

I hope this finds you all well,

As many of you know 2007 is a big year for me, and I decided to participate in the Aids Lifecycle, which will take place June 3-9 2007. Each cyclist will travel 545 miles starting in San Francisco and ending in Los Angeles and is required to raise a minimum of \$2500 to participate in the event. I'm writing letters from my training pedal to take you all with me through my preparation.

Because I'm a freak, which is no surprise, I'm leaving nothing up to chance, not my training, fundraising, luggage, tent mate, cycling gear, camera, etc. I really want to give this my all so I want to do more than just the minimum fundraising and I want to ride every mile. The goal is to get all my ducks in a row early so on June 3rd I'm ready to pedal to LA

So here is how it's going so far...

Fund raising:

This month my goals changed, I started with a plan to target 5 businesses, my "Fabulous Five"; which had to be modified this month when I got a sixth business, and then a seventh. So the bar gets a little higher, now I have the "Sensational Seven". I have \$3500 committed from my "Sensational Seven" & I plan on matching their funds!

Fundraising Deadlines:

Official Drop Dead Date - May 18th

Personal - April 30th

\$2975 to go... Please help.

Where the money goes...

San Francisco Aids Foundation reaches Over 1.5 million individuals through Community outreach, advocacy efforts, Treatment publications, & prevention Campaigns.

Sensational Seven	Robinson Wheel Works	\$500.00
	Hop Yard Ale House & Grill	\$500.00
	Belden Consulting Engineers	\$500.00
	Moore Machine Inc	\$500.00
	Brian LeBars - Home Loans	\$500.00
	Sheri Johnson - Wealth Strategies	\$500.00
	DeHaro Construction	\$500.00
Individual Contributions		\$525.00
Total:		\$4025.00
Goal		\$7,000.00

Special Events: March 24th Hop Yard Fundraising Event
11am to Closing

So if you can - "come one come all", have a beer and burger, the more you spend the better!
& bring the attached flyer, you will need to give it to your server!

What the Hop Yard will do - make a donation to the Aids Lifecycle event.
See the flyer attachment for more detail

Luggage:

We can have up to 70lbs, which seem like a lot. I really don't want to lug that much too and from the SAG truck each day, so over the next few months I will look for things that weight next to nothing... I've pulled out my pack, and the spare room has become packing central, a usual freaky travel thing I do... A pad of paper & pen are next to the pack so as I remember things to bring I write them down. Items I need but won't use before the event go straight in the pack.

Tent Mate:

During the ride we stay in tents at night but I will only be in a tent 5 of the 7 nights. Rob will be joining me on Thursday night saving from tent city life the last 2 nights of the event. Sharing a tent is the only option on the ride so I need to find a tent mate before the day they issue the tent. If I haven't found one by the event they will assign one. My plan is to do some of the Lifecycle training rides each month in hopes of finding a tent mate.

Camera:

I picked up a new light weight camera for the ride because my Nikon SLR equipment weighs a ton. So now the task is finding the most convenient way to carry it. I picked up a bento box to carry it; the box (5X3X1.5) fits on the horizontal tube just behind your handle bars so the camera would be easy to access. The box fits my cell phone the camera and some chap stick. Perfect, well almost. I tried the combination out on a ride and the box moves around too much. If I'm off of my saddle I hit it with my knees, so some modifications are necessary.

Training:

Mileage & Elevation – Year to date

Date	Distance	Climb
1-Jan-07	51	2923
6-Jan-07	62.5	3137
7-Jan-07	32.7	1086
13-Jan-07	45.5	1278
20-Jan-07	66	3900
21-Jan-07	35.13	1235
27-Jan-07	46.36	1437
28-Jan-07	49	1931
3-Feb-07	62	4289
4-Feb-07	40.29	1094
10-Feb-07	46	1317
11-Feb-07	40.9	1663
17-Feb-07	76.5	3802
18-Feb-07	40.6	1388
19-Feb-07	40.6	2016
2007 Total:	735.08	32496

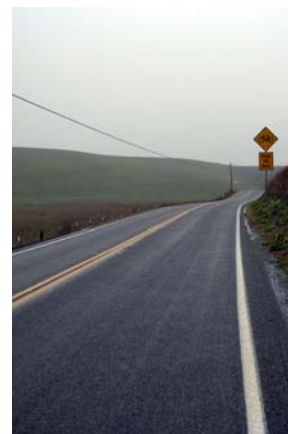
My Training Plan

My goal for January & February was to ride 90-100 miles each weekend, keeping the rides simple, and relatively flat. With the exception of one weekend I'm on track. In March I will start increasing my mileage, and I estimate that I will ride 2200+ miles training for this event. So I'm working for your hard earned money!

January proved to be challenging because of the cold & February was all about getting wet & wind. All but one weekend in January we pushed off with a temperature between 35 & 40 degrees. OK burr... Most days I couldn't feel my feet or my fingers for most of the ride. So each ride you learn, you adapt, you try new things... New glove liners and an extra pair of lycra booties got me through the cold. But even with the cold, wet, and windy rides, I managed to keep my mileage up and we did have some beautiful days

Giving the camera a workout:

Riding in Livermore Valley – Started wet, but it was warm



Ended the ride dry and even got a little sun...



Marcia & Linda my very faithful riding partners, they go many a mile with me without a complaint



Sunny days were often windy, but really beautiful...



Altmont Pass Windmills, not really the best ride when it's windy, hilly and windy

Calaveras Reservoir – if you ride tired at least it can be really pretty...

President's Weekend the goal was 150 miles over the three days. I pushed off Monday morning with mile 118... A beautiful day, lots of picture stops (looking for any excuse to stop), finishing the day with 157 miles for the weekend.

