

*Stanwood Camano News*

**Tour DaVita bike race to stop in Stanwood**

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Bicycling is good for you. Studies have found that people who maintain or add biking to their daily habits can enjoy better long-term health.

More than 700 cyclists will be stopping at the Stanwood Camano Fairgrounds for lunch Monday, Oct. 9, while on the Tour DaVita ride that starts at Sky River Park in Snoqualmie River Valley on Sunday, Oct. 8.

The 11th annual Tour DaVita is the largest Tour DaVita to date.

Organizers expect to raise more than \$1.2 million for Bridge of Life, a nonprofit funded by DaVita that works to improve access to dialysis and primary care in underserved communities around the world.

Those cycling include DaVita teammates, physicians and 17 dialysis patients.

Riders from all backgrounds are empowered to reach new heights, mentally and physically, while giving back to the health care community, especially the dialysis patients who have never done anything like this before.

They will receive on-site dialysis at the campgrounds each evening.

A dialysis patient named Carl is a great example of how kidney disease diagnosis will not stop him from living his life, organizers said in a press release. He has traveled to all seven continents and will be riding for the first time this year with three members of his care team – his dietitian, patient care technician and facility administrator.

Another patient who will be riding for the first time this year, Jeff, has lost nearly 200 pounds after his kidney disease.

The cyclists will lunch in Carnation and spend Sunday night at Skykomish River Centennial Park in Monroe, taking off Monday morning toward Stanwood and to Skagit River Park Playfields in Burlington for the night.

On the third and final day, Oct. 10, riders will cycle from Burlington to Samish Island, covering 58 miles.

“What makes this three-day ride so special is the support and encouragement that riders create – and the spirit of community.”

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