

June 25, 2021

Day 5: Madden to Caroline

Good evening all: Obviously it is the day after the ride for Luca as my iPad is pooched, Donna needed to get home to her flowers and Mom and I needed to get my plants in order after several days without water, so thank you for your patience.

We met as a group at Madden as that was where we finished the evening before. It was so nice to have John Martin celebrate his 25th anniversary since his last cancer treatment with us and you can see his picture with me in the group that we will forward. John was instrumental in getting the Kids with Cancer Society a serious look from Ste. Anne Gas and with the support of Kevin Ouderkirk, Val Leifso plus the staff and the Board of Directors what a terrific contribution they have made! I can't thank you enough for your kindness and generosity.

Alongside John Martin we were met by Carol Rokos and Ed Zwambag from Cochrane Lake Gas, who presented us with a photo opportunity displaying their utility's contribution to the Society. Thank you very much!! Randy O'Hara our past President and current Corporate Advisor and trade conscience came out to see us off, but due to quarantine was unable to train so didn't feel comfortable getting on the saddle that day. Randy and Joanie O'Hara have been long term contributors to the ride thank you to both. Mike and Brenda Kardash arrived and along with the President of Gas Alberta Inc. Paul Dunsmore to travel with us to Sundre. Paul, Mike and I left for our ride after the photos were taken by Donna and then the final picture of the three of us riding in the country side is attached.

Our pockets full of inspiration and we were off. This ride is one of my favourites in Alberta with good roads, wonderful scenery and very little traffic. Mike Kardash our lead trader is an economist by way of education, he is a known commodity in athletics including the bike and like anything that he does its at 150% which means that going up hills just wave goodbye because he is a machine. Mike is really strong in personality and in every other way, what a joy to share the road with. Now I didn't really know what to expect from Paul Dunsmore who is what I would describe as cerebral, kinda gentle for a big guy and an accomplished guitar musician. Both of these guys have a great sense of humour as well. Back to Paul. He is pretty tall and kinda gangly LOL, wearing running shoes, no bike kit that you can discern, he brings a rented road bike that he got three days before the ride and on top of the bike he's about ten foot high. Anyway I'm thinking this could be an interesting situation with me being dwarfed by these two bigger guys and heaven knows how Paul is going to react when the pace picks up because you have to know that Mike Kardash isn't going to sit up and relax those pedals! So we are being kinda nice for the first two or three clicks and then the pace starts to pick up. I'm watching out for Paul just to make sure that he doesn't blow up in the first ten or twenty clicks so I don't react too much to Mike's pace. Well very interesting as he is right there; a few little tips about staying out of the wind, riding a straight line and the pace jumps. Long story short Paul stayed right with us and was an asset to the ride and it didn't take very long. Mike said that I budgeted 3 hours 15 minutes and we were 3:16 LOL.

I can't thank these gentlemen enough and I even bought them some lunch before I set off for Caroline to finish my ride for the day.

Today is Saturday and yesterday, both gentlemen suggested that I back off the bike a bit and have a rest. So being the person most open to suggestions about my riding, I left at 05:00 and only rode for 81 kms. and I was home before 08:00. I had originally planned to ride 100 or so today! So I felt that I was very considerate of their input LOL. Have a great weekend.

PS. We have a great couple of days coming before I finish our ride so if you are reading this I want to thank you again and again for your support for our Kids and their families.

Ride for Legends

DAY 5: FRIDAY, JUNE 25
Cycling 96 kms in honour of ...

Luca

Luca, 4 years old, was diagnosed with Acute Lymphoblastic Leukemia in January 2021. Luca will be in active treatment for a total of two years.

Luca is the biggest Spider-Man fan you'll ever meet and wears his Spider-Man costume almost daily. This spunky, strong-willed little boy has always had a feisty personality which helps him fight his disease.

"KWCS reached out to us very shortly after Luca's diagnosis to offer resources and support and let us know we were not alone. Luca's initial hospital admission was 7 weeks and KWCS provided us with a parking pass, gift cards and resources for our two younger sons to assist us in teaching them about Luca's diagnosis. We are incredibly grateful for the KWCS." – Nykiforuk Family



Kids with 
Cancer Society



GasAlbertaInc.

Ride for the Legends: Day 5, Madden to Caroline (June 25, 2021)

