

The Cancer Journeys Foundation Announces the Sprint Cycling Competition Road Cyclist Championship 2020 Locations

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Manhattan Beach, California - August 1, 2020. The Cancer Journeys Foundation (CJF) Announces the locations for the 2020 #StressBuster Sprint Bicycling Championship.

The COVID-19 social restrictions have raised the stress levels all across the United States and halted almost all organized sports. To combat this stress, the Cancer Journeys Foundation has created a cycling competition based on the sprint champions of the European grand tour bicycling competitions. The Sprint Challenge runs from 1 August to 31 December 2020. Cyclists ride one of the competition segments individually to comply with social distancing requirements. The top male and female riders on each segment in each USA Cycling age group will be awarded a custom ?Sprint Champion? jersey. Anyone can register to participate at https://www.signupgenius.com/go/805084daba829abfc1-sprint.

?This program has two goals: to provide cyclists a fun competitive event to help cyclists deal with the stress

of the COVID-19 pandemic and to raise awareness of the importance of cancer testing,? said Robert Hess, Cancer Journeys Foundation CEO. ?I?m a 15-year cancer survivor myself, so I understand the critical importance of staying healthy. Exercise is a great stress reliever and our 2020 #StressBuster Sprint Challenge offers a great reason to get out and exercise.?

The 2020 competition includes six courses, five in the US, and one in the United Kingdom. These include Los Angeles; California; Hobe Sound, Florida; Leesburg, Virginia; Sausalito, California; Tenafly, New Jersey, and Barge Walk, England, United Kingdom. Participating is very easy for those wishing to take part in the event. Competitors register and then log their rides using the Strava.com platform. They can also use the platform to see how well they are doing compared to other riders in their age group. The Foundation?s Strava.com club can be accessed here at https://www.strava.com/clubs/CancerJourneysFoundation. It?s an event that not only provides welcome relief for COVID-19 related stress but is also motivated by The Cancer Journeys Foundation?s desire to help America's 14.6 million cancer survivors beat their cancer through healthy exercise and better nutrition

The Cancer Journeys Foundation is a GuideStar Platinum non-profit with the mission of providing the knowledge, support, and community that cancer survivors need to develop and implement cancer survivorship plans and have the best possible quality of life during their cancer journey. The foundation and its signature cycling event have special meaning for Hess not just because he?s a 15-year cancer survivor, but he lost his father to lung cancer and his sister to pancreatic cancer, and his younger sister is now in her fourth year as a Stage 3 breast cancer survivor. He has personally experienced the emotional lows of a cancer diagnosis and experienced first-hand the challenges of finding information and support when dealing with a cancer diagnosis. Those at the foundation feel that no one should have to face cancer alone and they have made it their goal to be there for cancer survivors. The 2020 #StressBuster Sprint Bicycling Championship is a good example of that.

Hess says that the foundation is active in many other ways too. That includes the various programs that they run and the resources they provide for cancer survivors and those presently fighting a battle with cancer. This list includes their newsletter, information on some of the latest cancer treatments, and information on issues that caregivers may face. The foundation CEO says that they also have resources in place that help emotionally support someone dealing with cancer and good fitness and nutrition information is made available by them too. They even offer some very unique resources which include their CancerAid iPhone App and their Cancer Intimacy Dating App. Some examples of the various types of events and programs that they put on include their Disabled Veteran Empowerment Network, the 2020 Cancer Battle Plan, and the Ford GT40 Driving project.

Cancer survivors, those battling cancer, and those that want to support them can get more information about The Cancer Journeys Foundation and the programs, events, and resources that they offer at http://www.cancerjourneysfoundation.org.

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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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