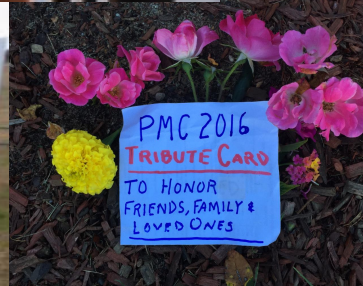
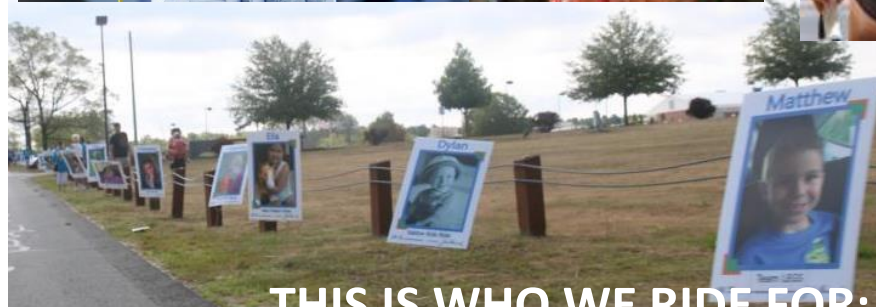


PMC 2016 Recap



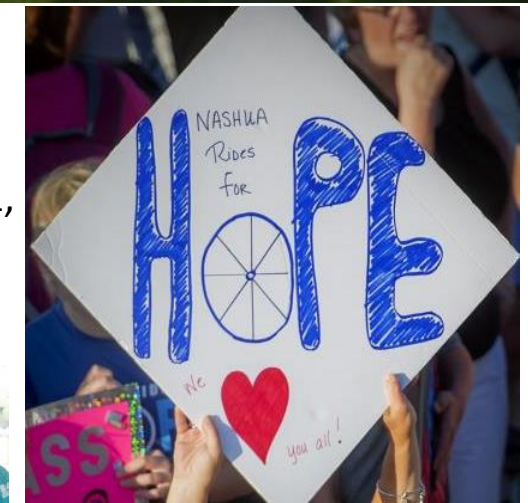
Following are some words (very few) and pictures (many) of PMC 2016 a 192 mile bike ride to fund cancer research and treatment that you generously donated to. What you will see are mostly pictures of joy, happiness and revelry. What you won't see is:

- The 6,300 riders who rode anywhere from 50 mile routes to 192 miles over two days to raise a total of nearly \$46,000,000
- The 4,000 volunteers who worked very, very hard to make us comfortable
- The ONE MILLION cumulative miles ridden by those 6,300 people
- The tens of millions of miles those people rode to train for PMC
- The hundreds of thousands of donors who made this possible
- The hundreds of thousands of hours that riders collectively donated to solicit contributions. (I spent perhaps 5X as much time fundraising for PMC as I did riding it)
- The commitment that all 10,300 people showed for every moment of the weekend and for the time leading up to it to plan, work, execute and deliver on their promises
- The love, joy, sense of community and dedication to this cause. It is truly awesome and amazingly inspiring.



THIS IS WHO WE RIDE FOR:

- Along the route, poster sized pictures of children who are being treated at Dana-Farber. While the ride is fun, the purpose is serious.
- Tributes to cancer patients adorn thousands of riders.
- Teams have "Pedal Partners" whom they ride for. At a stop on Day 1, teams meet up with their pedal partners and families.
- In orange (above, right) some of the 100's of PMC riders who are cancer survivors.



This is WHAT we ride for



FRIDAY NIGHT: Sturbridge, MA

- Getting the bikes ready
- 4,000 bikes lined up for the ride
- Some food, music, libations
- The opening ceremony for PMC, broadcast live on WBZ-TV (Boston CBS affiliate)



4AM: 4,000
lonely bikes
await riders
4:30-Breakfast
with 4,000 new
friends



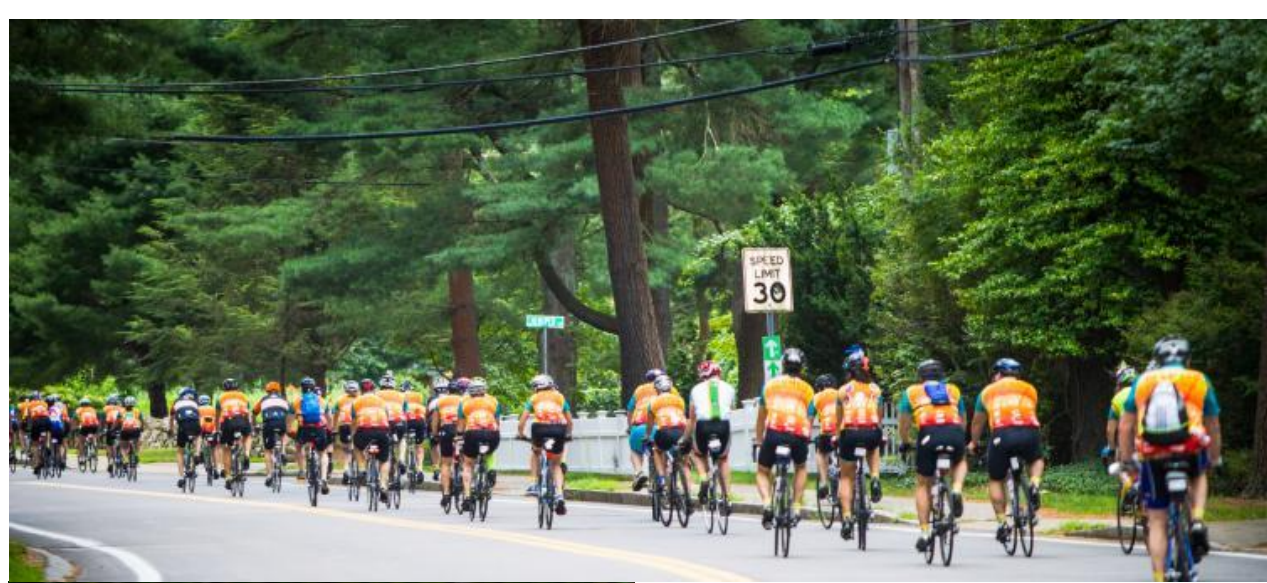
DAY ONE: In Sturbridge, MA



5:15 A.M.
The National Anthem then
Ready.... Set....



...5:30 A.M.
GO!



“ONLY” 44 miles?

Day 1: 109 miles. Lots of riding, lots of support, touching tributes and PMC supporters line the route. 109 miles of difficult and beautiful riding.



Cherry Street: Residents close off this street so they can be ready for the riders who pass through between 6:30-9:30AM. They offer refreshments (espresso, water, food), music (rock, bagpipes, kettle drums) and support.





Emotional Support: Literally tens of thousands of people line the route to cheer riders along. Signs of thanks, hope, encouragement, love, high fives, water, music, you name it. The outpouring of support is heartwarming.





Physical Support: 4,300 volunteers man posts along the ride. They offer food, water, bike repairs, relief from the heat, etc. In the heat, hydration is key. The food is important to keep the engine running: riders burn 8,000-12,000 calories in two days.



109 Miles Later: Afternoon and overnight at Mass Maritime Academy in Bourne, MA. Sleep in dorms or on the boat. LOTS of food (literally tons), music, libations, hydration, socializing and massages. It's like a big afternoon cookout with over 6,000 people in attendance.



"Living Proof": PMC Riders who are cancer survivors.





DA HEDGE: Along a hedge in front a private school Brewster MA, hundreds of kids of all ages gather to treat the riders like rock stars. Signs, horns, cowbells, and high 5's rule.



DAY 2: Another early wake up (3:30), breakfast with several thousand fellow PMC'ers then off for some very pretty riding. Day two is 82 miles with pretty punishing headwinds for the last 20 miles.



THE FINISH

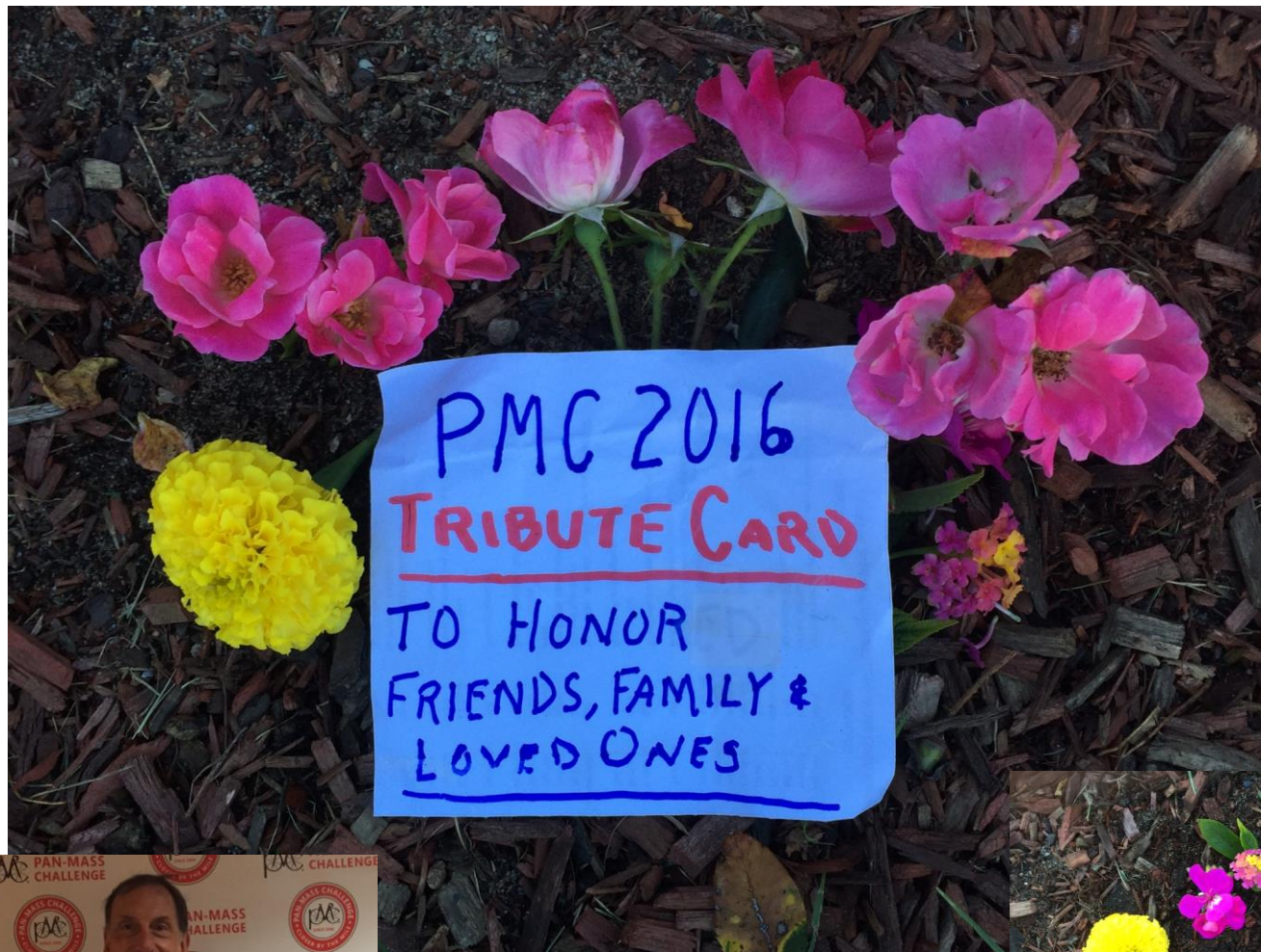


82 Miles/4 hours after starting in Bourne, standing at the finish line in Provincetown with my riding friends.

My 15 seconds of fame. [Interviewed](#) on local CBS affiliate.

THE TRIBUTE CARD

For Friends, Loved Ones Who Have Battled Cancer



From Sturbridge to P'town, with me for every mile and every pedal stroke.

THANK YOU ALL

Your help and generosity enabled me to raise
\$12,330.50

My heartfelt thanks for your words of
encouragement, your support and your
willingness to donate for the good of others in the
effort to battle cancer.

