



CAROL BADENOCH

**GRAB THE HANDLEBARS
OF HEROISM**



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When Carol Badenoch was diagnosed with breast cancer in 2002, she was shocked – the retired physical education teacher and nutritionist had always been healthy.

“I was totally stunned when they said I had cancer,” remembered Badenoch, now 62. “There was no indication that anything was wrong.”

Badenoch said she learned a lot during her treatment, which included two surgeries and a course of radiation at The Ottawa Hospital Cancer Centre.

“I learned that I am defined as far more than a breast,” said Badenoch, who had a lumpectomy. “You can curl up in a corner, or you can keep living. I chose to keep living.”

When the avid cyclist and aerobics instructor learned about Ride the Rideau – a 100 km Ottawa to Merrickville cycling fundraiser in support of cancer research at The Ottawa Hospital – in 2010, she immediately signed up.

“I’m fortunate to be in a position where I have time and I’m healthy,” said Badenoch, who is riding for the second year. “I want people to know that even after a cancer diagnosis, life does move forward.”



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