOT luxury accommodations!!

Approximately 3,500 riders do the full route. There are shorter rides and one day rides for people who don't wish to cycle 192 miles.

Friday Night-Pre Ride: Food (lots of it), music, libations (lots of them) and fun/ camaraderie. We get pampered a bit but we all know why we are there. ~3,500 riders start in Sturbridge.



3500 bikes lined up and ready to go by 6PM



Free Libations for those who want to partake. I only have a drink or two. Alcohol is NOT energy food for a ride.



Food. And plenty of it. Common theme throughout the ride. Riders will burn around 12,000 calories or more over the 192 miles.



Opening Ceremonies:

Remarks by celebrities, ride organizers, politicians and most importantly, people that PMC has helped. A reminder of why we're here.



The night's activities are over by 8PM. People disperse to hotels all over Sturbridge and go to bed EARLY!!



...because wake up time on Saturday is **3:30AM**

Breakfast with 3500 friends. I mentioned that food is prominent. Must fuel up for 109 miles.



Breakfast: 4:30 AM on Saturday



3,500 bicycles waiting for their riders



5AM: Time for the riders to gather their bikes and get ready for the opening ceremonies and the start of the ride.



AFTER OPENING REMARKS AND NATIONAL ANTHEM, WE ARE OFF!





At 5:30 AM on Saturday in Sturbridge, MA people are already standing just outside the start, rooting on the riders...



..and they are out there all along the entire 192 mile route. Thanking riders and cheering. An outpouring of love and support from Sturbridge to Bourne.



More supporters greet us on Sunday and are with us all the way to P'Town. They play music, offer water, food but most of all, love, energy and support. That's when you know that while you are alone on your bike, you are not riding alone. It's an amazing feeling. I'd estimate that we were greeted by more than 10,000 supporters.

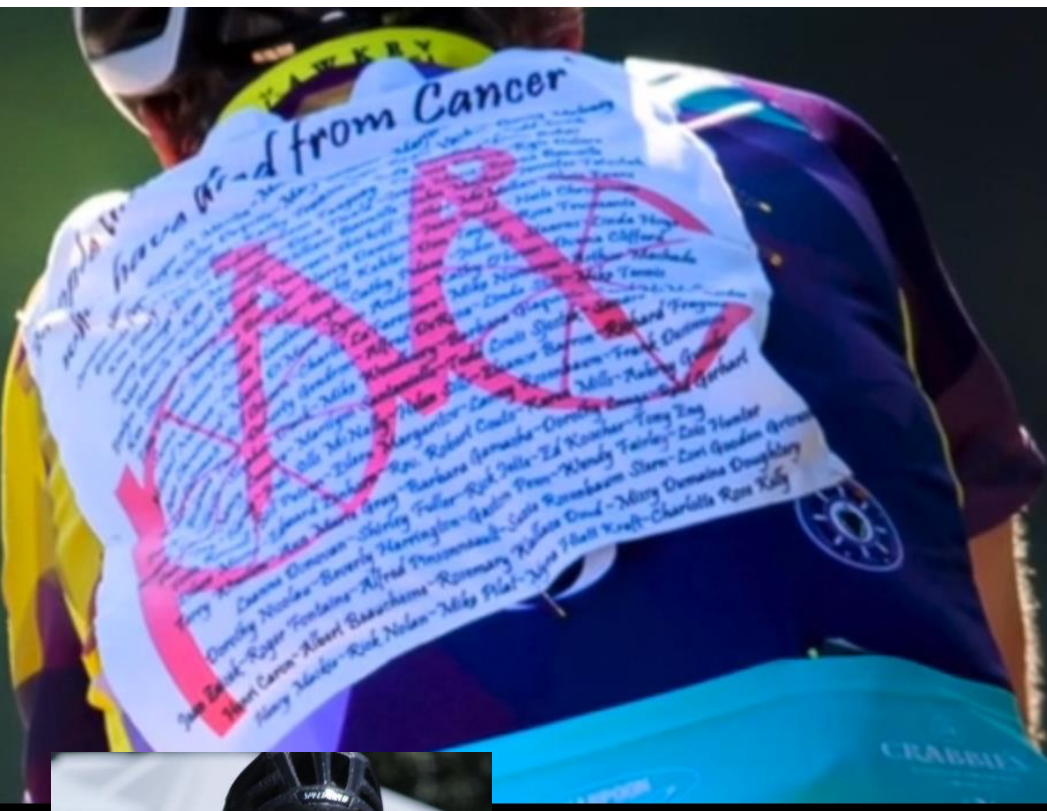




Oh, and we did some cycling as well. And it was HOT! But PMC and spectators took good care of us!



Many riders found beautiful and touching ways to honor their friends, loved ones, etc. who have been stricken with cancer.



Cherry St. in Wrentham: Bagpipes, Steel Drum Band, Rock Band, Bubble Machines, Sprayers (to cool riders), Clowns, Food, Coffee and Water. All courtesy of the residents.



Volunteers (4,000 of them!!), Massage Therapists, bike mechanics, medical personnel and police directing traffic to give riders priority on the road. All makes this so much easier on the riders before, during and after the ride.





109 miles later, stop for food, music, beer, wine, food and music. And food. And SLEEP!



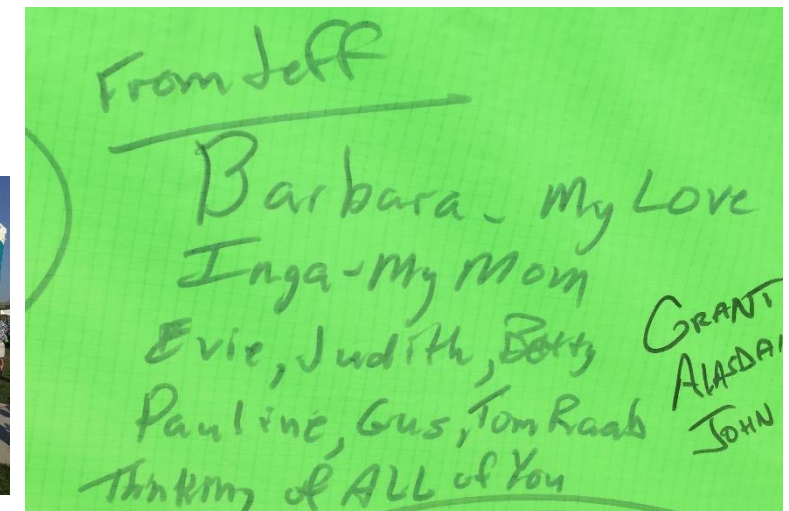
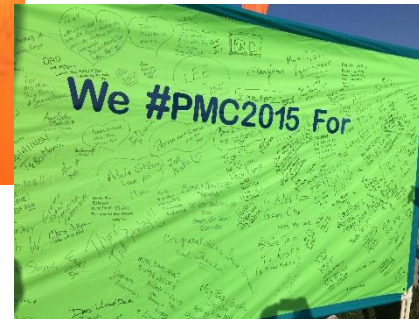
Beer trucks, food lines, dancing, sun, napping.



Food? Want more food? Burn 6000 calories, you're darn hungry.



Honoring loved ones. Banners fly everywhere and riders can add the names of the people that they PMC for. Below, the people I PMC for.



"Living Proof": Riders who are cancer survivors. Barbara (my wife) rode a 27 mile route as a Living Proof rider.



DAY 2: Wake at 3:30, pack your gear, breakfast at 4:15, on the bike at 4:45



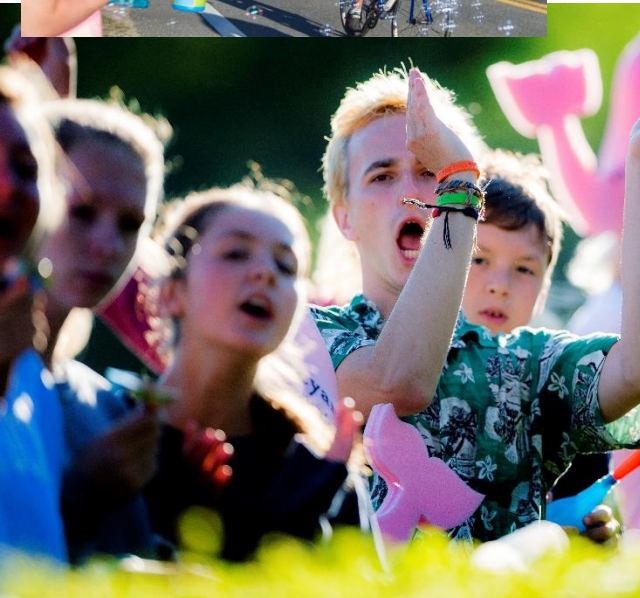
Hundreds of teams ride together. They ride in support of a person or to fund a particular area of cancer research.

And there are MORE water and food stops. 5 stops on the 83 mile route.



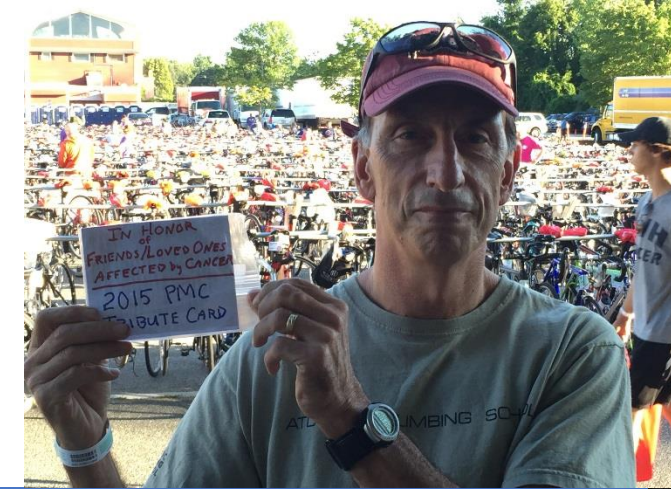
DA HEDGE:

A rider favorite, this is in front of a school in Brewster, MA. Hundreds (perhaps up to 1,000) teens come out and stand at the hedge in front of the school cheering each rider as if they were a rock star. Some people stop and are crowded and greeted like celebrities. For a brief video that sort of captures the moment see: <https://www.youtube.com/watch?v=4Ks8l9cfbz8>



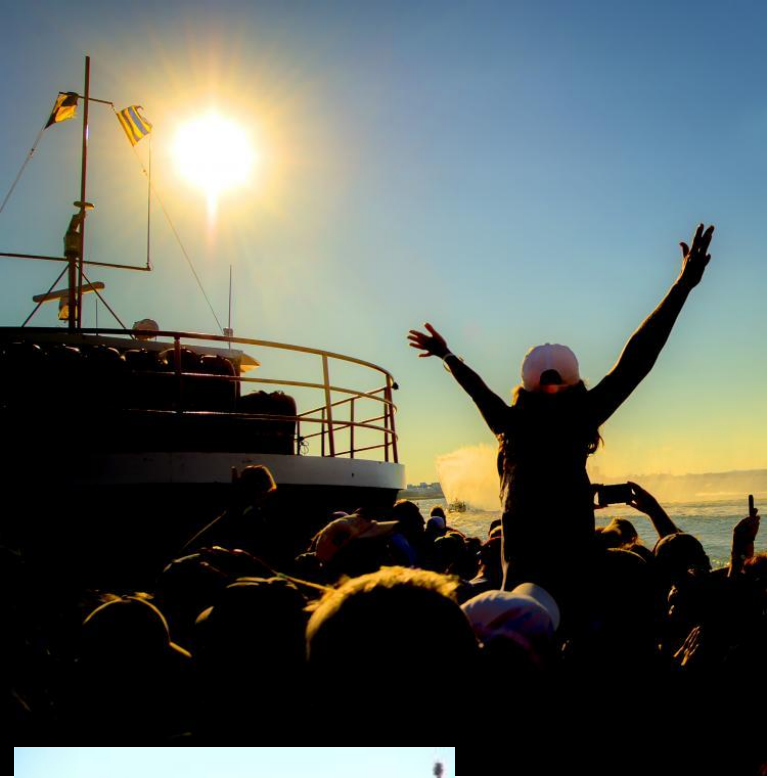
THE TRIBUTE CARD

- 1) In Sturbridge with 3,500 bikes and cyclists
- 2) In P'town, about 75 feet from the finish line
- 3) Buried beneath flowers to honor your loved ones in the same spot that next year's card will be placed.

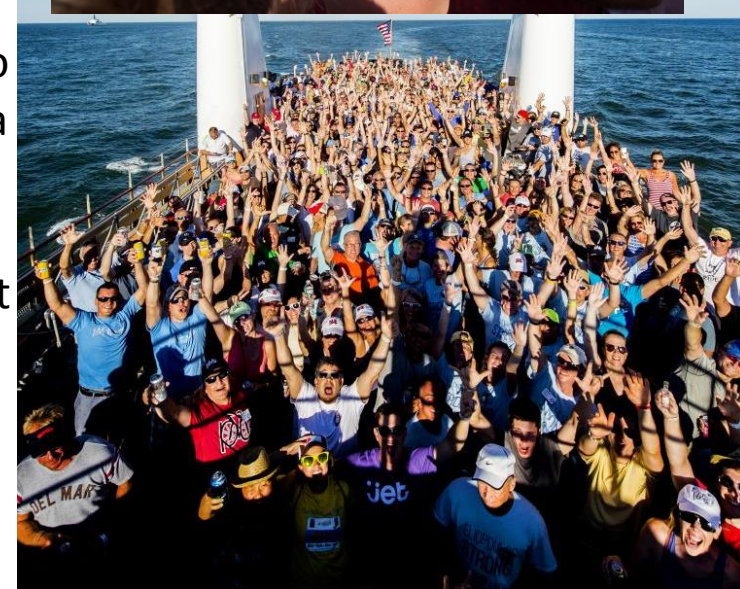


My riding buddy Greg and I at the finish. We were the 1st riders in for the 2nd year in a row. I was interviewed and made the 6:00 news on WBZ-TV, the Boston CBS affiliate!





Ferry Ride Home from P'town to Boston: A chance to celebrate. It is an important and serious event, also a chance to celebrate life and our accomplishments. Riding, that's the easy part. Raising \$45M for Cancer Research and Treatment! THAT is an accomplishment to be proud of and to celebrate.



Loved ones greeting us at the dock to join in the love and celebration.





Leaving Provincetown on Ferry



Greeted in Boston Harbor by a fireboat and escorted to docks.

Docked right next to the Queen Mary!



Thank You! Your Donations, Past and Present (as well as future), help us to achieve our goals of raising funds and awareness to help battle cancer. It is truly an inspirational and emotional weekend filled with Love and Hope.

Only 352 More Days Until PMC 2016. Can't Wait!



On behalf of the many who will benefit,
THANK YOU for your donations.
Your Friend and PMC "Lifer"-Jeff Protentis



For a very emotional and insightful video to the PMC, click on this link. I've watched it 6 times and cried every time. <http://www.pmc.org/pmc2015recapvideo>