

I hope this finds you all well,

I did my last training ride Monday, and I've ridden 2501 miles training for this event (see favorite training pictures below). It is truly all about packing now. I'm looking at the pile of stuff I think I need, and it's not all going to fit in my backpack. The backpack is smaller than I thought, my sleeping bag is bigger than I remembered, and snack food for riding is heavy (and bulky). Humph... So much for thinking I had this all figured out...

This afternoon I set out to tackle the issues... I learned about compression bags (they're cool), so my sleeping bag is now the size of a basketball (and about half its previous size), I found a duffel bag that may work better than my travel backpack, and I got realistic about the amount of food I really need to bring. T-5 to day zero (orientation day).

Here are the latest fundraising totals...

### Be a part of the end to AIDS!

It's not too late! You still can donate and it's so easy!

1. Go to my website ([www.MeAndMy7.com](http://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 (takes about 10 business days to clear).
3. Give me (or Rob) the check OR cash (& your address) & I will send in the donation

Fundraising		
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		\$5,350.00
Total:		\$8,850.00

Where the money goes...

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

Weather on the road...

June 3 – Day 1 Opening Ceremonies: The Cow Palace to Santa Cruz

San Bruno: 53/73

Half Moon Bay: 51/63

San Gregorio: 50/65

Santa Cruz: 50/70

June 4 – Day 2: Santa Cruz to King City

Santa Cruz: 50/70

King City: 50/78

June 5 – Day 3: King City to Paso Robles

King City: Lows - 50/78

Paso Robles: 50/80

June 6 – Day 4: Paso Robles to Santa Maria

Paso Robles: 50/80

Santa Maria: 51/70

June 7 – Day: Santa Maria to Lompoc

Santa Maria: 51/70

Lompoc: 51/63

June 8 – Day 6: Lompoc to Ventura

Lompoc: 51/63

Ventura: 56/63

June 9 – Day 7: Ventura to Closing Ceremonies: Los Angeles VA Center

Ventura: 56/63

Los Angeles: 59/73

Some of my favorite pictures from my training rides...



Training Mileage Totals

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	5-May-07	36.18	1169
3-Feb-07	62	4289	29-Mar-07	25.34	4730	6-May-07	102.51	6700
4-Feb-07	40.29	1094	31-Mar-07	79	555	12-May-07	42.19	2353
10-Feb-07	46	1317	1-Apr-07	43	3205	13-May-07	71	7483
11-Feb-07	40.9	1663	4-Apr-07	25.69	548	19-May-07	55	2817
17-Feb-07	76.5	3802	6-Apr-07	25.69	548	20-May-07	45.5	1559
18-Feb-07	40.6	1388	7-Apr-07	74.03	3441	26-May-07	58.03	1783
19-Feb-07	40.6	2016	8-Apr-07	44.12	1478	27-May-07	56.2	1849
24-Feb-07	61	3426	13-Apr-07	40.83	1147	28-May-07	36.34	1013
2007 Total Climb:				122618				
2007 Total Mileage:				2501.52				