

# Mary Beth Chester

*Cycle Coach*



Prior to starting with Team in Training in 2001, I coached girls' high school lacrosse for 10 years in the Pittsburgh area. I Completed my first century ride with TNT in 2001 and since then have completed 4 century rides with TNT. Along with century rides I have participated in several metric century rides throughout New York and Pennsylvania. After being a participant of TNT for the first 2 seasons, I became a mentor for the past year and a half, and just recently started as the assistant cycling coach. It is an experience you will never forget!!!

Thought about participating in TNT: When things are getting tough whether with your training or fundraising, remember the main reason why you have joined, to help those who are fighting the battle of Leukemia, Lymphoma or other blood cancers, then reach deep inside and find that extra strength to never quit.

There is always hope, just believe!