



Virtual Bike Tour

in conjunction with the
Shriver Family Bike Tour
for Sarcoma Research
Denmark, June 30th - July 5th 2003

In April 2002, Elizabeth ("Liddy") was diagnosed with Ewing's Sarcoma (PNET). Sarcoma is a rare cancer in adults, accounting for only 1% of all adult cancers. It is made up of many "subtypes" and can arise from a variety of tissue structures such as nerves, muscles, joints, bone, blood vessels. Approximately 10,000 new cases of sarcoma are diagnosed each year and about 5,000 people die each year from sarcoma. Liddy's cancer began in one of the nerves in her leg. After several months of chemotherapy, the tumor in her thigh was surgically removed. We learned after the surgery that it had metastasized to her lungs. Liddy had post-surgical radiation and chemotherapy. The cancer did not respond to "traditional" chemotherapy and more metastases occurred in her lungs. Liddy was in two clinical trials with various experimental drugs, none of which stopped the growth of the tumors, which may have spread to her lymph nodes. She is starting an "off-study" use of a new combination of two drugs.

Because Ewing's Sarcoma is a rare cancer in adults (it has been called "the forgotten cancer" by some), little is known about how to treat it in adults. Research is desperately needed to help understand and treat this disease. Liddy's mom and dad have worked with her to organize two events with the goals of increasing public awareness of sarcoma, increasing public awareness of the lack of young adults in clinical trials, and raising funds for sarcoma research. Although Liddy is having a more constant discomfort in breathing and requires much rest each day, she wants to complete some multi-day bike tours while she still can. Here's a recap of the two events, both of which are bike tours because cycling is a passion with Liddy.

The first event was a rigorous bike tour (http://theshrivers.us/la_bike_tour.htm). Team Sarcoma (the group of people specifically cycling with Liddy) "piggy-backed" on an existing bike tour, Cycle Zydeco, in which cyclists biked 50/miles a day for four days for a total of 200 miles. Team Sarcoma consisted of eight cyclists for this bike tour. Their efforts were covered in several press and media articles (<http://theshrivers.us/press.htm>).

The second event is a bike tour in Denmark (http://theshrivers.us/danish_bike_tour.htm). We have 24 people on Team Sarcoma for this bike tour and eight additional cyclists will join us for a day or two along the way. Team Sarcoma is a multi-national group with cyclists who are citizens of Denmark, Germany, Hong Kong, India, Norway, Switzerland, and the USA. There are people who want to join in the Danish bike tour, but do not have the time or resources to be with us in Denmark. Therefore, we are organizing "virtual bike tours" in several countries around the world. So, if you can't join us in Denmark, but still want to help us achieve our goals, consider either coordinating a virtual bike tour or riding in one.

What's a virtual bike tour? Cyclists ride on the same days that we'll be riding in Denmark (July 1st -4th). Each day they'll tell us how far and where they cycled. We suggest that they try for 10-30 miles/day, which is the number of miles that we think the average rider on the Danish tour will be doing. They'll send a picture or two while they are on their virtual bike tour and we'll post them on the Team Sarcoma web pages.

Why is participating in a virtual bike tour helpful? By telling your friends and family what you're doing, you'll help increase public awareness of sarcoma and the lack of young adults in clinical trials. Your participation on a virtual bike tour is part of a unified, coordinated statement of worldwide concern about sarcoma. By having people in various countries cycle along with us on the very days we are cycling in Denmark, we can publicize this international event.

If you are interested in helping this worthy cause, please see
http://theshrivers.us/virtual_bike_tour.htm and drop us a note at biketour@theshrivers.us.