



Porter bikes his way to exercising better health

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Bill Porter wakes up before sunrise four days a week to ride at least 30-40 miles on his bike.

He's 73-years-old and, on days he's not cycling, endures four hours of dialysis a session.

On the road again

Bill Porter, 73, of Richmond splits his week between cycling at 5:30 a.m. and dialysis treatment for Chronic Kidney Disease. Porter completed Tour DaVita yesterday, a 200-plus mile tour through Iowa.

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