

Victoria couple plans epic 4300km cycle

By Juliann Burke

Lyndsay Alexander and Byron Wallace, a couple from Victoria, B.C have challenged themselves to a 4300 kilometre bike ride from Vancouver to Texas this coming October. "My friend told me about GIVETOLIVE and I thought why not, it's for a great cause," says Alexander.

GIVETOLIVE is an all volunteer organization dedicated to ending unnecessary disease and illness by inspiring people to lead healthy lives through exercise, altruism and achieving the extraordinary. This year, riders like Alexander and Wallace will bike an average of 110km a day, for 12 days, tackling the mountains in the Colorado Rockies, all the way to Lance Armstrong's "Live Strong" event in Austin, Texas. They have to fundraise \$5,000 dollars each, train for the event and endure cramped quarters for two weeks with 60 other cyclists. The money raised is split equally among The Lance Armstrong Foundation, Ovarian Cancer Canada, Craig's Cause for Pancreatic Cancer and the Canadian Cancer Society, with a donation going to Camp Goodtimes, a local BC charity. "It's going to be an emotional trip, we have a lot of friends and family who have been affected by cancer," says Alexander, when asked why she's riding.

Alexander and Wallace are fully aware of the challenge that's ahead of them. "We've only been dating for eight months, so this is going to make or break us," jokes Alexander. They plan to train, fundraise and ride together. "We are a team," says Wallace. "We're not worried about the ride, we're more concerned about raising the money." Although \$5,000 dollars is a big undertaking, the couple has several ideas to get started. They've contacted local radio stations, news stations, restaurants, started a Facebook group and are brainstorming for fundraising ideas.

As for the training, the pair are on their bikes several times a week. "We're getting on the bike and increasing our kilometres. It's like anything, you start small and work your way up," says Wallace. Alexander bought her first bike only a few weeks ago. "Trek Bikes in Victoria fit me for the bike and has been helping us with a training program," she says.

GIVETOLIVE rolls out of Vancouver on October 11, 2010 with participants arriving in Texas on the October 22. The event is a once in a lifetime opportunity to help in the fight against cancer. To learn more, including how to participate or make a donation, please visit <http://www.givetolive.ca/>