



Triumph Cycling *Changes Lives*

The Triumph Cycling Team is just one of the complementary therapy programs that has changed the lives of our patients and our staff.

Rita Grodt and Katherine Boyd have been active members of the Triumph Cycling Team since it was initiated in spring 2007.

"I saw an ad in the newspaper and decided to go to an informational meeting," recalls Katherine, a cancer survivor. "I'd always been interested in cycling, and it seemed like a great opportunity."

Rita, also a cancer survivor, was similarly motivated to attend the

meeting, and the two have since become friends as well as cycling buddies. "Our Triumph Cycling coaches taught us the sport from the ground up," she observes.

Katherine agrees, "The instruction and support we've received from our coaches have been fantastic. I definitely would encourage others to participate in the program. It's been a life-changing experience."

John Hernandez, a supervisor in Memorial's Public Safety Department and longtime cyclist, has served as one of the Triumph Cycling coaches since the team's

inception.

After losing his brother and a friend to cancer, John explains, "I wanted to get involved and do something to help cancer survivors." Through his contacts with the Stanislaus Cycling Club, John has recruited two additional cycling coaches for the Triumph Cycling Team.

Pictured: Triumph Cycling Team participants Katherine Boyd (left) and Rita Grodt (right), and Triumph Cycling Coach and Memorial Medical Center Public Safety Supervisor, John Hernandez.