

# **SURVIVOR RIDES TO RAISE AWARENESS AMONG MEN**

## **Biker's message: Get prostate cancer test**

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#### **Special Correspondent**

There's a cancer survivor in south Charlotte fighting to raise prostate cancer awareness through his love of biking.

He's not Lance Armstrong, and his noted mode of transportation (a motor bike) is different from that of the seven-time Tour de France winner, but his goal is similar: to encourage men to have their prostates checked regularly in hopes of catching the disease early.

This easy rider is Matthews resident Dan Newman, a relative newcomer to the area after he, wife Raina, 5-year-old son Danny and 2-year-old daughter Taeya moved from Oklahoma two years ago. He works in Lancaster County, S.C., as a parts distributor at a car dealership.

Newman, 48, learned he had the early stages of prostate cancer in July 2005 after going to the doctor for a physical. After the initial shock and fear subsided, and after the consequent prostate removal surgery in January 2006, Newman decided he wanted to make sure more men knew that, if detected early, prostate cancer can be beaten.

So Newman, who has raced dirt bikes since he was a 14-year-old growing up on a farm in Wisconsin, figured the best way for him to raise awareness would be through doing what he loves to do -- racing.

"I thought if I can at least affect my little part of the world, I would have done something," Newman said. "All of the guys out there, they're all in their 20s to 50s. They're perfect targets for prostate cancer. These are guys that won't go to the doctor unless they have a broken leg."

Newman started PCA Racing (PCA for prostate cancer awareness) in March 2006 to help inform them, and men everywhere, about the dangers of the disease and how it can affect their lives.

PCA Racing consists of three dirt-bike racers, including Newman, who compete in the South Eastern Enduro & Trail Riders Association. The bikers compete in four- to five-hour enduro races, riding 75 to 100 miles on wooded trails, all while sporting the PCA logo on their gear and bikes.

Newman constantly passed out fliers and spoke to as many people as he could about the disease at SETRA events this spring, and he was at a "Celebrating Our Men" health and wellness program near downtown Charlotte on Friday continuing his awareness efforts.

More than 25,000 men are expected to die from prostate cancer in the U.S. this year, according to the American Cancer Society Web site. More than 218,000 men are expected to be diagnosed with prostate cancer.

If caught early, the cancer is almost 100 percent curable and most men can live normal lives after treatment. But fear, and uncertainty about how it can change their lives, prevents many from seeking regular checkups, Newman said.

Newman said he was scared to death after receiving his diagnosis.

"I did not know what I was up against," he said. "You have the surgery, and you're concerned about incontinence, and you worry about whether you'll be able to have a normal sex life."

Such worries are normal, he said, and he wants others to know recovery from prostate cancer doesn't have to slow you down, whether you're zipping through secluded brush on a motorbike going between 50 and 60 mph or simply going to work.

That's why Newman said he was driven to get back out on his dirt bike a mere three months after his prostate removal.

"I wanted to get back to a normal lifestyle again," he said. "It was important to get out there and put that behind me and get back to where I left off."

### **Want to Know More?**

For information about PCA Racing, contact Dan Newman at 704-307-9933 or [pca.racing@hotmail.com](mailto:pca.racing@hotmail.com). For information about SETRA, see <http://www.setra.org/>.