

TEXAS 4000

FIGHTING CANCER EVERY MILE



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TEXAS 4000 MISSION

TEXAS 4000 IS DEDICATED TO FIGHTING CANCER BY SHARING HOPE, KNOWLEDGE AND CHARITY.

WE CULTIVATE THE NEXT GENERATION TO LEAD THE FIGHT AGAINST CANCER THROUGH OUR CORNERSTONE EVENT, A MORE THAN 4,000-MILE BIKE RIDE FROM AUSTIN TO ANCHORAGE.



What do we hope to accomplish by riding? Our mission is to share **HOPE, KNOWLEDGE** and **CHARITY** from Texas to Alaska and beyond. We share **HOPE** by letting those touched by cancer know that people like us are riding for them and are determined to eliminate the disease. We share **KNOWLEDGE** by bringing life-saving information about cancer prevention to communities large and small. We share **CHARITY** by making a commitment to support cancer research and lead the charge in overcoming cancer.

We ride for those fighting cancer. We ride in memory of those lost to cancer. We ride in support of those caring for loved ones suffering with cancer. We ride to a future without cancer. We ride because we are greater than cancer!



GETTING TO KNOW TEXAS 4000



Throughout the course of a year, Texas 4000 proudly presents three flagship events: the Annual Summer Ride, the ATLAS ride, and the Tribute Gala. In addition to our core programs, we organize numerous fundraising and community outreach events throughout the year enable us to uphold our mission



ANNUAL SUMMER RIDE

Each year, approximately fifty students from The University of Texas at Austin are competitively selected to become a member of the **LIVESTRONG** Texas 4000 team where they serve as general members of the organization. For one year leading up to the ride students must prove their commitment to upholding the values and mission of Texas 4000: Hope, Knowledge and Charity, by sharing their stories and experiences to personally connect with those they meet along their journey. These students work together to plan the logistics of the annual trek inclusive of finding host families, food donations, and riding routes.

Each student is required to raise a minimum of \$4,500 and log a minimum of 1,500 training miles prior to departure. Once the students depart for Alaska they divide into three routes: the Rocky route that heads through the Rocky Mountains and the Sierra route that travels through the Sierra mountain range and up the western coast. The newest addition, the Ozarks route, starts through the Ozark mountain range and up through the midwest.

Once on the road, the teams wake every morning before sunrise and either have breakfast with a host family or prepare their breakfast at a campsite. Once all pre-ride preparations have been completed, the team joins together in a circle and they reflect on their mission. Riders go around the circle and share their ride dedications for the day. Each team member makes a dedication

for the day's journey – a grandmother who finally lost her battle with ovarian cancer, a little boy fighting all odds against Leukemia, all those who cannot afford treatment, the child or parent grieving. The list is endless and heartbreaking. But the air breathes of hope as these young Texas 4000 team members with all their strength and enthusiasm for life, brave the cities and countryside, the mountains and plains – this is their battle against cancer.

They roll out of the city in the first moments of daylight and ride 50-100 miles to their next stop. Along the ride each route has two support vehicles and a trailer. All the equipment and supplies they will need for the summer travel with them. The team is fully self-sufficient. On a day when a rider is supporting they drive one of the support vehicles and set up rest-stops every 20 miles. Over the course of the summer they will have over 630 rest-stops. The rest stops are vital, this is where the riders replenish and refresh, band-aids are replaced, sun screen is re-applied, water bottles re-filled and peanut butter sandwiches are devoured.



**{ The 2012 Texas 4000
Team at the Alaska Border**

Once the team reaches the destination for the day they will be greeted by their hosts for the night. In each town the team will share the mission through a program. The team will reach 150 cities in their journey giving over 60 programs. In each program presentation the team will stress the importance of cancer prevention and early detection, they will share their personal stories and strive to make an impact on the Hope and Health of all those they meet. Over the course of each team's ride year they will touch more than 20,000 lives. These are the lives that will receive much-needed hope and life-saving information.

OUR EVENTS

DAY ZERO AND KICK OFF

The day prior to ATLAS, the Texas 4000 team receives a first class Texas salute as they bike through Austin for their unofficial send off on their more than 4,000 mile fundraising ride to Anchorage, Alaska. Dignitaries such as Austin's Mayor, Chief of Police, Civic leads and city-wide volunteers participate in Day Zero activities and applaud the riders as they journey through the streets of Austin, Texas.

ATLAS RIDE (AUSTIN TO LAMPASAS AS SUPPORTERS)

The first step of the riders' summer journey is a beautiful 70 mile route through the back roads of the Texas Hill Country from Austin to Lampasas, TX. Hundreds of riders from around Texas join the fifty team members and ride together in a bike ride as a celebration of the riders Day 1. Post ride, ATLAS celebrates all riders accomplishments by hosting a large Texas BBQ full of great food, cold beverages, live music, a presentation by the team and more!



TRIBUTE GALA

The Texas 4000 Tribute honors the riders by sharing their experiences of their journey. This year Tribute will take place on Saturday, August 24, 2013. This fabulous gala event includes dinner, dancing, and celebration for the continued awareness and support for finding a cure for cancer. This is also one of the organizations biggest fundraising events. This annual events brings over 500 guests from around the country together for a common purpose and allows the community to commemorate the riders for their vast accomplishment.

TEXAS 4000 HOMECOMING CELEBRATION

On the eve of the Tribute Gala, the Texas 4000 riders will be toasted and roasted by their teammates, alumni riders, family and friends. The evening will conclude as the 2013 team is inducted into the alumni network .

TEXAS 4000 FUN FACTS

• THIS YEAR MARKS THE 10TH ANNIVERSARY OF THE TEXAS 4000 RIDE

• Thus far, we have raised more than \$3.5 million dollars in the fight against cancer. Proceeds support cutting edge cancer research initiatives including M.D. Anderson Cancer Center

• In the past 9 years, more than 395 team members have ridden a total of more than 2 million miles

• The trip is more than 4,500 miles. This makes it the longest annual charity bike ride in the world

• THE RIDE IS OVER TWICE AS LONG AS THE TOUR DE FRANCE

• The team rides for 70 days through rain, sleet, wind, snow, heat and any other weather imaginable. They will encounter an average of 15 thunderstorms and three hail storms.

• The riders will pedal at elevations ranging from 500 feet to 14,000 feet

• At their highest latitude, the riders will pedal within 300 miles of the Arctic Circle

• The team will spend 30 nights camping, sleep 16 nights in a gymnasium, 14 nights with host families, 9 nights in churches and only 1 night in a hotel room, which is donated

• The team changes an average of 5 flat tires each day

• THE TEAM WILL USE OVER 4 GALLONS OF SUNSCREEN

• The team will eat more than 5,000 peanut butter and jelly sandwiches throughout the ride

• The team will consume more than 10,000 energy bars and more than 700 gallons of PureSport sports drink

• Each day the team members will dedicate their rides to different people in memory of or who are battling cancer. This year they will dedicate the ride to more than 4,000 people

• THE TEAM WILL MEET THOUSANDS OF CANCER SURVIVORS AND THOSE BATTLING CANCER TO SPREAD THEIR MESSAGE OF HOPE, KNOWLEDGE, AND CHARITY