

THE AMERICAN CANCER SOCIETY'S

CLEVELAND TO CINCINNATI

POHR

UPDATE



Pan Ohio Hope Ride



Gregg Gerber and his riding team - "The 6-pack"

"I BIKE AND RUN TODAY SO OTHERS MAY BE ABLE TO BIKE AND RUN TOMORROW."

Gregg Gerber of Fremont isn't afraid of challenge. The 65-year-old rode 100 miles each day during the Pan Ohio Hope Ride, and then he ran another four miles. Last year, Gerber rode 90 miles each day and then ran three miles. This is above and beyond the normal miles for each day!

"I want to get people to pay attention," said Gerber, who hit his 11-year mark as a prostate cancer survivor this July.

He wore a jersey with "Say it! Fight it! Survive it!" emblazoned on the back.

Gerber helped start the Society's Man to Man prostate cancer survivor support group in Fremont. Gerber says men are often afraid to ask about prostate cancer.

Gerber has joined many runs and rides since he started running in 1978. "The Pan Ohio Hope Ride is one of the best organized events," Gerber said.

DID YOU KNOW

The geographic reach of the Cleveland Hope Lodge has served 86 of 88 Ohio counties, 42 states, and 20 countries. This represents a savings to the guests of approximately \$24 million in housing alone.



We **save lives** and create more birthdays by helping you stay well, helping you get well, by finding cures, and by fighting back.

cancer.org | 1.800.227.2345

Helping you Get Well

The American Cancer Society is in your corner around the clock to guide you through every step of your cancer experience.



2010

The Fourth Annual

PAN OHIO HOPE RIDE

July 29 – August 1, 2010

360 Riders

\$400,000 dollars raised

106,480 miles pedaled

More than \$850,000 raised over the four years



2011

Fifth Annual

PAN OHIO HOPE RIDE

July 28-31, 2011

Cleveland – Columbus – Cincinnati

Join us as a rider, volunteer, or a virtual rider.

Rider – Participate in 1, 2, or all 4 days of the tour.

Volunteer – Help with a water stop, at one of our overnight stops, the start/finish lines, and many more opportunities.

Virtual Rider – Sign up for free as a non-riding participant. Even though you may not be able to ride you can fundraise virtually and still get all of the incentives that our riders receive. In addition fundraising some ideas that have been used in the past are stationary bike-a-thons, pasta dinners, local parties, and much more.

Information and registration can be found at www.panohiohope ride.org



Pan Ohio Hope Ride