

PRESS RELEASE

Launching CanLive: CanLivers cycle from Bristol to Beijing

(Bristol, UK) We are delighted to announce the launch of a new cancer awareness and fundraising movement, CanLive. The campaign centres around a year-long cycle from Bristol to Beijing by young people living with cancer (CanLivers), inspiring them to live life to the full and maximise longevity, while raising money for cancer charities.

CanLive was founded by CanLiver Luke Grenfell-Shaw. Aged 24, Luke was diagnosed with an advanced sarcoma: a rare cancer which had spread from his shoulder blade to his lungs. Determined to take charge of his life and live it to the maximum, Luke has dedicated his time to a series of sporting challenges for both physical and mental wellbeing: for instance, an 80-minute half marathon halfway through chemotherapy.

Starting on 1st January 2020, Luke, living with advanced sarcoma, will set off from Bristol Haematology and Oncology Centre on a 23,000km cycle ride to Beijing. He will be joined on his tandem bicycle along the route by other young CanLivers.

The aim of the campaign is twofold: to inspire young CanLivers to proactively seek out opportunities to live richly and fully, while maximising their chances of longevity and happiness through exercise and diet; and secondly, to raise at least £23,000 - £1 for every kilometre cycled – for the charities CLIC Sargeant, Move Against Cancer (5K Your Way), Trekstock, and the Teenage Cancer Trust.

Luke's route will take him through 24 countries along the ancient and modern Silk Roads: through Europe to Istanbul, and onwards through Iran, Uzbekistan and Tajikistan. Luke, originally from Bristol, is a graduate of both Durham (studies included Russian and Arabic) and Oxford (MSc in Water Science, Policy and Management) universities, leading to his interest in the Silk Roads.

Luke Grenfell-Shaw, the movement's founder, said: "The ride is not just about inspiring people living with cancer: the ethos of making the most of the time you have applies to us all and none of us know when our tomorrows will end. This expedition would be seriously challenging even for someone living without cancer, however I want to show that despite a cancer diagnosis you can set your own horizons; that you need not be labelled and limited by it, rather it's your dreams that determine your achievements."

Gemma Hillier-Moses (MOVE CEO and Founder and Co-Founder of 5k Your Way, Move Against Cancer) said: "Luke is an incredible young man and the challenge he is about to take on is incredibly inspirational. We're thrilled and so honoured to be one of Luke's chosen charities. The money he raises will go directly back into supporting people affected by cancer just like Luke himself. We can't wait to see the challenge unfold and we wish him all the best!"

Emma Cullingford, Head of Fundraising at Trekstock, said: "We are thrilled that Luke has decided to support Trekstock. 34 young adults are diagnosed with cancer every day in the UK. As a small charity reliant on dedicated fundraisers, Luke's support and social campaign will help us to reach more young adults facing cancer than ever before."

Bridget Woodard, Teenage Cancer Trust Regional Fundraising Manager said: "We are so inspired by Luke. For Luke to come through cancer treatment and take on this extraordinary challenge to support other local young people going through treatment is wonderful. We're delighted that Teenage Cancer Trust will be one of the benefitting charities, as the money raised will help us continue to provide expert care and support for young people like Luke."

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Contact:

Luke will be graduating at the Sheldonian at 11am on Saturday 9th November and would be available for comment afterwards.

You can find videos, images and further information about the movement and the expedition at <https://bristol2beijing.org/>

For questions and media requests:

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Social media:

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Twitter: [@Bristol2B](https://twitter.com/Bristol2B)

Facebook: [bristol2beijing](https://www.facebook.com/bristol2beijing)

ABOUT BRISTOL2BEIJING

Bristol2Beijing is a global tandem cycling expedition intended to show what is possible with a cancer diagnosis. The expedition, which invites young CanLivers (people living with cancer) to join along the route, is supporting four UK-based charities throughout the journey ([CLIC Sargent](#), [Teenage Cancer Trust](#), [Trekstock](#), and [5k Your Way--Move Against Cancer](#)). By cycling across the world and including young CanLivers in the adventure, Bristol2Beijing is the central expression of the CanLive movement, founded by Luke Grenfell-Shaw in 2019 at age 25. CanLive is the belief that, even with the uncertainties that a cancer diagnosis brings, we *can live* with cancer, and do so richly and fully if we proactively create opportunities to make the most of today and improve our chances of living well tomorrow through diet and exercise.

For more information visit: bristol2beijing.org