I hope this finds you all well,

It's less that 5 weeks away from the ride and I'm getting excited. I'm more tired than I thought I would be, and happy that next weekend is the final week of my hard training, ending with the Grizzly Peak Century (109 miles). With 18 fundraising days to go my fundraising is going well, only $315 left to go!

Here are the latest fundraising totals…
Fundraising Deadlines:

Personal – April 30th
Official Drop Dead Date - May 18th

$315 to go… I'm soooooo close!
Be a part of the end to AIDS!

Fundraising		
Sensational Seven	Robinson Wheel Works	$500.00
	Hop Yard Ale House & Grill	$950.00
	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		$2,735.00
Total:		$6,685.00
Goal		$7,000.00
Still to go:		$315.00

How can you donate? It's so easy!

1. Go to my website (www.MeAndMy7.com) and select the "Help end AIDS, make a donation – AIDS Lifecycle" button (in the middle of the top banner between the happy faces.
2. Use the attached donation form and send in a check.
3. Give me the check or cash (& your address) & I will send in the donation

Where the money goes…

San Francisco AIDS Foundation reaches over 1.5 million individuals through community outreach, advocacy efforts, treatment, publications, & prevention campaigns.

Tent Mate:

Yippee…. I have found a tent mate! No more worries about that!! ☺

Camera:

I'm getting better with the new camera, and although I still do not love it, I am getting better shots and that's what counts!

I have to re-think the "using my fanny-pack" for the camera. It works great for the camera and is easy to access, but the fanny-pack doesn't work well on days with a cold morning start. I discovered this on "Day on the Ride" this past weekend… by the first rest stop I'd taken off my jacket and a long sleeve jersey but had no good place to put them. So, I think I'm going to switch between the fanny-pack and my camelbak depending on the weather. Even with water in it, the camelbak has a lot of room to store gear, so I'll definitely be using it on days with cool mornings.

Training:

My training is still on track - I rode 667 miles in April! I will still be riding a lot in May, but I will be doing it over more days to allow my muscles to recover.

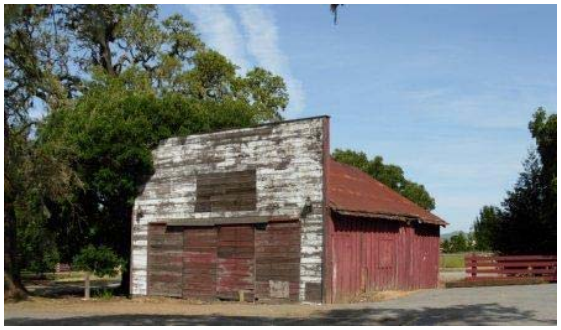
This past Saturday, I did 'Day on the Ride' with my newfound tent mate. This event is so that we can experience what life will be on the road. They provide cue sheets along with a clearly-marked route, and we had help from the road crew (Roadies) on the tricky intersections. The rest stops supplied us with water, Gatorade, healthy snacks and instruction from roadies. They told us where to enter and leave the stops, where to park our bikes, how to get our snacks and they even cheered us on… The Roadies are wonderful!

We started in San Francisco near the Golden Gate Bridge. We started by heading over the bridge, dropped down into Sausalito, and continued north through Mill Valley, Larkspur, and Fairfax to our first rest stop. We continued north through the Nicasio Valley to Point Reyes-Petaluma Rd, where we had lunch. We did a small loop after lunch to pick up a few more miles, and then headed back to San Francisco.

Rest Stop 1

New Friend Robert

Nicasio



Lunch Stop

Last Picture of the day

Coming up…

Grizzly Peak (Next Sunday)

> "The 109 mile route (8550 ft. climb) consists of two very hilly and scenic loops, one before lunch and one after. The 71 mile ride is the first loop only. Our famous Grizzly Peak Century lunch is hearty, homemade, and hot— gourmet cycling food."

Ride Totals								
Date	Distance	Climb	Date	Distance	Climb	Date	Distance	Climb
1-Jan-07	51	2923	3-Mar-07	65	6300	14-Apr-07	70.28	2788
6-Jan-07	62.5	3137	4-Mar-70	46	1430	15-Apr-07	51.3	1590
7-Jan-07	32.7	1086	10-Mar-07	64.45	2761	16-Apr-07	48.6	1519
13-Jan-07	45.5	1278	11-Mar-07	55.54	5079	21-Apr-07	84.2	5189
20-Jan-07	66	3900	17-Mar-07	42.08	1771	22-Apr-07	34.08	1070
21-Jan-07	35.13	1235	18-Mar-07	51.17	2156	28-Apr-07	75.92	4235
27-Jan-07	46.36	1437	24-Mar-07	54.05	1726	29-Apr-07	50.12	1968
28-Jan-07	49	1931	25-Mar-07	52	4736			
3-Feb-07	62	4289	29-Mar-07	25.34	4730			
4-Feb-07	40.29	1094	31-Mar-07	79	555			
10-Feb-07	46	1317	1-Apr-07	43	3205			
11-Feb-07	40.9	1663	4-Apr-07	25.69	548			
17-Feb-07	76.5	3802	6-Apr-07	25.69	548			
18-Feb-07	40.6	1388	7-Apr-07	74.03	3441			
19-Feb-07	40.6	2016	8-Apr-07	44.12	1478			
24-Feb-07	61	3426	13-Apr-07	40.83	1147			
2007 Total Climb:				95892				
2007 Total Mileage:				1584.07				

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