



**America's Most Beautiful Bike Ride  
Lake Tahoe: June 3, 2007**

**Ride Stats**

Mileage: 100 miles  
Ride time: 6 hours, 40 minutes  
Average speed: 15.6 MPH  
Maximum speed: 37 MPH  
Total vertical climb: 4,100 feet  
Route: around Lake Tahoe, Truckee

**Fundraising Stats**

Rose and Scott's 2007 season total: \$6,500  
Seasons 2006 and 2007 total: \$12,300

**Honorees**

Carlos Young  
Whitney Medeiros  
Donald R. McCombes, Mark Brindmore  
June B. Orr, Gaylord A. Orr  
Grace Hensley Kollmeyer  
Eula Mae Barger, Wendy Conkle  
Shira Weisbach, Stu Loken

I'm thrilled to tell you that I successfully completed the 100 mile ride on June 3<sup>rd</sup>! The day was perfect for cycling: clear skies and temperatures between the mid-fifties and mid-seventies. Over 3,000 cyclists participated including 2,000 Leukemia and Lymphoma Society "Team in Training" athletes representing every region in the U.S. Along the route, hundreds of well wishers cheered and shouted words of support giving me the momentum to climb the steep hills around the lake.

The morning started with a small glitch. The night before the event, we did a quick "tune-up" ride to ensure that our bikes were in good running order and confirm that our tires were properly inflated to accommodate the elevation change. Somewhere along the way, I rode over debris that punctured my back tube. The next morning at 5:00 a.m., I did my usual bike check and discovered that my back tire was completely deflated! Oh well, better to repair a tire in a hotel room than to get a blow out on the road! Scott's team departed as scheduled (30 minutes before mine), but he stayed to fix my flat and rode with my team. I felt bad that he missed his start time, but it was comforting to have him close to me throughout the day. The ride was beautiful and extremely manageable due to the excellent 4 month training program provided by our coaches. I felt physically ready for the challenge and even shaved 25 minutes off of last year's ride time!

In addition to training for the event and providing "ride support" for my cycling team, I took on the role of Fundraising Mentor. For me, this was the most satisfying aspect of the season. I worked closely with a group of 12 participants (including Scott) while they campaigned for donations. I'm proud to say that we raised \$48,872 which is enough money to fund a cancer research fellow at Stanford University for one year! I enjoyed meeting these people who put their personal time, energy and so much emotion into helping others. Our chapter (San Francisco/East Bay) raised \$230,000 and nationally TNT raised 8.5 million dollars for the spring season. Simply awesome!

Thanks to everyone for their generous donations and words of encouragement. I also send my most sincere appreciation to my friend Sahara Young who supported my effort to fundraise in honor of her husband Carlos. Many of you shared personal stories of illness and loss associated with blood cancer. Please know that my thoughts were with you while I trained and completed the event. In addition to individual gifts, I received generous corporate sponsorships from: Loyal Technology Corporation; Custom Art System Enclosures (C.A.S.E.); Haro, Kasunich and Associates; my optometrist Dr. Ashby Jones; my dentist Dr. Bradley Shepard and Scott's dentist Dr. Trent Graves. Many thanks to our corporate sponsors!

I also send a loving thank you to my husband Scott for joining the team this year, putting so much effort into his training and fundraising, and pushing me up hills that I thought were impossible to climb.

It was a privilege to represent you on June 3<sup>rd</sup>. Because of your generosity and concern for those in need, I know that we're one step closer to finding a cure.

Go team!!!

Rose

p.s. I have just received my coach certification and hope to ride next season as a full fledged coach. I can't wait to share my love of riding with others. If you're interested in joining the team, give me a call!