

TEXAS 4000

FIGHTING CANCER EVERY MILE

www.texas4000.org

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WHO We Are



Our mission is to cultivate student leaders and engage communities in the fight against cancer through the **World's Longest Charity Bike Ride.**

OUR PILLARS

HOPE

Letting those touched by cancer know that we are riding for them.

KNOWLEDGE

Bringing cancer prevention info to communities and leadership development training to riders.

CHARITY

Contributing to cancer research and cancer support services while developing the next generation of volunteers and philanthropists.

WHAT We Do

1- Texas 4000 for Cancer competitively selects students from the University of Texas for our 18-month program.

2- We empower the next generation of philanthropists who each raise thousands of dollars to fund cancer research institutions and cancer support service organizations.

SUMMER RIDE ROUTES

SIERRA ROUTE

ROCKIES ROUTE

OZARKS ROUTE

3- We train students on fitness, bike safety, nutrition, and teamwork. Riders log 2,000 miles before they even begin their 70-day, 4,000+ mile cross-continental journey.

4- We develop leaders who not only plan each aspect of their ride but support and sustain themselves on their journey, driving support and gear vehicles, manning rest stops, ensuring safety, and connecting with communities across the US and Canada.

MEDIA & RECOGNITIONS



2021 Special Award
World Bicycle Day of the United Nations
presented by
Founder Leszek Sibiski
to
Texas 4000 for Cancer
United States



View our GuideStar profile [HERE](#)

HOSTING OVERVIEW

WHAT To Expect

Every host is different, just as every community is different. We stay in school gyms, churches, community centers, individual host homes, and campsites during the ride.

No matter the accommodations, please expect to provide 20 grateful riders with a roof over our heads for 1-2 nights.

Please discuss with your travel contact which of the following you will be able to provide:

- Dinner on the day of arrival, *a note on dietary needs below*
- Breakfast the following morning
- Showers in your home, church, or local recreation center
- Laundry facilities, if not please refer the team to a nearby Laundromat
- A secure place where the team can store their bicycles overnight
- Parking for the team's two vehicles and support trailers
- WiFi accessibility

In exchange, the riders hope to share their experiences with cancer and travel stories with their host families. The relationship between rider and host is unique, and many riders remain in touch with hosts across the continent years later.



“The Texas 4000 riders have given our community so much more than we have provided to them. Through hosting Texas 4000, neighbors and casual acquaintances have developed into friendships as together we’ve shared the hosting experience and personal stories of how deeply cancer has impacted each of our lives. There is never a shortage of fun, laughter and intelligent conversations as hosting this highly accomplished group of riders is nothing short of AMAZING and we highly recommend it to others.”

— Jim & “B” Gorman, Team Hosts, South Lake Tahoe, CA



When I think about Texas 4000, I think about connection. I joined this organization in 2009 because I wanted to make an impact in the cancer space. During my time in the program, I could see the impact of our organization directly on the people I met. Throughout the ride we had countless people reach out to share their stories, from strangers at the gas station to our hosts. It's these connections that motivated us to keep riding when things got really hard. To this day I am still in touch with many of my hosts who generously opened their homes and communities during my ride. These relationships, the experience of the ride, and time with the Texas 4000 organization influence our students well beyond their ride year. I would not be who I am today without Texas 4000, and I know our 20 years of ride teams would not have made it to Alaska without our countless hosts.

— Kate Ruder, Past Board Chair & 2010 Rockies Alum



“Texas 4000 provided a space of care and ambition in myself and my team like no other. The stories I both shared and collected along the way are ones I will hold with me forever, as they pushed me both on and off the bike. Texas 4000 taught me many lessons, but most importantly how to love and be loved.”

— Ani Ward, 2023 Rockies Alum

THINGS TO CONSIDER

ACCOMODATING 20 Riders

The number of riders varies annually, but approximately 18-25 are on each route. Hosting before Day 60 of the ride, you will have the Rockies route with 20 riders. If you are hosting after Day 60, please consider creating a plan to accommodate all three routes (63 riders).

That's a LOT of people. Please consider sharing the hosting duties with neighbors. If you coordinate hosting multiple host homes, you can assign riders to homes or ask the travel contact to do so for you.

If you want to coordinate, the travel contact can give you any rider requirements (pet allergies, etc). If you would like us to coordinate, please provide us with your host's gender preferences, the number of riders they can accommodate, or any other concerns.

DETERMINING Arrival Time

One of the most important things we try to communicate with hosts is arrival time. Weather conditions, injuries, and unexpected terrain can all affect arrival time. It is our goal to remain in close touch with the host about our arrival time, but late arrivals are common. For this reason, we try to give time ranges and encourage you to reach out to your assigned travel contact for updates.

SHARING The Mission

Are there opportunities for Texas 4000 for Cancer riders to share their cancer awareness program with your community or social group? Our presentations can make a meaningful impact and raise awareness about the important cause of the need for cancer research support and cancer prevention information.

We also love to talk to the media! Please let us know if you have a connection to the local paper/radio/TV station. We are always interested in spreading our mission and would appreciate any connection you could make on our behalf.

RIDER Mail Drop

You may be asked if you would be willing to be a mail drop location for a route. If mail arrives for riders too late, forward it to our office. If it is a package, contact our staff who can make arrangements as needed.

A NOTE ON MEALS



RIDERS

Dietary Needs

As we bring together a diverse group of individuals in Texas 4000 for Cancer with varying backgrounds, we want to highlight the importance of accommodating our various dietary needs.

Many follow vegetarian or vegan diets or have specific food allergies and restrictions. To create a welcoming and inclusive environment for everyone, we kindly request that hosts graciously accept our riders, keeping in mind their dietary preferences, without making them feel uncomfortable or apologetic about their choices.

In line with this, we have implemented a "vegetarians/vegans eat first" policy to ensure ample options for our vegetarian and vegan participants. This approach helps us prioritize their dietary needs and ensures a positive dining experience.

Your understanding and support in accommodating these dietary considerations contribute significantly to our riders' overall well-being and enjoyment during their time with you. On the road without hosts, we eat a lot of peanut butter and spaghetti. It is always nice to have something different.

Riders appreciate salad and fresh fruit and vegetables at every meal!

MEAL

Suggestions

Cooking for a diverse group could be daunting, but it doesn't have to be! We've provided several links below where you can find great recipes for cooking group meals for those with dietary restrictions.

[Big Batch Meatless Meals](#)

[17 Vegetarian Recipes for a Crowd](#)

[21 Vegan Dishes](#)

[Halal Recipes](#)

[Gluten-Free Main Dishes](#)

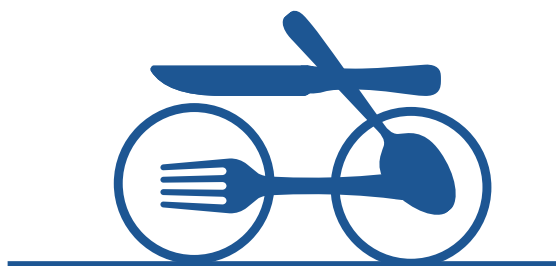
Your travel contact will let you know the unique diets of each rider you'll be hosting. If you have questions, reach out; they are happy to answer them.

The more communication, the better!

www.texas4000.org



FURTHER SUPPORT



FUEL THE RIDE

Consider getting your church, civic club, business, or neighborhood association involved in supporting *The World's Longest Annual Charity Bike Ride* and fuel their ride to fight cancer every mile.

Ideas include:

Gas Cards: Consider soliciting friends, community members, or local businesses to provide gas cards for riders to fuel their support vehicles during the journey. It is a tremendous help as gas is a major expense during the Summer Ride.

Laundry Services: If you are unable to provide laundry facilities on-site, please consider reaching out to local laundromats to request free or discounted laundry services for riders,

Fight Cancer Every Mile Club: Whether you bike, run, swim, or walk, we'd love for you to consider doing so while raising funds to support our mission. Please use the contact details below to reach out to our staff to learn more.

Support Kits: Consider asking a group you are associated with to create fun kits for our riders to take on their journey. Ideas include nutritious snacks, toothbrushes, travel toothpaste, sunscreen spray, and small motivational notes.

More Ideas: There are many other ways to support; consider contributing to our Sponsor-a-Day or Sponsor-a-Bike projects. Project information at <https://www.texas4000.org/donate/>

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Thanks from our 2025 Team

Through the generous support of sponsors, volunteers, riders, and community leaders, Texas 4000 for Cancer has impacted thousands of individuals by sharing our message of hope, knowledge, and charity over the past decade. We are proud to have raised more than \$5 million in the fight against cancer, but we know there is so much more work left for us to do to overcome cancer. We are energized about Texas 4000 for Cancer's future growth and impact and are thankful you are considering hosting our team!

To Alaska and Back!

For more information on hosting the team:

Call us [737-300-2318](tel:737-300-2318)

Email us at info@texas4000.org

Like us [Facebook.com/texas4000](https://www.facebook.com/texas4000)

Watch our videos at [youtube.com/Texas4K](https://www.youtube.com/Texas4K)

Follow us [instagram.com/texas4000](https://www.instagram.com/texas4000)

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