

June 20,2021

Ride for Legends: EMMA

DAY ONE

Hello everyone as you can see, I began the ride later this afternoon for two reasons the first of which is that I had the opportunity to meet with Emma's family in Bonnyville and they wanted to cheer me in along the road from Kehewin. Of course, things didn't transpire quite as advertised as they forgot it was Father's Day and had a previous commitment in Cold Lake with Grandpa for diner. Long story short they weren't along the road which was fine as they met me at the Best Western for introductions and photos.

The second reason for starting today was to lighten up the ride tomorrow for my guest rider Louis Genest who will accompany me from Bonnyville to Kitscoty and a more reasonable distance approaching 140 kms now that the Kehewin Bonnyville leg is behind us.

We lost Emma recently at the age of five after several rounds of Chemo and quite frankly she didn't have a chance but fought hard and extended her life well beyond that which was expected. I ride for Emma today but will carry her memory the entire ride in my jersey pocket. Mom and dad were extremely appreciative, and their two little girls were lovely and photogenic. Photo should be attached if not Ill send later when I'm more conversant with the solutions available to me LOL.

Donna is attempting to build a mail list that I can send this missive to so that I don't miss any of you each evening after I have completed the days rides. You will note that I said rides because I will ride hard in the morning and complete the noted mileage then I will ride again later in the day to bank some kms., which I will use on the day from Consort to the badlands which I thought was 165 kms., however it is roughly 205kms. On which promises to be a hot day.

Thanks to each of you for your support it means a lot knowing that you are with me in this journey to make the lives of these Kids a little easier.

Cheers: Len

Day one and a half I guess LOL.

Monday June 21, 2021

Well it started in earnest, with Louis Genest on a borrowed bike "Cervelo" beautiful carbon fibre triathlon set up, licking his chops and ready to ride before 06:00 at the B.W. Bonnyville an off we went. Louis is the general manager of the County of Vermillion River Gas Utility and rides mountain bike usually but after three test rides on the Cervelo he declared himself a genuine road biker!! Did he ever ride well! I just set my cadence on long distance grind and settled in for the duration and Louis never faltered. We carried Emma with us and through the wind and hills she saw us through. I always like riding with someone new as they have sayings that never compute on a bike such as "After that oil well its easy peasey". Well, you know how that works when you have a nose wind to start that shifts to the West when you get along the way at 22 to 33 kmph. I saw that oil well and was hopeful, but nothing changed it was still climbing and the wind didn't change so which oil well was he referring to? Anyway, it did level off and there was a downhill for 0.5 kms into Kitscoty so I guess he was thinking about how it felt while driving a truck LOL. Louis made an interesting comment earlier in the day which was a little

concerning "After we cross the river " North Saskatchewan" it seems uphill all the way to Marwayne". He was very right about that so I guess I was caught off guard or perhaps HOPEFUL!

Other than the wind it was a beautiful warm day and the roads were as good as any I have cycled while in Alberta. The scenery was just lovely, and we didn't have any close calls with motorized vehicles. Donna stayed close with the signs on the truck clearly displayed "Riders on the road" or Cyclists well I'm tired so I can't recall.

The County Gas folks and the media group "Stingray" accompanied by Louis wife and Kids met us at the County shop and there was a finish line ribbon that Louis rode through to cheers and laughter. Thank you all for your warm welcome. The staff chipped in to support the Kids ride and I couldn't have asked for more. Thank you to the County and especially to Louis.

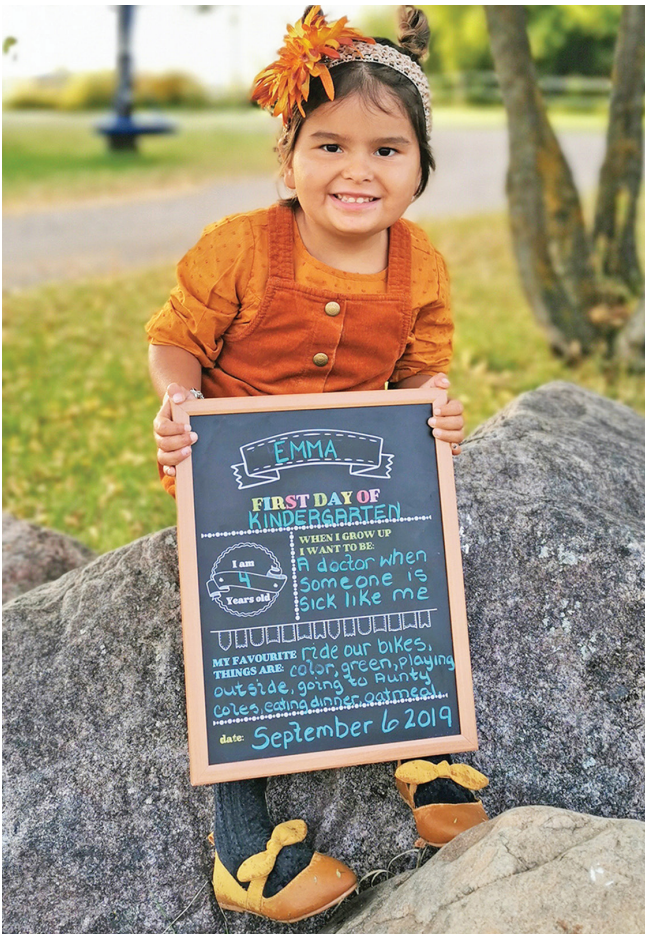
After the media interviewed Louis who did a great job, they settled on myself and those interviews will be aired on Television news tomorrow night. They also moved up the highway when they learned that I was going to carry on with the ride to Lloydminster and shot some live bicycle footage as they were too late at the County to catch us on the highway there.

I will try and post this to all today so here's hoping that it works. Donna will send photos to the Society, Ste. Anne Val and Gas Alberta for distribution later today thanks to all for helping. Catch up with you after I visit Hughsie and his team in Wainwright and then carry on to Consort tomorrow.

Ride for Legends

DAY 1: MONDAY, JUNE 21
Cycling 161 kms in memory of ...

Emma



Emma was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG) in May 2018. Emma endured 30 rounds of radiation. She was considered terminal at the time of diagnosis and radiation was given to try and “buy more time.”

Emma far surpassed the predictions. She was lovingly known as “Princess Em” in her community as she inspired everyone around her.

Emma loved riding her bike, going to the family campsite, Peppa Pig, and Kindergarten. Emma was a warrior who will be forever missed but never ever forgotten.

Kids with 
Cancer Society



 Gas Alberta Inc.

Ride for the Legends: Day 1, Riding for Emma (June 20, 2021)

