

# PMC 2014 SEQUENCE OF EVENTS/HIGHLIGHTS

Brought to you by YOUR DONATIONS

- Meet at Team Captain's House in Acton, MA who supplies...
- Two mini-buses emblazoned with the team logo, food, beverages, and a moving van to get the riders and our bikes to the start point 80 miles away
- Sturbridge, MA start has registration for 3,500 riders, food, beverages opening ceremonies and lots of social interaction
- There are 2 other starting points for the PMC with shorter distances to the ride's mid-point where we all meet. 2,000 other riders begin their ride here
- 8PM: Line up the bikes for the next morning and go to bed early
- 3:30 AM alarm to get back to start point from our hotel. Breakfast at 4AM
- 5:15 opening speeches, national anthem. We're underway at 5:30AM.
- Day One: 109 miles
  - 64 degrees at start. Rained all but about 10 miles of the ride. The good thing is that once you are soaked, you can't get any more wet
  - Literally thousands of people along the 109 mile route with signs thanking riders, playing music, cheering, ringing cowbells, handing out food and water.
  - People arrive at ride's mid-point (109 miles later, in Bourne, MA) between 11AM- 3:30PM
  - My riding partner and I arrived at 11:10
  - Temp dropped to 54 in the PM; wet plus cold equals dozens of cases of hypothermia

# PMC 2014 Sequence of Events/Highlights

- Hanging out in Bourne. More rain in the afternoon but spirits are high
- Food (we burn about 5,000-6,500 calories), beverages (both alcoholic and, more importantly non-alcoholic to re-hydrate), and live bands. Great Music.
- Singing, eating, socializing, meeting new people and drinking (some, more than others) until 9PM. Hit the sack by 9:30, asleep by 10 or so.
- 3:30AM wake up. Time to pack up and shower. Breakfast begins serving at 4.
- Grab our bikes by 4:45, on the saddle by 4:55AM
- Head off. Some people start later, a few start earlier. Some ride in groups (which saves a LOT of energy), others alone. I rode with my buddy Greg.
- 4 water/food stops along the way (7 on Saturday because of the distance).
- Day Two: 83 miles
  - No Rain!
  - We rode the whole way just the 2 of us which is harder, but we were enjoying ourselves and only needed to stop once for water and some food
  - 3,500 people head to Provincetown, 1,500 head to Wellesley, MA
  - Crossed the Provincetown finish line as the first finishers of 3,500 riders
  - More food and beverage, walk around Provincetown which is a very cool place!
  - 3PM: “Slow Boat”. The slow ferry to Boston with a live band, dancing and cash bar (which many took advantage of). Really good way to unwind.

# PMC 2014 - Key Stats and Opening Night

- \$40 million goal
- 5,700 total riders registered
- 62 %Male / 38 % Female
- 80% Alumni / 20% first year
- Average age: 46
- 38 states; 7 different countries

## Jeff's Stats:

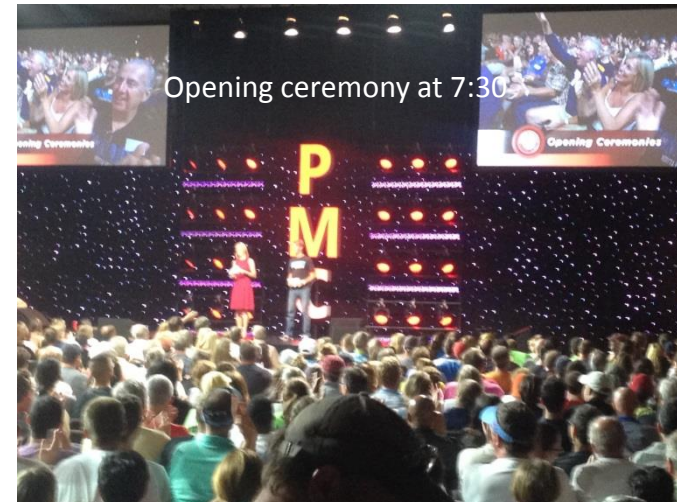
- Total Raised = \$9,025
- JP Av'g Speed for 192 mi=20.7mph
- # of Pedal Strokes = Approx 120,000!
- Calories burned: Approx. 11,000



Food, Drink, Friends, Fun.  
Cutting loose, celebrating  
life before our 109 mile  
ride on Saturday

We raise extra money for PMC selling  
temporary tattoos in Sturbridge

3,500 Bikes lined up and ready for Saturday start

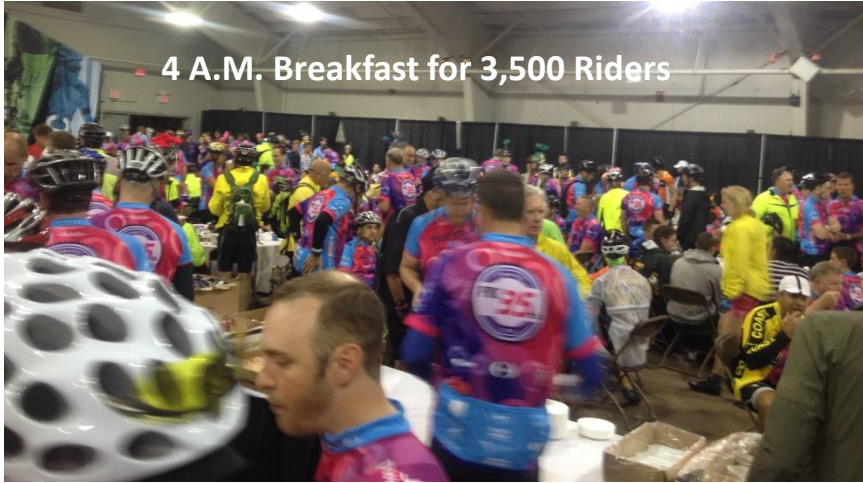





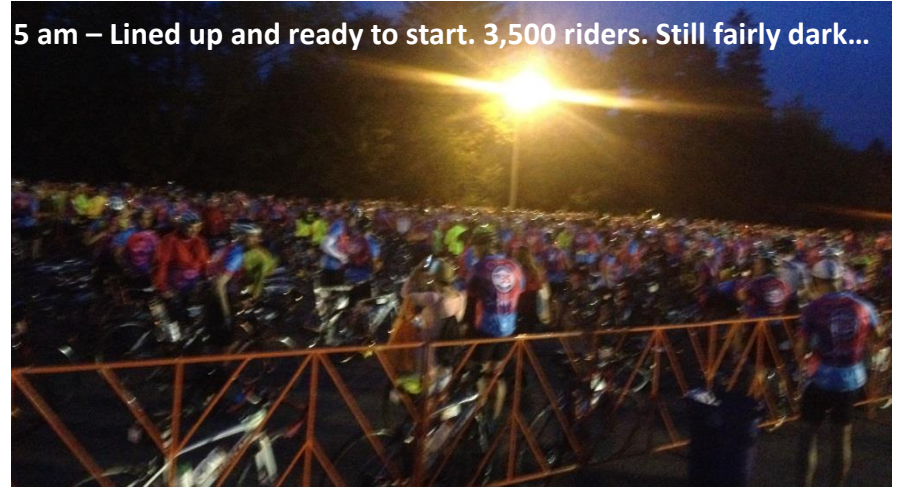
# Day 1: Sturbridge, MA to Bourne, MA – 109 Miles

## ...3:30 am – Wake Up Time!


4 A.M. Breakfast for 3,500 Riders



5 am – Lined up and ready to start. 3,500 riders. Still fairly dark...



Hailey, our team's pedal partner, that we ride in support of. To see a 3 min piece that aired on the local CBS affiliate go to: <http://boston.cbslocal.com/video/10433133-pmc-pedal-partners-inspire-riders-to-raise-money-for-cancer/>



Serenading Hailey and her Mom (far L). Our team raised nearly \$400,000 this year

Each water/food stop tries to be the best in terms of decorations: Hawaii theme, Nashville theme, Caribbean theme, etc. Hard to tell here because we were wet! But they are elaborate. Not just food and water but fun and support. And GREAT volunteers.



# Day 1: After Ride at Mass Maritime-Bourne, MA

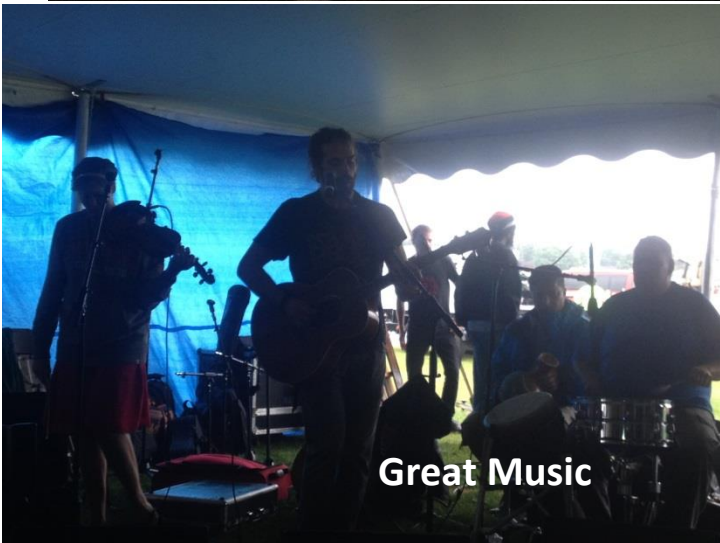


Food and Hydration: 5,700 Riders trying to replace in excess of 25 Million calories and hundreds of gallons of lost moisture.



And some libations...

Banners and Flags all over with heartfelt personal messages to loved ones (picture is from 2013 when the sun was shining on us)



Great Music

Yeah, it was cold and wet but were there for the money we raised and to help battle cancer. A little rain (OK, almost 2 inches) wasn't going to get us down.



## Day 2: Bourne to Provincetown – 82 miles

4:30 am – Find your bike in the dark among  
5,700 others...



Then Saddle Up and Ride!



5AM Sunrise on the Cape Cod Canal-The only sun we got all day but it was good timing



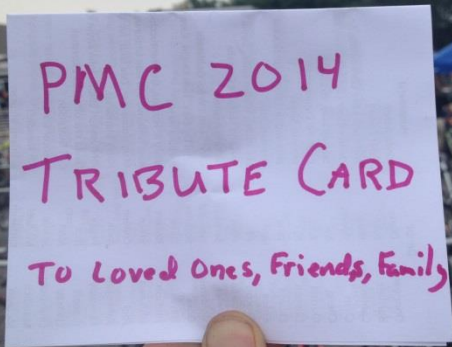
My riding partner Greg and I crossing the finish together, the first finishers among 3,500 riders that day. It's not a race but it was cool to be the first ones there. Lots of cheering volunteers, more food, hugs and lots of love. If you want to see a short video from the local CBS affiliate go to: <http://boston.cbslocal.com/video/10434301-first-pmc-riders-arrive-at-provincetown-finish-line/>



**DONE!**



# My Tribute to Your Loved Ones



**THE  
TRIBUTE  
CARD  
HONORING  
THOSE  
AFFECTED  
BY CANCER**



**Before: Friday, just getting set up for the ride**



**After: Sunday, just a few hundred feet from the finish line the card is placed beneath flowers**

**192 Miles and \$9,025 Later ... Your loved ones and friends are honored**



# The Boat Ride Home

**The “Slow” Boat**  
After Two Days of Intense Riding and High Emotions, Cutting Loose with New Friends and Comrades in the Battle to Defeat Cancer\*



**The Boston Skyline and Fire boat Salute to PMC Riders Upon Our Return to Boston**



\*Note: I am not drunk in this pic. Two consecutive 3:30AM wake ups and 192 hard miles makes one TIRED and it shows



THANK YOU FOR YOUR SUPPORT!!!

Your donations are making a difference in the  
lives of many.