



## Club Cancervive Cycling for Survivors

A Newsletter for Cancervive Cycling Enthusiasts

January 30, 2012

Dear Peggy,

Welcome to another year of Club Cancervive. Cancervive is looking forward to continuing to develop our relationship with Wellspring and our key profile events - the Peloton Project, the Challenge Ride Program and the Warrior Program. The Dempsey Challenge in Lewiston, Maine on October 13 & 14 is the Calgary-based ride destination for this year, and we are hoping to be one of the largest contingents at the event. Another ride, from Toronto to Austin, Texas and the LIVESTRONG™ Challenge on October 20 & 21 is being planned by the Greater Toronto Area Wellspring Centre! Club Cancervive was a new initiative last year, and as we get closer to the cycling season we will be rolling out plans for rides for everyone. Thank you everyone in the Cancervive Community for your support in helping to promote and grow our programs. Feedback and suggestions are always welcome.

Bill Gilliland  
President

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### Join Our Mailing List

Cancervive Board of Directors

## Upcoming Club Rides

### At a glance...

Well, ride if you can ... we will organize more rides and events in the spring.

Bill Gilliland - President & Director

Brian McGregor - Founder & Director

## Calendar of Events for 2012

**Next Peloton Rider Meeting - Wednesday February 22**  
 7:30pm at Wellspring Calgary  
 (Fundraising)

Maurice Walch - Past President & Director

**Monday June 4, 2012**  
 Braveheart Golf Tournament - Earl Grey Golf Club, Calgary

Michael Newson - Treasurer & Director

**Friday June 8, 2012**  
 Braveheart Golf Tournament - Dunes Golf & Winter Club, Grande Prairie

Heather Friesen - Director

**Saturday June 16, 2012**  
 Wellspring Calgary's Garden Party

Norbert Hollman - Director

**Thursday September 13, 2012**  
 8th Annual Gala - MacEwan Hall - University of Calgary

**Wednesday October 3, 2012**  
 Peloton Riders Depart from Wellspring Calgary at 9:00am

Peggy Pankhurst-Brosens - General Manager

For a complete listing of Meetings and Events, including Third Party fundraisers, please visit our website at [www.cancervive.ca](http://www.cancervive.ca) and check out the calendar.

## Information about Peloton Ride, Challenge Ride and Volunteers for 2012

Lewiston, Maine

We had a great meeting on January 11 for our first Kick-off meeting of the year for the Ride to Maine in October 2012. Ramsey Tripp from Trade-mark R Productions (from Maine) was here on a visit to start the footage for "The Peloton Project" film/documentary. It was really exciting to see so many people in attendance and to see several new faces and some returning riders too. We already have 31 Peloton riders registered and some have started their fundraising efforts already. We are hoping this year's ride will be one of the biggest rides yet, so we welcome any interested riders to send in their application forms.

Registration for the Challenge Ride program is ongoing and anyone interested in participating in this ride is encouraged to send in their application form.

We are always looking for volunteers to help us with the ride, and our events. We couldn't do this without your support.

All our application forms can be found on our website ([www.cancervive.ca](http://www.cancervive.ca))

**For further information contact:**

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## Registering for the Dempsey Challenge October 13 & 14, 2012

We encourage all Peloton Riders, Challenge Riders, Volunteers, Warriors and any other friends/family joining us in Maine to sign up to register for the Dempsey Challenge. The attached link will take you directly to our team "Cancervive 2012 Calgary to Maine Peloton Project".

There are a few options to choose from: you can either do the walk/run (5 or 10km) on Saturday, or the Bike ride (distance varies between 10 and 100 miles) on Sunday or you can choose to do both.

<https://www.kintera.org/faf/search/searchTeamPart.asp?ievent=488886&lis=1&kntae488886=BC774EE2D6C94BBFAF8D7D58BA08F9EB&supld=350089449&team=4941731>

**\$10 Registration Discount ends JANUARY 31, 2012  
Sign up TODAY!**

## Wellspring Calgary - Toupee for a Day Calling all Dancers for a Flash Mob

Wellspring Calgary's first signature event (TOUPEE FOR A DAY) will take place on March 7. They will be doing a Flash Mob on Monday February 13 at Bankers Hall to promote the event. Anyone interested in participating is more than welcome to contact Barbara or Heather (details on the attached poster). They are looking for 30-50 dancers to help them out.

Click on the poster for more details about rehearsal times and location.  
[Toupee for a Day - Flash Mob Poster](#)

For more details about Toupee for a Day, please visit [www.wellspringcalgary.ca](http://www.wellspringcalgary.ca)

## Volunteer Opportunity at Wellspring Re-Discover Biking Program

Wellspring Calgary is having a Re-Discover Biking program in the spring (May/June on Wednesday late afternoon to early evening for 2 hours) to show adults how to ride bikes again. It will help people learn in manageable steps the following: basics of biking, gaining confidence, introduction to bike paths and bike maintenance.

Volunteers are needed to help Facilitator Rick Kubik (also a peloton rider this year) with this program. Volunteers should be steady, reliable and strong cyclists.

If this might be of interest to you, please contact Anna Carnell, Program Manager at Wellspring Calgary at [annac@wellspringcalgary.ca](mailto:annac@wellspringcalgary.ca).

This program was very successful at Wellspring last year and they are very excited to offer it again this year.