



Cycle, Inspire, Unite
Fighting cancer across the country

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VOLUME 2

4K *for* Cancer Inc.

AN UPDATE ON ALL THE HAPPENINGS
WITH THE 4K FOR CANCER INC.

4K Hosts First Annual Alumni Weekend

On May 30 & 31, roughly ninety supporters joined the Board of Directors in Baltimore, MD for the first annual Alumni Family & Friends Weekend event. Alumni, friends, family and long-time supporters gathered to officially unveil the 4K as an independent non-profit organization and celebrate the success of this eight-year-old organization.



The Weekend dovetailed with the 2009 4K send-off events, the annual celebration that marks the beginning of the summer ride. The events began with a morning bike ride, roughly 25 miles, followed by a BBQ on the John's Hopkins Campus where 2009 riders and their families mingled with alumni to hear about past years from those who have gone before them.

The celebration did not end there. The Weekend included a cocktail reception at the Red Maple lounge to honor long-time 4K sponsor, Joe from Joe's Bike Shop. The event also gave supporters an opportunity to donate to the growth of the organization through ticket purchases and a raffle. Attendees connected with old friends, met new ones and most importantly toasted the 2009 riders as they embarked on their exciting journey.



Overall, the weekend was a big success! One alum even called it more fun than both his college and high school reunion. Thank everyone who was able to join us and/or offer a donation! Please stay tuned for exciting details on the 2010 Alumni Weekend events!

Another Great Year: 2009

A word from our 2009



FUNDS
RAISED IN 2009
\$55,000
AND COUNTING

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eflecting on our summer shortly after crossing the fabled Golden Gate Bridge, it's apparent that somehow, Time is very different now than it was when we left. In popular conceptions of time, it's doubtful that "the times, they are a-changing" in the sweeping, poetic Bob Dylan sense could capture our experience, and while another timeless expression, *carpe diem*, comes close, it still falls short of the exactitude we look for in describing such a far-reaching experience. Looking back, Time didn't have a simple categorization; it was different everyday. And as we all know, the same is true with the 4K.

We had days that we wished would last forever, when we hit our stride, had enough peanut butter to feed an army, and found that rare tail-wind that happened to be the perfect fuel for our leg muscles (extra hungry) to destroy those Nebraska rollers without the slightest hesitation or sign that we would have to drop below our cruising speed of 20+ mph.

And then there were the other days. We might just be kind to ourselves here and call these "not so good days," because none of the positive characteristics were even remotely true. Examples of these days include The 2009 Plague, which affected a total of 25 riders, 22 of which were within a two-day span between Escalante and Bryce Canyon, UT. As many may remember, these are camping days, so as your imagination reaches back to these "happy" memories, try to imagine what this might have been like if you were unable to keep down solid food. Although, the positive side is that the majority of the team would be vomiting with you. Another instance of this kind took us by surprise while we were staying in Michigan City. One rider (nameless) may have suggested that the church was haunted, and after careful exploration of some deep dark hallways, many in the group became scared to the point of hysteria. These were long nights, especially for those who were painfully rational at the time.

But there were triumphs too. In Eureka NV, with little food and days of monotony behind us, we had a BBQ in the local and minimalistic town park, grilling and luxuriating in that lonely pavilion, destroying our misery with friends and sometimes forgotten comradery. And no one will forget, after riding through the capital of hellfire, Carson City, NV and climbing the Tioga-esque beast-of-burden to California, finally reaching the summit and descending towards a clearer blue pond than the desert sky. Feeling Lake Tahoe (and California) embrace us was even more comforting than the poolside lounge chairs that awaited us that evening. We spent two luxurious days at a resort, not to mention a memorable Pub dinner the night we arrived, which was the beginning of many midnight antics to come.

So it seems, for us, this was our summer: 27 riders turned into 27 grieving friends, all wondering where the summer went, even though, at times, it felt like it lasted an eternity. Yelling "give me the cat," an obscure movie line-turned 2009 inside joke, as part of our unique morning cheer was nothing unusual; the phrase 'Bronson Nation' quickly evolved from a throwaway one-liner to a new spiritual calling. But while the names, faces, and landscape changed, some things stayed the same: what else could we talk about, other than our futures, the nature of God, and the magnificence of the female form, bodily functions? And our butts. How much our butts hurt. A lot.

4K-'09, like every 4K, has its hilarious moments, phenomenal hosts, unforgettable stories, unique experiences, and borderline-insane personalities. Some traditions were carried on, some may have been started; the record books have been updated and the embarrassing stories have already started spreading. Now we have a whole new team that is part of The 4K-Tradition. - *Chris Louie, 2009 Director*



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Another Great Year: 2009

A word from one of the 2009 riders



After reaching our goal of crossing the Golden Gate Bridge on August 1, a depression has settled into my life in the now-void where the 4K had been all summer. And once I finally admitted to myself that the trip was over, I was left with a mess of 4,000 miles and 63 days worth of memories. So in the few weeks since the 4K ended, I have spent much of my idle free time sorting through all the emotions and recollections. As they say, hindsight is always 20/20 vision; and in that vein all of the moments of tension or anxiety are fading from my memory and I'm left with only the most wonderful moments.

My favorite stretch of time on the trip was through Nebraska and Colorado, for a number of reasons, including but not limited to: the terrain, the scenery and the residents. The day into Yuma, CO from Benkelman, NE was one of the most enjoyable days on the trip. As we biked the leisurely 68.2 miles I had a moment of clarity about the trip and how what we do each day actually means something to the people we meet along the way.

Just after we crossed the state line, one of the van drivers set up a water stop at the Laird Community Center. Inside were two older women who were cleaning up from the previous day's party. They explained that this building had once been a one-room country schoolhouse and then expanded over time to become a kindergarten-12th grade school; a school which all their siblings attended and at which one of their husbands taught! They had tons of leftover food which they didn't know what to do with... until we showed up on their doorstep, that is. The women fed us and chatted with us about their old school and our journey. As they showed us old yearbook pictures from the school, they pointed out their family members who had battled cancer and how personal our cause was to their family and community. They were so touched by what we did, they wanted to know how they could sign up to become hosts for next year's 4K. We helped them clean up from the reunion and from the mess we made before saying our goodbyes and heading off on our way to Yuma. The rest of the ride was fun, but unremarkable – just the usual biking and chatting amongst my group members. Later that night, the same two women showed up at the First Presbyterian Church in Yuma during our dinner with gifts of hats from their reunion for all of us. They wanted to give back something (as if feeding us hadn't been enough!) to us for what we were doing, and also to share a memento so we would remember their community. -Caitlin Leach, 2009 Rider

Executive Leadership Updates

Board of Directors & Advisory Board

Want to get involved?
Contact Meredith Bell
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646-808-6221

A big thanks to everyone who has volunteered their time with the 4K as members of the Board of Directors and Advisory Board. We'd like to especially thank Greg Gotimer, Nicole Errett and Nisha Agrawal who are wrapping up their terms serving on the Board of Directors. Greg, Nicole and Nisha have all made significant contributions in helping the 4K for Cancer grow as an organization. Their contributions include: the first formal training program for new riders and leaders, a comprehensive database containing all the details of our cross country route and engaging Enterprise in a sponsorship of our 2009 Summer Vans. Thank you Nisha, Greg and Nicole!

UPCOMING 4K NEWS!

New 4K Web site!

2010 Rider Roster

2010 Alumni Weekend

*Joint partnership with
The American Cancer
Society for Baltimore to
DC ride*

Email: boardofdirectors@4KforCancer.org
Visit us at our official Facebook group "4K for Cancer Inc." Please visit hopkins4k.org to make donations

The 4K for Cancer Inc. is a not-for-profit organization that organizes cross-country bicycle tours benefiting efforts to fight cancer. University students execute trip logistics, cycle the routes, and volunteer within communities across the country.

Our mission is to inspire young people to engage with communities in the fight against cancer by spreading awareness, raising funds and fostering hope.



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