

PRESS RELEASE

CanLive in Action: CanLivers Cycle from Bristol to Beijing

(Bristol, UK) Today, CanLive founder Luke Grenfell-Shaw sets out on a global tandem cycling expedition to show what is possible with a cancer diagnosis. The tandem bicycle provides an opportunity to share the experience with friends, family, and with other young CanLivers - people living with cancer. On the first day of the expedition, Elena, another CanLiver also in her twenties, joins Luke on the tandem as they and a group of supporters cycle away from Bristol Grammar School at noon.

CanLive was launched on 19 October 2019. This new cancer awareness and fundraising movement centres around a year-long cycle from Bristol to Beijing by young 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.

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 funds for cancer charities that have supported Luke and that align with his approach to managing his cancer, including CLIC Sargeant, Move Against Cancer (5K Your Way), Trekstock, and the Teenage Cancer Trust. The initial goal is to raise £23,000 – or £1 for every kilometre cycled – for these charities. The campaign has already raised 70% of this initial goal, with future targets soon to be released.

On 31 December 2019, Luke visited patients and staff at Bristol Haematology and Oncology Centre where he has received chemotherapy treatment. Living with advanced sarcoma, Luke has now set off from Bristol on a 23,000+ kilometre cycle ride to Beijing. The first leg of his journey includes a 6-week, 2,200km cycling tour of Great Britain, including stops to meet with CanLivers and speak with young people who may be inspired by his story and message.

Luke's route will take him through 20+ 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:

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

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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