

AZ Insider: Spin Class Turns Emotional

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Kathy Shayna Shocket has the inside scoop on the people making a difference.



A glimpse inside one of the rides of this inspiring fundraiser. . .

It was just past 7:30 a.m. on a Sunday morning and a group of riders were getting ready for indoor spin class. However, on this morning the energy in the room had a much more united vibe. Because for this special two-hour ride they were pedaling to raise funds for TGEN and cancer research in Arizona. Some rode in memory of loved ones, friends and family. Others such as **Stacey Roswell**, have growing lists of family members affected by cancer in her life: her mother, her father, sister, niece, aunt and her grandparents.

Stacey herself who has battled breast cancer, knows the perils of chemo, losing her hair and becoming part of the crowd who know the “chemo chef,” (the person, who so skillfully mixed her life-saving potions.) But, on this day, cancer free, with her beautiful Brunette locks now grown back and her daughter **Kylie Roswell** by her side, she was pedaling to help find a cure.

This “Cycle for the Cure” benefit was held at four locations! Riders rode indoors at three of the Village Health Club’s locations as well as Studio 360. **Stacey** and **Kylie Roswell**, for example, (pictured above) were the top fundraisers at the Gainey Village location in Scottsdale, bringing in \$5,139. (Their energy was also fueled by the most recent diagnosis of Stacey’s niece and undergoing treatment, as well as the Roswell’s family dog **Hannah Roswell** undergoing treatment for oral melanoma.)



The dynamic duo Co-Chairs of the entire event **Robyn DeBell** and **Vicki Vaughn** (pictured with rider **Bennett Dorrance** above) inspired a committee of volunteers who helped generate about \$153,000 net for TGen (and I emphasize the word “net”).



Each rider donated a minimum of \$200 to reserve a bike and then collected pledges. Pictured above at Gainey, is **Kim Kotzin**, flanked by her husband **Lynton Kotzin**. **Kim** raised the second highest amount of \$2,100 pledges at the Gainey location. **Shirley Michaels** who rode at the Camelback Village location, raised the most overall pledges of \$12,372 for the event.

(TGen)Translational Genomics Research Institute is a non-profit organization based in Phoenix, dedicated to conducting groundbreaking research with life changing results. **By the way...** **Robyn DeBell** and **Vicki Vaughn** and their committee will do it all again next year on May 3, in case you want to pedal along!



Kathy Shayna Shocket is a freelance **writer** and **TV- field producer** based in Phoenix, AZ. She’s written for publications such as **TIME** Magazine, **PEOPLE** Magazine, **MONEY** Magazine, the **Hollywood Reporter** and the **New York Times**. You can reach her at redkarpetgirl@aol.com