

Stella's riding to save lives



Dear Friends,

As you know from my previous email, my son Theo was diagnosed with Hodgkin Lymphoma in November 2009 and I decided to participate in Team in Training as a way to make a difference in dealing with this vile disease. I want to acknowledge with the greatest gratitude the outpouring of support from so many of you for my chosen fundraising event- Americas Most Beautiful Bike Ride -a 100 mile bike ride around Lake Tahoe taking place on June 6. Theo and I have been so touched not only by your financial contributions but by your words of encouragement that many of you have sent.

Many people have asked me for an update on Theo and my biking endeavor. Theo had his last chemotherapy treatment April 27th and Mike and I were with him in New York to celebrate and support all that he has been through in the last six months. I'm happy to report that his most recent PET scan was negative, which is very hopeful news. In terms of the future, I can only describe it as a metaphor; he is out of jail after a six month sentence but he's also on probation for the next five years.



I couldn't be more proud of his courage and determination. How he continued to carry a full schedule of classes and direct and perform in a successful Chekhov play is beyond me. I would attribute it to who Theo is and to the miracles of modern medicine (a big shout out here to Dr Carol Portlock and the staff at Memorial Sloan Kettering). The cast got enthusiastic standing ovations for all 7 performances.

Since January I have been busy peddling in the 'lovely ' Oregon rain on the average of 3x a week in anticipation of the big event on June 6. Its amazing to think that back in January it was an effort to bike 15 flat miles around Sauvies Island and for the past two Saturdays I have cycled (on each day) 65 hilly miles around the Portland area. Did I mention how I love those hills?

Especially the ones where I'm at the bottom looking up and I say "you've got to be kidding me!" Our coach constantly reassures me that this gives us a great advantage over the people from Florida who are doing the Lake Tahoe ride since they have no hills and have to go up freeway ramps to train. Yes but they have something we haven't had - sunny weather.

A few people have asked me if it's too late to donate and I wanted to clear up any confusion... no! If you haven't already, please go to www.breathepilatesnw.com/ride and donate whatever you can. No donation is too big or too small. Your contribution will be funding research and patient support services for all blood cancers. We have had good fortune and have been blessed for a number of reasons during this illness but there are so many individuals out there that need all the help we can give. Believe me - you do make a difference.

If you'd prefer not to donate online, you can print out a copy of this letter and a form (on the next page) that you can mail with a check or credit card number.

Thank You!

Stella



Hey! It's not too late to donate
www.breathepilatesnw.com/ride

(or)
FORM
on next page



Team in Training Donor Form

Yes! I will help fight leukemia, lymphoma, and other blood-related cancers in support of **Stella Voreas**, who is training for America's Most Beautiful Bike Ride on June 6, 2010. She is training for this century ride in honor of **Theo Wilson** and countless others who are battling cancer.

My name is: _____

Address: _____

City, State, Zip: _____

e-mail address: _____

Please ride on behalf of: _____

DONATION AMOUNT

Please check one of the following amounts or fill in your own.

- \$25** Pounds my delusional brain tells me I need to lose to ride up hills better.
- \$50** The number of times on each ride I try to convince myself I love hill climbing.
- \$75** Ounces of water I'm supposed to consume daily.
- \$100** The number of miles I am going to ride on June 6th.
- \$250** The number of minutes for each of Theo's chemo treatments.
- Blow my riding socks off!** _____

METHOD OF PAYMENT

- Check enclosed.** Please make check payable to: **The Leukemia and Lymphoma Society (LLS)**
- Please charge** \$_____ to my **VISA / MASTERCARD / AMEX** (please circle one)
 Card number: _____ Exp. Date: _____
 Cardholder (please print): _____
 Cardholder's signature: _____
- Donate directly online:** <http://pages.teamintraining.org/or/ambbr10/svoreas>

GUIDELINES FOR MAKING A DONATION:

Remember, **all donations are 100% tax deductible!** Documentation of your gift will be provided upon receipt.

Please return the completed donor form (including payment) to me by April 1, 2010. (Donations will be accepted after this date if you would like additional time.)

If you have any questions please contact me: (503) 203-8407 or bellastell@mac.com.

My address: **Stella Voreas**
7906 NW Gales Ridge Lane
Portland, OR 97229

Your donation will make a difference. **Thank You for Your Support!**

Tahoe or Bust! Please remember to donate by April 1, 2010.