2019 Alpine Loop Gran Fondo Cyclist Ride 38,947.5 Miles to Beat Cancer

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Manhattan Beach, California (PressAdvantage) November 18, 2019. Manhattan Beach resident and Cancer Journeys Foundation President Robert Hess rode in the 2019 Edition of the Alpine Loop Gran Fondo on September 30th, leading 592 bicyclists on what many call the most challenging Gran Fondo bicycle ride in the US to raise awareness for prostate cancer and raise funds for the Cancer Journeys Foundation?s prostate cancer early detection system, ProstateTracker. The riders raised over $7,000 to support prostate cancer programs.

Gran Fondo bicycling events are a growing phenomenon in the United States. The Cancer Journeys Foundation teamed up with pro cyclist Jeremiah Bishop in 2010 to create the Alpine Loop Gran Fondo, which is a 108-mile ride from Harrisonburg, Virginia into West Virginia and back. This route is one of Jeremiah?s training rides.

?Cyclists love a challenge and the Alpine Loop Gran Fondo weekend has four routes that provide challenges

for cyclists at all skill levels,? said Robert Hess, founder and president of the Cancer Journeys Foundation, as well as an experienced long-distance cyclist.

Said Hess, ?We created the Alpine Loop Gran Fondo as a fundraising tool for the Cancer Journeys Foundation, to make men aware of the importance of early prostate cancer detection, and to provide cancer survivors who are cyclists a goal to work for during their cancer journeys. This year, one of our male King of the Mountain winners was a prostate cancer survivor. Mission accomplished!?

?Research shows consistent exercise and good nutrition habits can play an important role in cancer prevention and help the body?s immune system prevent cancer recurrence. Bicycling is an optimal blend of exercise and outdoor exposure. It?s also great for emotional wellbeing,? according to Hess.

2020 will be the 10th anniversary Alpine Loop Gran Fondo and the organizers have some fun surprises in store for the participants. Details will be posted on the Alpine Loop Gran Fondo website.

About The Cancer Journeys Foundation

The Cancer Journeys Foundation is creating a comprehensive digital information center for cancer survivors, their families, and caregivers. The Foundation is developing a nationwide network of cycling and walking programs to support America?s 12+ million cancer survivors in their journeys.

For more information, contact Robert Hess, president, at the contact information below.

Robert Hess

President and Founder

Cancer Journeys Foundation

Accidental Cancer Survivor, Class of 2003

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Cancer Journeys Foundation

The Cancer Journeys Foundation provides support to the 14 million cancer survivors in the United States and their families and care givers as they move through their individual cancer journeys.

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