

Donald Splitstone

TNT Cycling Coach

I have officially been a cycling coach with the Western Pennsylvania / West Virginia Chapter for the past year. I have a Cycling Coaches Certification through the Team In Training program, and have trained to attain my USA Cycling Level 3 coaching license, and Spinning™ instructor's license. Aside from my coaching experience, I also hold a USA Cycling Category 4 racing license and am an avid marathoner and triathlete.

I first joined the TNT program as a participant. In the spring of 2001, while my mother was undergoing treatment for a rare form of leukemia (CMML), I completed my first two century bike rides. After those rides with TNT in May and June of 2001, I returned as a mentor for the team and continue to mentor, participate, and fundraise. The reason why I became involved, and remain involved with TNT, is for the support I am able to give towards helping the Leukemia & Lymphoma Society® (LLS) find a cure for leukemia and other blood-related diseases. I feel as though people who were involved with TNT and other fundraising programs are credited with funding the protocols that were followed for my mom's treatment and successful bone-marrow transplant, and I am indebted. I hope that the funds that I have helped to raise for the Leukemia & Lymphoma Society (LLS) are funding other success stories like my mom's.

If you have ever wanted to do something to better yourself while helping others, then Team In Training is for you. The program provides coaches and mentors to help you train

and fundraise, as well as patient heroes to honor while you are involved. With my experience in TNT, I understand what it takes to train and fundraise for an event. As a coach, I am available to every participant for guidance and support in successfully completing both. When you put your mind to it, anyone can successfully complete the cycling program and have fun doing it. Most of all, you have the chance to help so many people, young and old, win their battles against leukemia. Join the Team!