



WE RIDE TO SUPPORT



FALL 2010

# PENNSYLVANIA PERIMETER RIDE NEWSLETTER

• *Against Cancer* •

For questions or donations, you can contact Rosemarie Murphy at the American Cancer Society: [rosemarie.murphy@cancer.org](mailto:rosemarie.murphy@cancer.org) • 610.921.2329

## HOW'S YOUR FITNESS?

Let's be honest. The next PPRAC ride is about a year away, so unless you're in training for other events right now, you're likely not thinking too much about being fit enough to pull out a 600 mile week. But now is a good time to think about getting fit to get fit.

To pedal your bike for seven days, you need strong legs and a big aerobic engine—both of which can be built come spring (though long rides today are like money in the bank for next season). But to really ride your bike comfortably and maybe even powerfully mile after mile, day after day, hour after hour, you need whole body strength, which you can start to build right now.

The following 3 exercises will strengthen your human frame, so you're less likely to crack (in the form of aching back, hips, neck, and knees) when you're ready to ramp it up for the big ride.

### Y-PLANK (strengthens core—abs and back)

Assume a plank position on your forearms, arms narrow, and feet wide apart, so your body forms a straight line from your head to your heels. From this position, lift your right arm overhead and out to the side in a half-Y position. Hold for 2 seconds. Repeat to the opposite side. Alternate for 6 to 10 lifts per side.

### INCHWORM (stretches hamstrings and calves, strengthens core)

Stand with legs straight and bend forward placing hands on floor in front of your feet as close to your toes as comfortably possible (you can bend knees as necessary). Pull navel toward spine and walk your hands forward until your body is nearly parallel to the floor. Keeping legs straight, take baby steps (using just your ankles) to walk feet back to your hands. Repeat 5 to 10 times.

### TIP THE BALANCE (improves hip flexibility and strength, core strength, and balance)

Stand tall with your arms out to the side at shoulder-height. Keeping your right leg extended, lift your right foot behind you and balance on your left leg. Hinge forward from the waist, tipping forward, keeping your body in a straight line from your head to your heels. Stop when you're parallel to the floor. Return to start. Switch sides. Alternate for a set of 10 to each side.

## BOB'S NOTE:

### We're less than a year away

Plans for PPRAC XV are well under way. We have chosen a start point of Elkins, West Virginia, an area of the country that has never been explored by our Perimeter Ride. We will journey back to the Lehigh Valley via the southern corridor of Pennsylvania. Highlights will include a climb to the top of Mount Davis (Pennsylvania's highest point), and a ride through the Gettysburg battlefields. The route will present challenging terrain as well as scenic beauty—no different than any other PPRAC event!

It's not too early to begin thinking about fund raising. Some of our riders have already put into place events to raise awareness and money for the cause. You may submit money to the ACS to be credited to your total.

Hope you can book July 31 to Aug. 6, 2011 for another PPRAC.

Reminder: The 70 spots will fill up quickly!

By Bob Freed

## WHERE THE MONEY GOES

by Rosemarie Murphy

The money raised from PPRAC goes to fund so many great programs for the American Cancer Society. One such program is Camp Can Do, which is a camp for children who are cancer survivors under the age of 18.

Each year a group of 50 to 60 children attend this camp for a week. There are 2 sessions each summer and a third week for siblings of cancer survivors. The camp is equipped with a fully equipped health center staffed with a doctor and nurses 24/7.

During the day the attendees have plenty of activities to make their stay a fun memorable time, they include arts and crafts, Swimming, Archery, boating, adventure hikes and more. The promo DVD for Camp Can Do states Camp Can Do is fun, fun, fun and Safe.

What a great way for cancer survivors to spend a week in the summer.

## IMPORTANT DATES FOR PPRAC XV

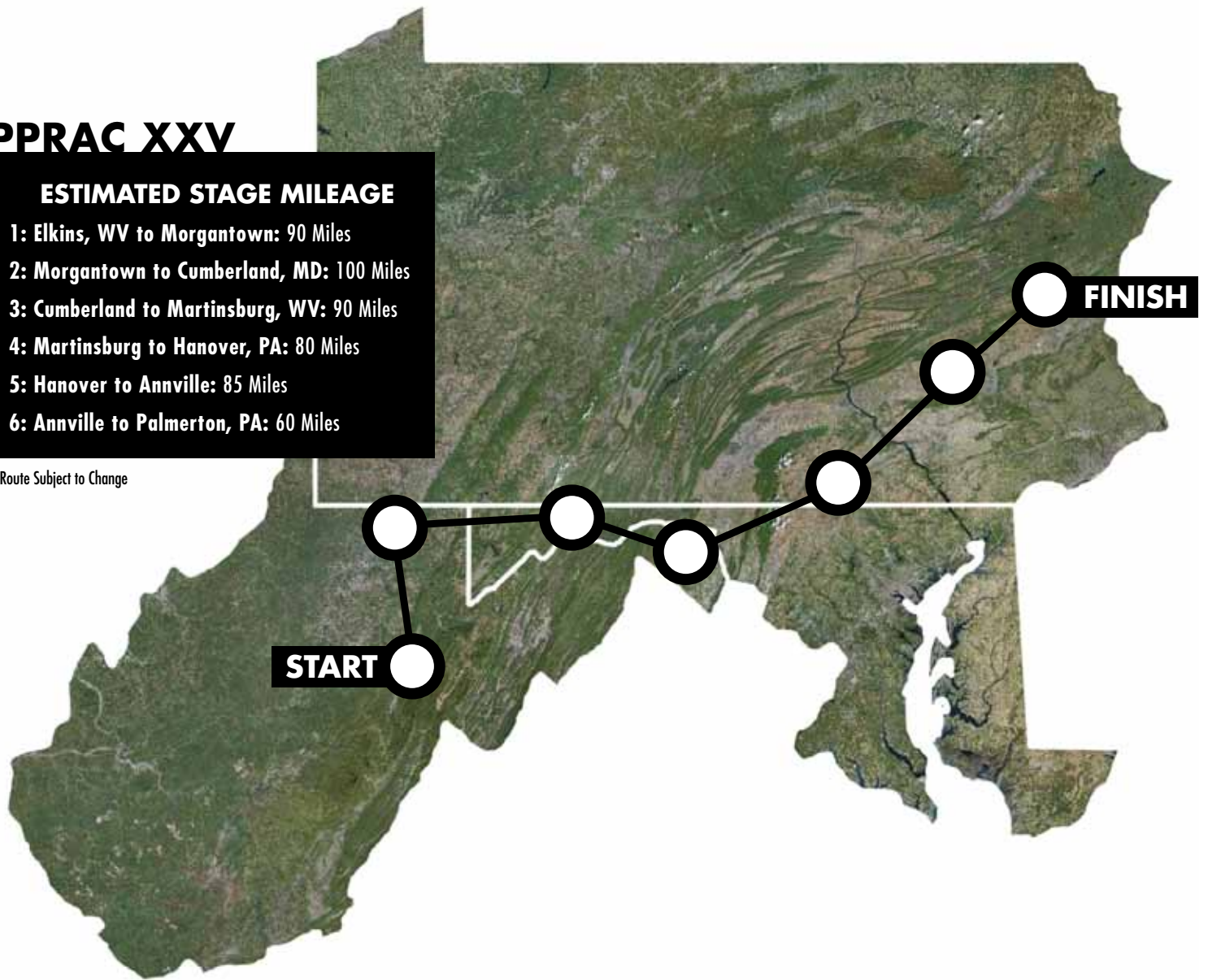
- Jan. 30** Rider Meeting at West End Youth Center  
848 North 20th St., Allentown, PA 18104  
4:00 PM
- May 1** \$500 of sponsorship money due to ACS  
"Who We Are" due (go to [pprac.net/forms](http://pprac.net/forms))
- June 10** Final date for logo artwork for principal sponsors (for rider jersey)
- July 15** \$1000 sponsorship due to ACS in order to participate in ride  
Bike Safety Checklist due  
Emergency form due
- July 31** Ride registration and send off at Holy Trinity Lutheran Church

# PPRAC XXV

## ESTIMATED STAGE MILEAGE

- 1: Elkins, WV to Morgantown: 90 Miles
- 2: Morgantown to Cumberland, MD: 100 Miles
- 3: Cumberland to Martinsburg, WV: 90 Miles
- 4: Martinsburg to Hanover, PA: 80 Miles
- 5: Hanover to Annville: 85 Miles
- 6: Annville to Palmerton, PA: 60 Miles

\*Route Subject to Change



## SOCIAL STUDIES 101

PPRAC rides offer several attractions to riders—some great scenery, a physical challenge, and meaningful purpose. The 2011 ride offers a fourth—a field trip.

You'll begin in coal and timber country, reach the highest location in Pennsylvania, overnight in a canal and railroad town, glimpse the Shenandoah Valley, crisscross America's most famous boundary, visit a Civil War battlefield, and admire farms of "plain folks." This field trip will not require a ride in a yellow school bus or a permission slip from your parents. The only requirements are your bike and, of course, strong legs.

Here's what to expect on ride XV on the way to raising \$150,000.

Elkins, West Virginia, in the heart of the Allegheny Plateau, once a center of coal mining and lumbering, will be the starting point of the ride. There's a reason for the mountainous backdrop in the PPRAC logo. Riders will pedal north through an uneven terrain that is not for flatlanders. The destination is Morgantown, home of West Virginia University, a college

town that will provide a contrast to the remote miles of morning roadway.

Tuesday's goal is a ride to the top of Pennsylvania: Mt. Davis, the state's highest elevation, though at a mere 3213 feet you won't be riding "into thin air." Crossing the Mason-Dixon line a second time, the route now turns south toward Cumberland, MD, endpoint of the C & O Canal, but an intermediate point on the railroad made famous by Monopoly, the B & O. Not only will this be a "high" day, it may be a long one...a century long.

Next is a day of ridges and valleys as you ride south and east, arriving, thanks to an erratic state boundary, in West Virginia! Martinsburg, at the northern end of the beautiful Shenandoah Valley, is the halfway point of the 2011 PPRAC.

The next morning you'll wake up happy knowing that the toughest days of climbing are behind you. The route now heads north toward Hagerstown and beyond, to a final crossing of that well-known line (this is the "Mason-Dixon 500"). Gettysburg's fields, woods, and rocks

once again quietly await visitors from the south, and make for a fine side-trip on the way to the chips and pretzels of Hanover, PA.

The Perimeter Ride has crossed the Susquehanna at numerous places, but perhaps none as wide as Thursday's ride into Columbia. From there the route skirts the rich fields of northern Lancaster County, where careful riding will be the order of the day because of Amish buggies, wagons, scooters, and, yes, bicycles. The final night on the road will be in the college environs of Myerstown (or another town along U.S. 422).

Home to family and friends in Palmerton will be everyone's goal on the shortest day of the ride, but not necessarily the easiest. Somehow, somewhere you'll have to climb over or slip past one more ridge, Blue Mountain.

Five hundred and more miles of effort, friendship, and common cause through a sampler of this country's remarkable geography and history are your challenge and reward.

Take notes; there will be a quiz!

—Bob Sterling