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Upcoming Ride and Walk Events to Defeat Lou Gehrig's Disease

By Cathy Tyson



Team Hot Dawg Riders from Wine Country Ride 2007, from left David Miller, Al Marino, Dylan Chaney, Matt Chaney, Nick Talken, Dan Talken, Chris Banard and Brett Banard Photo provided

Lamorindans looking for a workout and a worthy cause are invited to participate in two upcoming events - the Wine Country Ride to Defeat ALS on September 27, and the Bay Area Walk to Defeat ALS on October 19. Lafayette fundraising legend Matt Chaney along with pals and supporters in Team Hot Dawg will be bicycling in the Wine Country event. There are four routes available depending on the rider's energy level: 10 mile, 25 mile, Metric Century (62-mile) and 100-mile. Riders will be treated to snack rest stops, a gourmet lunch, a SAG wagon for those too pooped to pedal or flat tires, and acclaimed Pastry Chef Annie Baker hosing cooking demonstrations with chefs from Julia's Kitchen at Copia, Redd, Mustards and more. The three and a half mile Walk around Lake Merritt on October 19 is wheelchair and stroller accessible. There is even a shorter route available to those with mobility issues. Moraga resident Katy Ousterman anticipates approximately 30 friends will participate with her and "Team O" in her husband's memory. "I have to say the community has been wonderful, really fantastic and supportive." Commonly referred to as Lou Gehrig's disease, amyotrophic lateral sclerosis, or ALS is a progressive, fatal neuromuscular disease that slowly robs the body of its ability to walk, speak, swallow and breathe, according to the ALS Association. "Team Hot Dawg always has a good turnout. In 2007 we had the largest team - 63 riders and brought in donations totaling around \$45,000. The entire field of riders numbered 900 and raised \$330,000. Everyone is welcome to enjoy this day and ride as a Hot Dawg, an individual or on another team," said Team Captain Chaney. Chaney will be riding a three wheel recumbent CATRIKE that allows him to pedal without having to hold his head up or balance his arms due to loss of muscle mass in his upper extremities. "It's like riding a lounge chair but much, much faster," noted Chaney. "The short answer to why is to raise awareness and money to support ALSA's efforts with research and family services and to remind myself and other who care to notice that diversity and unexpected challenges in life don't need to be a reason to give up. I have always

been physically active and I'll be damned if something like ALS is going to rob me of future fun." Lamorindans are invited to join the fun or just support the cause with a donation. For more information on the Ride and the Walk and a peek at Matt Chaney go to www.alsabayarea.org. For more information on the disease go to www.whoislou.com.



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[back](#)

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