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# Burger hopes to raise \$40,000

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way by thousands of cyclists who will ride shorter distances in major cities across Canada.

"There are many small factors to riding tandem that will make the ride twice as physically demanding as last year," said Burger.

One example is controlling the speed of the bike when riding downhill.

"Controlling speed is actually very difficult because we have twice the weight on the bike. We could be reaching speeds up to 100 km an hour (downhill)," he said.

Burger, 34, who teaches indoor cycling part-time at Good Life Fitness, has been training for this year's ride since a month after he completed last year's.

"My mileage is down from last year but the intensity is up," said Burger, who has been logging between four to 10 hours a day on his bike six days a week. He will be using his vacation days to do the work and paid a \$3,000 registration fee to take part.

Last year he raised \$48,000, and this year to date has raised \$27,000. He hopes to bring in \$40,000 for the charity, of which he says 100 per cent of every dollar raised goes towards the programs it funds.

For example, he said, funds raised through the rides goes to the cost of operating camps geared to children with cancer such as Camp Oochigeas.

He stressed the funds go not just to research, but also to improving the quality of life for children and their families living with and beyond cancer.

This year Burger's wife Erin will be coming along for a portion of the Ride as a volunteer RV driver from B.C. to Toronto.

To learn more about the Ride or to sponsor Burger go to [www.searsnationalkidscancerride.com](http://www.searsnationalkidscancerride.com), call him at 905-299-6002 or email [boardtopia@hotmail.com](mailto:boardtopia@hotmail.com). He will also be writing a blog along the route, which can be followed at [www.searsnationalkidscancerride.com](http://www.searsnationalkidscancerride.com). Donations can be made to the Ride through the end of the year.



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