



## Gary Stein gears up to Ride the Rideau

Posted Jul 22, 2010 BY KATIE STEWART

EMC Events - To call Gary Stein active is an understatement. A long distance runner, he has participated in numerous marathons, including the Boston Marathon, which is the highest achievement for most runners.

However, this past year, he decided to switch gears and take up biking. He will be participating in the upcoming Ride the Rideau event on September 11.

"I think I actually first heard about the event in (the EMC)," he said.

The one-day event is a 100 km bike ride down the Rideau River from Ottawa to Merrickville, and raises money to support cancer research at the Ottawa Hospital Research Institute.

Mr. Stein said he immediately knew he wanted to participate and give back to the hospital that gave him top of the line care. In 2006, Mr. Stein had a 'run-in' with synovial sarcoma, a rare form of cancer.

"I was diagnosed in November and I received first rate and quick care," he said of the cancer that was fortunately caught early on. "This ride raises money for cancer research. It's crucial."

During his treatment, Mr. Stein said it was important to keep a regular routine by continuing to go to work and staying active by doing shorter runs and going on a family ski trip.

"When you first hear the news, you think 'What am I going to do?' But after a few weeks, I decided that it wasn't going to kill me. I had that attitude all the way through."

Today, Mr. Stein is healthy and cancer free, and just heard from his oncologist that he doesn't need to return for another check up for a year.

Spending every Sunday biking 65 km through the Gatineau hills with friends and family is something he said he looks forward to each week and is helping him train for the ride.

"I'm hoping the extra 35 km won't be too bad," he said laughing, adding that much of the biking he does is uphill.

In order to participate in the event, riders have to raise a minimum of \$1,500. Mr. Stein set a goal of raising \$2,000. Currently, he's reached \$4,000, currently making him the second highest fundraiser.

"I think there's a good chance I can get to \$5,000," he said. "It is really important to give back in any way that I can. This ride has a personal link for me."

Not only does the ride raise money for cancer research, but it also takes place along the Rideau River, which flows right past his beautiful Old Ottawa South home.

"It's such a great cause and it will certainly be a meaningful event to me."

To sponsor Gary, or for more information about the event, please visit [www.ridetherideau.ca](http://www.ridetherideau.ca).

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Gary Stein stands next to the beautiful Rideau River that runs along his Old Ottawa South street. Gary is participating in the Ride the Rideau on September 11 where he will raise money and bike for cancer research.

*Katie Stewart, Ottawa South EMC*