

## 2019 Pan Mass Challenge (PMC)



Five years ago I made the decision to ride in my first Pan Mass Challenge. I never realized how that decision on that January day in 2015 would change my life. How a single individual with a bike coming together with thousands of other individuals with bikes could have such an impact on such a cause.

Throughout these past years I have shared my PMC story mentioning those I ride in memory of: Hope, Theo Jimmy, Billy, George, Jimmy and the many others whose names I carry with me each year in memory and in honor. And for those who have patiently listened to my PMC story throughout these past five years, I also hear your stories, the challenges you, a family member, a close friend have faced with cancer. And yet you look at me and thank me for riding as if I'm the hero. But as I listen and look at you, I only want to reach out and hug you and to thank you and to say I'm sorry you have had to face this ugly disease in your life, in my eyes you are the heroes.

In 2018 together, we raised \$56 million for Dana Farber. On August 3rd along with my cousin Chris and the rest of my PMC Family I will ride in my 5th PMC, the PMC's 40th anniversary. The kindness, support and generosity you have shown me are the foundation to my ride and to those at Dana Farber and the Jimmy Fund.

I realize there are endless charitable causes seeking our support, all of which are just as important as the PMC ride. I hope you will consider supporting my ride in the Pan Mass Challenge again in 2019.

Donate at [PMC.ORG](http://PMC.ORG) using my PMC ID: *LS0274*

Scan To Donate



*Once again to sweeten the deal, any donation of \$250 or more receives a tray of homemade baklava baked by my mom.*

***If you prefer to write a check, please make it out to the "PMC", and mail it to me directly at.***

**Lou Saledas  
5 Tinkham Ave  
Burlington, MA 01803**

*Your donation is fully tax deductible and 100% will go to Dana-Farber Cancer Institute.*

If your employer has a matching gift program, please ask your Human Resources department for a form, and follow the process for matches.