

# PMC 2019

# THANK YOU FOR YOUR GENEROSITY

WORDS CANNOT EXPRESS THE EMOTIONS, THE SPIRIT, THE LOVE, CARING AND GENEROSITY ONE FEELS ON PMC WEEKEND. IT IS TRULY A MAGICAL EXPERIENCE: 6,500 RIDERS (CYCLING VARIOUS ROUTES/DISTANCES), 4,000 VOLUNTEERS COOKING, CLEANING, FILLING WATER BOTTLES AT REST STOPS.

ALL WITH ONE COMMON GOAL: FUND THE RESEARCH THAT WILL BEAT CANCER

WORK HARD. DO GOOD. HAVE FUN. COMMUNE WITH LIKE-MINDED DEVOTEES.

# THE NUMBERS:

- 152 Friends and Family helped fund the battle
- 189 Miles Ridden by yours truly, 1,000,000 miles ridden collectively
- 108,800 pedal strokes in two days
- 7,683 feet in hills climbed (that's 1.5 miles of vertical)
- 13,103 calories burned

The most important number:

**Together we raised \$16,215 for cancer research and treatment!!**

**THANK YOU!**

# The Start:



Opening Ceremony Friday Night: Broadcast live on local NBC affiliate. Stories told by riders who've done PMC for decades, survivors who owe their lives to the research we help fund, and bio's of some heroic PMC riders, cancer survivors and researchers.

Friday-4,000 riders in Sturbridge load calories for the ride



Saturday, 4AM:  
Breakfast for 4,000



5:30-THEY'RE OFF!!

Crowds are already gathered to cheer riders out of the gate!

5AM: Prepping to go



# THE RIDE



Riders, most dressed in Day 1 PMC gear hit the roads. Ideal weather. Sunny, comfortable

# FUN AND FANS ALONG THE ROUTE



Many 1,000's of supporters along the route. Signs, high fives, low fives, music, water, coffee, bubbles, pom-poms and boundless enthusiasm power the riders. Some of us blast through. Some stop and join the fun.

Honoring those who've battled. Thousands of riders adorn themselves with tributes to friends and loved ones.



This part makes me cry. Sometimes during the ride, always after. Along one stretch of the route, many dozens of photos of children undergoing treatment line the side of the road. We ride for them and millions of others.



All 6,500 riders converge at Mass Maritime Academy where we end Day 1, 109 miles after starting. Food, drink, music, more food and then sleep.



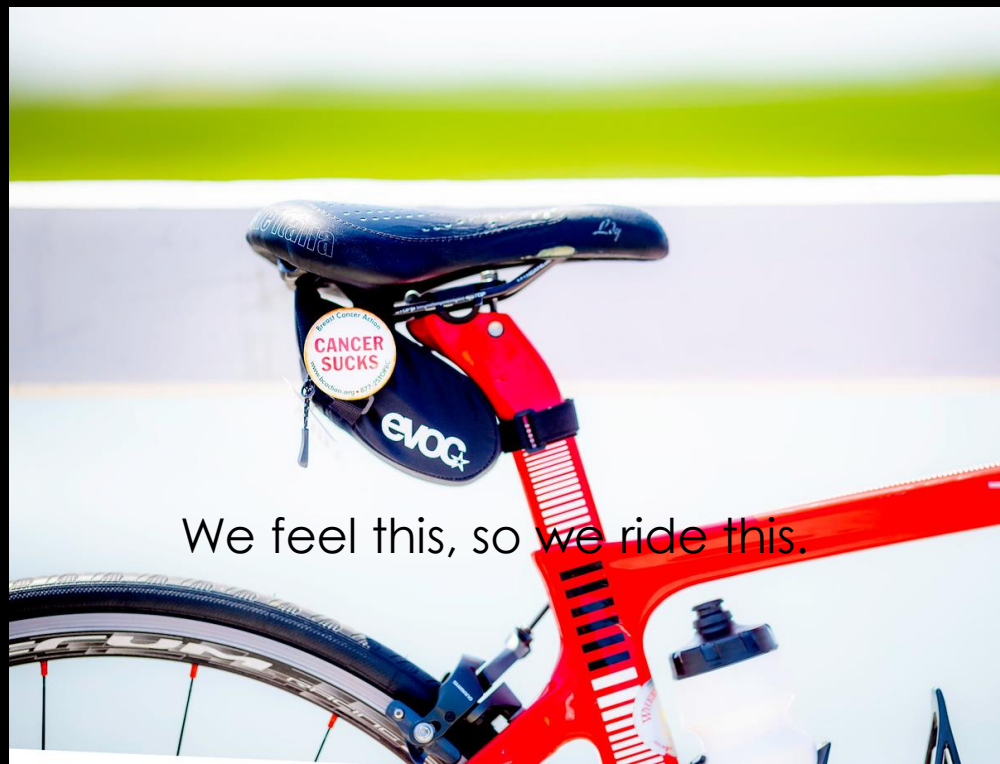
4,000 volunteers take part in the event. They cook, massage, clean, hand out water, prepare food, load luggage. Give love and support.

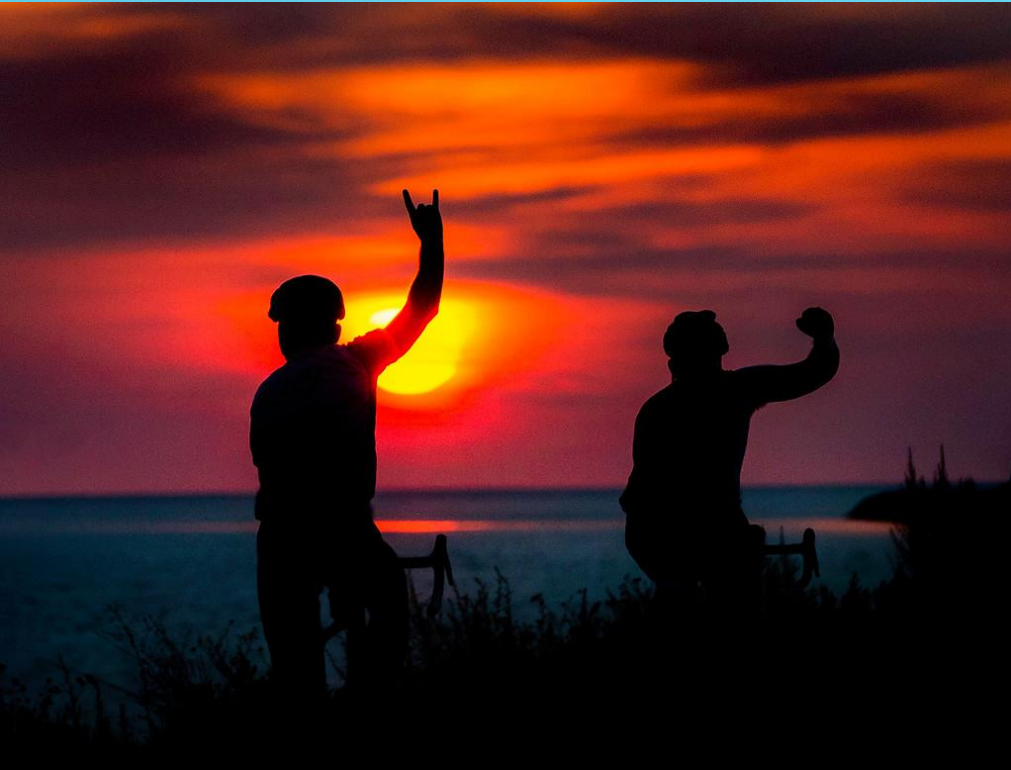


6,000 bikes taking a rest after a long day

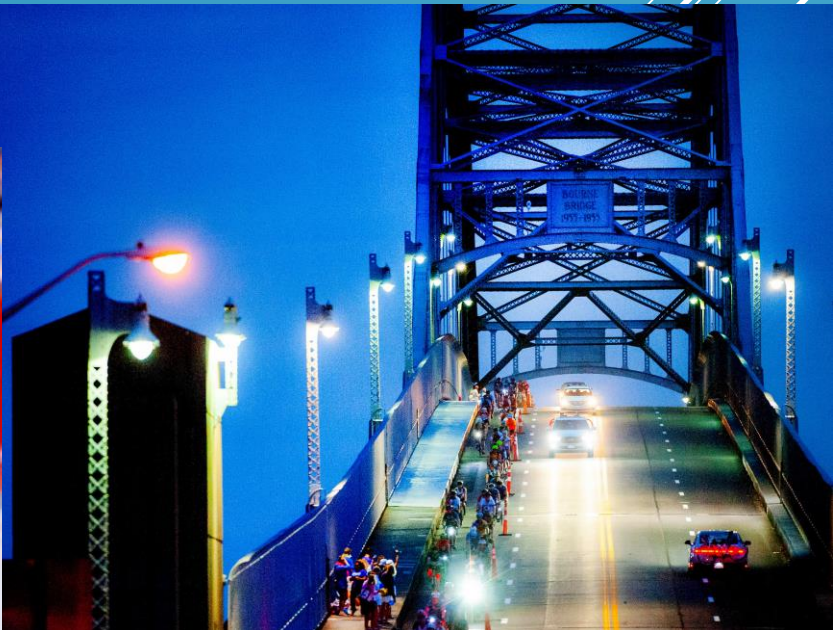


Living Proof Riders: 900 riders who've battled cancer successfully rode PMC 2019. They are living proof that we can beat cancer, one patient at a time.





Day 2: Only 80 miles. Breakfast at 4, ride at 5. Over the bridge. Beautiful sunrise on the canal. More supporters.

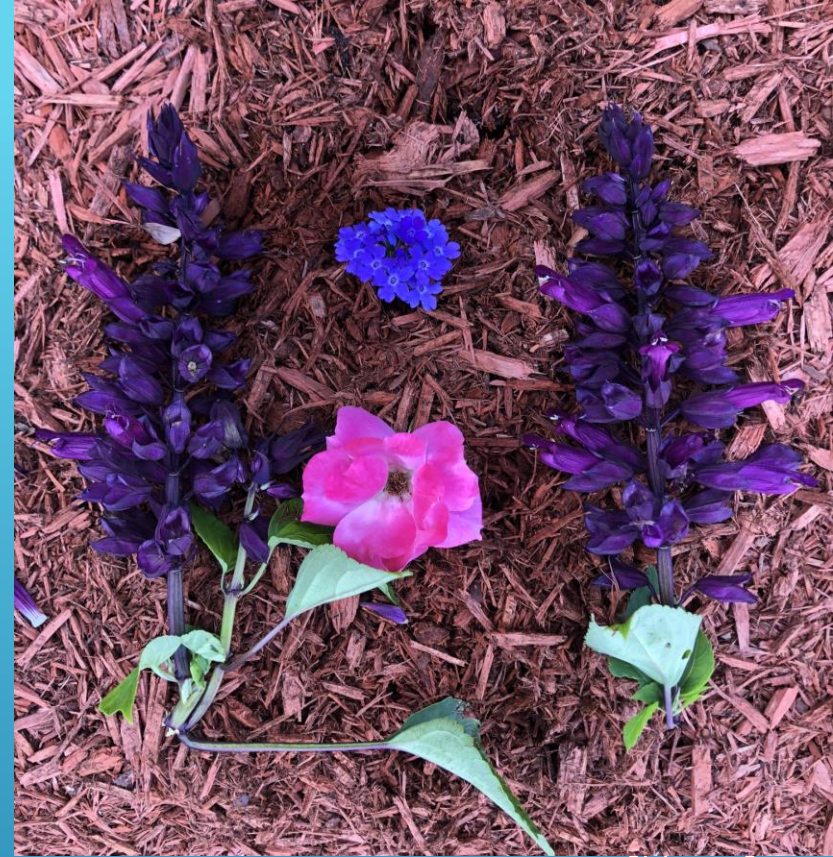




**THE FINISH:  
PROVINCETOWN, MA.  
190 LIFE-AFFIRMING, HOPE  
GENERATING MILES.  
\$60M RAISED TO FIGHT CANCER.**



The riders I finished PMC with.



Honoring friends and loved ones who have battled cancer. Whether they won the battle or succumbed, their fights and their courage will be with us forever.

The "Party Boat" to Boston. Letting loose. Some partying, mostly celebrating life and our accomplishments. Dancing to live music, enjoying each others' presence, sharing the moment.



1000's of friends and family, and a fireboat, greet us at the dock in Boston.

## THANK YOU FOR:

- Your Donations
- Your Kind Words of Support
- Your Touching Tributes to Loved Ones
- For Caring
- For Taking Part in the Effort to Beat Cancer
- For being a member of "Team Jeff-Fights- Cancer"

You'll be hearing from me in 2020 and 2021, and 2022... 😊

To see hundreds of PMC photos go to: <https://photos.pmc.org/2019/PMC-Weekend/Highlights/>