

# Franklin man promised friend he'd ride

*The Milford Daily News is profiling local residents who will ride in the Pan-Mass Challenge on the weekend of Aug. 4 and 5 to raise funds for the Jimmy Fund. Riders can choose among one-day and two-day routes of varying lengths. If you would like to be profiled, contact Elizabeth Banks at [ebanks@wickedlocal.com](mailto:ebanks@wickedlocal.com).*

**Name:** Jeffrey Roy

**Town:** Franklin

**Age:** 50

**Number of Pan Mass Challenges completed:** This year will be my 10th.

**Donation information:** My goal is to raise about \$6,000. Some years, I do better; some years, I do less. But that's pretty much been the average.

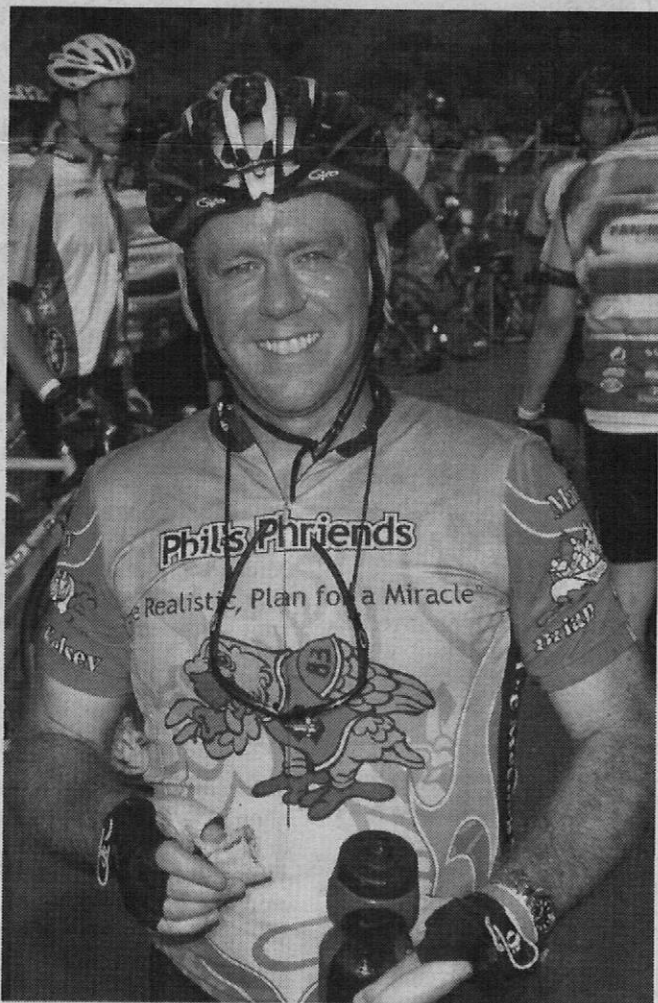
**What route are you biking?** Sturbridge to Provincetown.

**Why are you participating?** I first got involved when I lost a friend that I've known since we were kids. He succumbed to colon cancer, and I recall sitting with him talking about doing this ride. When you watch someone losing the battle to cancer, there is not much you can say or do. You stand

there helpless. Joining the PMC team was a way to channel my energy and my strength to find a cure for this disease. And I committed back then that I would keep riding until we find a cure.

**What inspires you?** Doing it year after year, I can't help but think about the faces that I see standing along the side of the road: children and adults. There is a bolt of energy that comes from looking at them and slapping their hands as you go by. It makes you do things that ordinarily you wouldn't think you could do.

**How do you train?** A lot of miles on my bike. This year, campaigning for state representative has really put a damper on my training. I do most of my riding very early in the morning. In a strange way, riding in this ride, I think, has really taught me a lot about the good that people can do when they work together and when they are committed to a single mission. Oddly enough, participating in this ride makes me a better person and a better representative.



**Jeffrey Roy**