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JUNE 2021

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Fitness Center Reservations

Beginning Monday, May 24th, current UB Students and Faculty/Staff will NOT need to make a reservation to access the Alumni Arena and Clark Hall Fitness Centers. **Please bring your UB ID card. Masks will still be required at all times.**

For current UB Students, Faculty & Staff, the Alumni Arena Fitness Center will be open starting May 24, 2021 from 7:00 AM – 11:30 AM and 12:00 PM - 4:30 PM, Monday – Friday. The Clark Hall Fitness Center will be open from 11:00 AM - 1:30 PM and 2:00 PM - 4:30 PM, Monday – Friday.

*UB Faculty/Staff must purchase a [Recreation Membership](#) to access the Fitness Center. Purchase a UB Faculty/Staff Membership.

Pain to Purpose



Sharon Sanford, Cancer Survivor

The Pain | On October 30, 2017 after a routine mammogram, I received a call that rocked my world. I was diagnosed with breast cancer that had spread to my lymph nodes. I was in total shock when I received the news. Words cannot express the feeling of helplessness that covers you when you hear those words. After my diagnosis I tapped into my source – God. I knew that I needed to exercise my faith to make it through this painful and challenging time. My faith was met with support from my family, friends and co-workers. The support and positive energy helped uplift me during my treatments and healing journey. I received cards, care packages, meals, visits and prayers that was the motivation that pushed me each day and laid the foundation for what I was to do next.

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In 2018, Professor Leszek Sibilski, a Polish social scientist working in the United Nations, led a grassroots campaign with his sociology class to promote a UN Resolution for World Bicycle Day.

It was declared that June 3rd would be World Bicycle Day! The idea behind World Bicycle Day is to recognize the versatility and uniqueness of the bicycle, as well as its reliability and sustainability as a mode of transportation. There are many fun places to visit in Buffalo with your bicycle. One of these places is the Lakeside Bike Park, located at Buffalo's Outer Harbor. The Lakeside Bike Park offers 3 mountain bike tracks for riders of all skill levels and ages, as well as a pump track, skills loop and tot track for little kids. You can bring your own bike or rent one, including tandem bikes. (*Independent Health members receive 20% off all rentals.*) The Lakeside Bike Park also features nature habitats, a food truck plaza, an events lawn and beautiful views of Lake Erie. If you continue down Fuhrmann Blvd, you can take the Queen City Bike Ferry from the Outer Harbor, to the Inner Harbor. The cost for the bike ferry is \$1.00 per person each way and that includes your bicycle. The ferry can hold up to 49 passengers and 25 bikes. A one-way trip takes 5-10 minutes.

You can also be your own tour guide with [Bike There, Buffalo!](#) Each tour includes cue sheets, curated landmarks, historical and interesting stories, photos, and hyperlinks with more information. Route distances vary and bikers can always improvise, but as an example the first route is 11.5 miles on fairly flat terrain. The self-guided tours are free but you can leave a donation on their site if you so feel inclined to do so. Participants can access routes by registering at buffalobiketours.com. Buffalo routes all start from and return to Buffalo Bike Tours' Canalside Kiosk (1 Naval Park Cove, Buffalo, NY 14202). Participants must bring their own bikes, however [rentals](#) are available through Buffalo Bike Tours. The project was created, in part, as a response to the COVID-19 crisis and to promote exercise, celebrate our great city, and instill social distancing. Using the [Ride With GPS](#) app, users can use their smartphones and follow along to programmed routes grouped around themes, conveying historical information about various Buffalo landmarks.



Outer Harbor, Lakeside Bike Park. Photo obtained from buffalowaterfront.com

Pain to Purpose (cont.)

<<< *healthy lifestyle practices*

The Purpose | On the one-year anniversary of my breast cancer diagnosis, I took back the pain that my breast cancer diagnosis caused and replaced it with my purpose. I went downtown and filled out the paperwork to start "Sadie Strong," a non-profit charitable breast cancer support organization that promotes the early detection of breast cancer and inspires healthy lifestyles for women in underserved communities in the Buffalo – Niagara Region.

One in eight women will be diagnosed with breast cancer in her lifetime. African American women succumb to the disease at greater rates. I want to encourage women, especially those who experience racial health disparities, to get annual mammograms, health screenings, do monthly self-breast checks and adopt healthy lifestyle practices through healthy eating and exercise to help reduce risks that can factor into breast cancer.

It is my mission to turn my pain into purpose. In the three years since our founding, Sadie Strong has been recognized at a 501(c)(3) charitable organization providing dynamic programs and services such as the Sadie Strong Community Health and Wellness Expo, Prayer Walk, Celebration of Healing and Zumba fitness classes. We also provide random acts of kindness and service including distributing Sadie Strong Love Boxes and meals to women going through breast cancer treatments. Our vision is "a world where women take control of their health." Each day we strive to inspire faith, hope and love to everyone we encounter.

For more information about Sadie Strong or to make a donation visit our website at www.sadiestrong.org.