



## Geraint Thomas Rides To Honor Britain's Doctors & Nurses

*April 17, 2020*

April 17, 2020 - PRESSADVANTAGE -

The Manhattan Beach, CA based Cancer Journeys Foundation is delighted to announce that 2018 Tour de France winner Geraint Thomas is riding his bicycle on the Zwift virtual platform for 12 hours a day on three consecutive days to honor and support Britain's doctors and nurses. Geraint, a member of Team INEOS, began his virtual journey on April 15th. Notably, Cancer Journeys Foundation CEO Robert Hess joined Thomas on April 16th for one segment of his ride. Learn more about the event at the following link: <https://zwift.com/events/view/547349>.

"Doctors, nurses, and medical workers around the world are working tirelessly in dangerous and stressful conditions to save lives," stated Hess. "These are the same medical personnel who work so hard for the cancer survivor community. I'm riding to honor these selfless men and women." While the news cycle may have been overtaken by stories on the COVID-19 pandemic, Hess observes that this new disease is not the only issue that medical staff have to contend with. In fact, their previous priorities have not gone away; they still have to take care of patients suffering from all manner of illnesses, just as they would have had the COVID-19 pandemic not occurred.

As a 17-year cancer survivor who has lost family members to various forms of cancer, Robert Hess is intrinsically aware of the great lengths medical staff go to in order to take care of their charges who have this disease. As such, this gives him a great deal of insight on the strain healthcare workers are undergoing in order to battle the COVID-19 outbreak and keep all its victims in the best possible health until they recover and the crisis recedes. Hess has always believed that no one should have to face cancer alone, and he now feels the same is true of the current pandemic.

The truth of the matter is that medical staff have been forced to take on the burden of caring for those who have fallen ill due to the novel coronavirus in addition to their previous engagements. As such, Cancer Journeys Foundation, Zwift, Hess, Thomas and many more are proud to stand by their healthcare workers in any way they can. The length of Thomas' April 15 ride, 12 hours a day, actually has a connection to the incredible workload that National Health Service (NHS) workers are currently dealing with; it mirrors the average length of their shifts (which often last even longer).

Prior to joining the event himself, Hess stated, "Health care workers across the world are performing incredible tasks under the most trying conditions imaginable. I'm going to ride a two-hour leg with Thomas to honor these workers. I've never ridden my indoor trainer for more than 40 minutes at once but I believe this is a wonderful opportunity to honor our medical heroes." Read his full statement and learn more about Cancer Journeys Foundation's perspective of the event here: <https://cancerjourneysfoundation.org/cancer-journeys-ceo-rides-with-geraint-thomas/>.

The virtual ride is being livestreamed throughout the event, and audiences from around the world are welcome to join in and cheer Thomas on, especially if they want to honor their local healthcare workers as well. British audiences in particular have the opportunity to donate to the cause if they have the means. Zwift is kickstarting the relief fund themselves by making a £25,000 charity contribution to the NHS. In this period of uncertainty and turmoil, every little bit helps, so donations can go a long way to helping preserve the lives of the afflicted.

Zwift clarifies, "These are group rides for anyone who wants a challenge and wants to support COVID-19 relief efforts. Rides will be offered in 2-hour increments over the 12 hour period. Pace your engine so you can go the distance. The pace is set by Geraint. He will not chase flyers to wait for slow riders. All are welcome! Audiences who wish to join in should note that they require a Zwift account to officially join in. However, everyone else is welcome to add their contribution in spirit as well.

More information can be found on the Cancer Journeys Foundation website, and interested parties are welcome to contact Robert Hess to follow up on any further inquiries. Learn more about the COVID-19 pandemic and how to stay safe at the following link: <https://medlineplus.gov/ency/article/007165.htm>.

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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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