Join the Team. Find a Cure. Together, We Can Make a Difference.

**Ride On!**
14th ANNUAL RESEARCH RIDE

**VIRTUAL Kick-Off Rally**

**SATURDAY, OCTOBER 3RD I 7:00 PM***(ET)***

We’ll kick-off the Ride with a (BYO) carbo-loaded pasta party that you can join live from the comfort of your own home. Hear remarks from Dr. Cheson and our Ride Champion Council, jam to music by DJ Right Touch, enjoy games, group chats and more.

**LOG-IN:**
https://zoom.us/j/99031563558

**Research Ride**

**SUNDAY, OCTOBER 4TH I 8:45 AM***(ET)***

Choose Your Own Route

We’ll start with a virtual send off at 8:45 am before each of our riders hits the road in their own community. Every hill you climb, every stretch you endure, brings us closer to a cure. Get social and share your ride pictures with the Team at #RideOnLRF, using @lymphomacommunity

**LOG-IN:**
https://zoom.us/j/99031563558

**Rider Hotline**
917-570-0564

Lymphoma.org/ResearchRide

Presenting Sponsor: Karyopharm Therapeutics
RIDE CHAMPION COUNCIL

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Dr. Bruce & Christine Cheson
Research Ride Co-Founders

Our community of cyclists has been riding strong for 14 years, and this year we welcome a whole new crew to Team LRF. Although we cannot gather in person, we will continue the tradition of coming together with a fun and unique virtual evening rally on Saturday, October 3rd. The Rally will begin with a BYO pasta dinner with wine pairings from our Founder-in-Chief and Lymphoma Research Foundation (LRF) Scientific Advisory Board member, Dr. Bruce Cheson. We’ll hear from our new Ride Champion Council, pay tribute to Lisa Taverna and Gary Ford, our Vanguard Honorees and spotlight many of you who ride and volunteer for a cure. The Rally will also feature interactive games, and small group challenges as a way to keep us all connected, while participating safely—and support our shared mission to eradicate Lymphoma forever. On Sunday, we invite you all to choose your own safe and socially-distanced route, to cycle for a cure, snap pictures and share them on Facebook or Instagram.

This year, LRF commemorates 25 years of innovation and progress. 1995 was a significant year for the Foundation—it was then that LRF realized its dual mission: to eradicate lymphoma—by funding innovative research guided by its world-renowned Scientific Advisory Board—and to serve those touched by this disease—by sharing research and treatment insights with the lymphoma community through national education programs.

Through lymphoma-specific research grants and consortia, LRF seeks to understand the nearly 100 subtypes of lymphoma and support the development of new treatments. As a result, LRF-supported researchers have been involved in many of the most significant lymphoma breakthroughs witnessed in the past quarter-century.

It saddens us that we could not be together this year. However, we stand amazed at how you are all continuously able to adapt to life-changing events. It is important we keep moving forward to continue our support of LRF’s mission. In fact, LRF’s post-doctoral Fellowship program will be the only lymphoma-specific fellowship program offered this year (by any organization!), an important distinction at a time when other sources of such funding are decreasing!

Together, will we cure Lymphoma.

Warmest regards,

Meg Gutierrez
Chief Executive Officer

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Warmest regards,

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Congratulations **Lisa Taverna and Gary Ford: Team Taverna** for bringing light and hope to the lymphoma community.

**Ride On, Team Taverna!** As the Ride celebrates its 14th year – there is perhaps no better model of Rallying On than Lisa Taverna and Gary Ford, who have energized an entire community to make the event a wild success. As Ride Co-Founders, their leadership has created a legacy of hope that has helped survivors nationwide. No training ride is too short or long, no rest stop goes without treats, no 5 AM set up job goes without their help and no neighbor or friend is safe from being recruited. From fundraising to overseeing comprehensive event details, Lisa and Gary have been a powerhouse and driving force behind the event. LRF is grateful to have leaders like you supporting the lymphoma community.

*On behalf of the entire LRF family – THANK YOU.*

**REPRESENT**
Raise over $500 and qualify to receive the 2020 **RIDE ON!** commemorative jersey!

*Riders who reached their goal after August 24 will receive jersey post event

**FRAGRANT FUNDS**
Hats off to team captain Dianne Cheek: Team Cheek2Cheek for her unique fundraising idea. For the second year running, Dianne has planted a large u-pick garden on her property in Surry, VA with all the donations going to support the Ride. The effort has garnered over $2,000 in support and has brought countless smiles to people in her community.

**TEAM ROLL CALL**

Special thanks to all of our teams for your continued support!!!

- Flaming Marmots
- Cheson Riders
- Team Taverna
- Reel Riders
- Las Tortugas
- Lympho-Chase
- Virginia Cancer Specialists
- Epizyme
- Center for Cancer and Blood Disorders
- Cheek2Cheek
- Shaken Not Stirred
- M.O.H.
- Team Hooper
- Children’s National
- Team Dan
- Frederick Health Oncology
- BeiGene Bikers
- Kite Speed
- Team Turtle
- Lymphomaniacs
- George Washington Cancer Care
- AstraZeneca Bethesda Team
- Team SeaGen
- Word Up
- Frederick National Laboratory of Cancer Research
- Remission Riders
- Johns Hopkins Pedal Pushers
- Sibley Memorial Medical Oncology
- Bruce Johnson’s “Good News”
- Inova Schar Cancer Institute
- Just Chillin’
- Karyopharm
- PCYC/JBI
- Rigel
- Team Corckran
- The Barnesville School
- Foundation Medicine
With a mission to eradicate lymphoma and serve those touched by this disease, the Lymphoma Research Foundation (LRF) is a leader in funding innovative lymphoma research and providing the most up-to-date information through evidence-based patient and professional education programs.

EDUCATION
- Nationwide Patient & Caregiver Education Programs
- Award-Winning Digital Education Resources
- Continuing Medical Education (CME) Programs for Healthcare Professionals

SUPPORT SERVICES
- Professionally-Trained Helpline Staff
- One-to-One Patient & Caregiver Support
- Financial Assistance Grant Program

RESEARCH
- World-Renowned Scientific Advisory Board
- Disease-Specific & Early Career Investigator Research Grants
- Scientific Meetings & Publications

LYMPHOMA.ORG/RESEARCHRIDE

LRF IMPACT

1,000,000+
individuals served by LRF’s programs, services & digital resources each year

2,000
professionals attend LRF’s CME programs each year

$60M
in research grants awarded

25,000
mobile app downloads

10,000
patients supported by the LRF Helpline each year

Learn more about LRF’s impact at lymphoma.org.

For more info: contact Aileen at: atapia@lymphoma.org or 646-465-9127
LET’S GET LOADED

Special thanks to Team Captain, Karla Grossenbacher: Shaken, Not Stirred, who shares her favorite quick and easy carb-fueled pasta recipe. We invite you to join other team members for dinner during our Saturday night online Rally.

**Baked Ziti**

- 1 pound Ziti (cooked 8-9 minutes)
- 1 quart sauce
- 1 pound ricotta cheese
- 1 egg
- 1/2 pound grated mozzarella cheese
- Parsley flakes
- Pepper
- Parmesan

Mix ricotta, egg, pepper, parsley flakes, and half of the mozzarella. Add ziti and mix again. Add half of the sauce and mix again. Cover bottom of baking pan with some of the remaining sauce. Add ziti mix to pan. Add the rest of the remaining sauce on top. Cover with parmesan cheese and remaining mozzarella. Cover with foil and bake 30-45 minutes at 350 degrees.

**PERFECT PAIRINGS**

No Italian meal is complete without a fine wine pairing. Check out these suggestions by our resident oenophile, Dr. Cheson, to enjoy during the Rally.

- **Castellare Chianti Classico**
  A benchmark Chianti Riserva whose vibrant personality and high quality have made it famous throughout the world. Nipozzano Frescobaldi is a Tuscan red wine produced in Chianti Rufina, the highest sub-zone in the Chianti region. Particularly admired for its sensory properties, Nipozzano (Chianti Rufina Riserva DOCG) is a bright ruby-red wine with a pleasant, intense and long-lasting taste.

- **Frescobaldi Nipozzano Riserva**
  Bright ruby red colour with purple highlights. Thanks to the harmony of the tannins, combined with the delicate complexity of aromas and the final note of sweetness, the wine is characterised by an excellent balance in the mouth.

- **Laudato Pino Grigio 2019**
  Veneto, Italy - Bottled by Santa Margherita - Laudato is dry with bright citrus and apple flavors. Framed by a crisp acidity that leads to a clean, smooth finish. Loved because of its flexible taste profile, including medium body and fresh unoaked fruit flavors.

**GET INTO THE GROOVE**

DJ Right Touch has been spinning at the Ride for years. We invited him to create a special Ride themed playlist of music perfect for getting yourself into the cycling groove, to enjoy during a workout, or while baking up that carbo-loaded dinner! The playlist can be found on Spotify: [https://spoti.fi/3jYDMMa](https://spoti.fi/3jYDMMa)
Events & Programs

CELEBRATING 25 YEARS
You’re invited to a special event celebrating all we’ve accomplished together to eradicate lymphoma! Join us for an online celebration to honor Astra Zeneca, Thomas M. Habermann, MD, and Heroes Among Us. The program will feature words of support and encouragement from esteemed members of LRF’s Scientific Advisory Board and Board of Directors and special messages from industry partners, healthcare providers, patients, caregivers, advocates and high impact supporters from throughout the country. Join us 9/30/20
For more info: lymphoma.org/Gala

RAISE DOUGH FOR LRF
The Great Bake is a twist to the time-tested fundraiser: The Bake Sale! This peer-to-peer fundraising campaign welcomes volunteers to host their own online bake sale; creating their favorite treats to sell to friends, family, and colleagues— all to battle cancer.

Bakers set up a personal fundraising page and reach out to local contacts who can place orders for treats. Set a pick-up or drop-off date for their goodies & raise dough for LRF.

The Great Bake will launch in October and run throughout 2020, giving bakers the flexibility to choose what to bake and delivery dates.
Info at: Lymphoma.org/GreatBake

HALLOWEEN CONCERT
Tony Award winning actor, James Monroe Eglehart (Aladdin, Hamilton, Memphis) has gathered some of his Broadway pals to put on a one-night only Halloween evening concert presentation of Tim Burton’s classic animated movie, The Nightmare Before Christmas to benefit LRF and the Actor’s Fund.
Individual tickets and group bookings available.
For more info contact William at: 917-570-0564 or wwhite@lymphoma.org

THE MORE YOU KNOW
The North American Educational Forum on Lymphoma is the most comprehensive lymphoma-specific educational conference in North America! This 2-½ day annual program provides critical information on treatment options, patient support issues, clinical trials and the latest advances in lymphoma research to people with lymphoma and their loved ones. The 2020 Forum will be a live virtual program on October 23-25
Registration is Free at: Lymphoma.org/EdForum

DIAL-IN: WEBINARS FOR ALL
Update on Waldenström Macroglobulinemia Webinar
Wednesday, October 7, 2020 | 12:00 PM – 1:00 PM ET (9:00 AM PT)
Jorge Castillo, MD
Clinical Director,
Bing Center for Waldenström Macroglobulinemia
Physician
Associate Professor of Medicine, Harvard Medical School
Dana Farber Cancer Institute

Update on Oral Therapies in Lymphoma & Chronic Lymphocytic Leukemia (CLL) Webinar
Thursday, November 5, 2020 | 1:00 PM – 2:00 PM ET (10:00 AM PT)
Jonathan W. Friedberg, MD, MMSc
Hematologist and Oncologist
Director, Wilmont Cancer Center
Director, Hematological Malignancies Clinical Research Professor, Department of Medicine
University of Rochester Medical Center

lymphoma.org/learn/educationresources/webinars