



Power of One

Media Kit

Prepared by:
Karen Rose Productions

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The Yellowstone Club Express (TYCE) Coast-To-Coast Guinness Record Attempt

Who: Jim Delzer

What: Kickbike Human-Powered Scooter

When: Start - July 2, 2005 (Coincides with the Tour de France.)

Where: San Diego, California to Jacksonville, Florida
(or vice versa depending on weather patterns.)

Why: To break the southern route record of 21 days 9 hours 57 minutes (2378 miles) set on November 22, 2001 by Dan Nielsen of Colorado.

Original Record: Jim Delzer established the original record through the northern states of 35 days 4 hours 44 minutes (3260 miles) on July 3, 2001.

The Target: To use this record attempt to encourage at least 5 million people to do something to help others.

The Scooter:

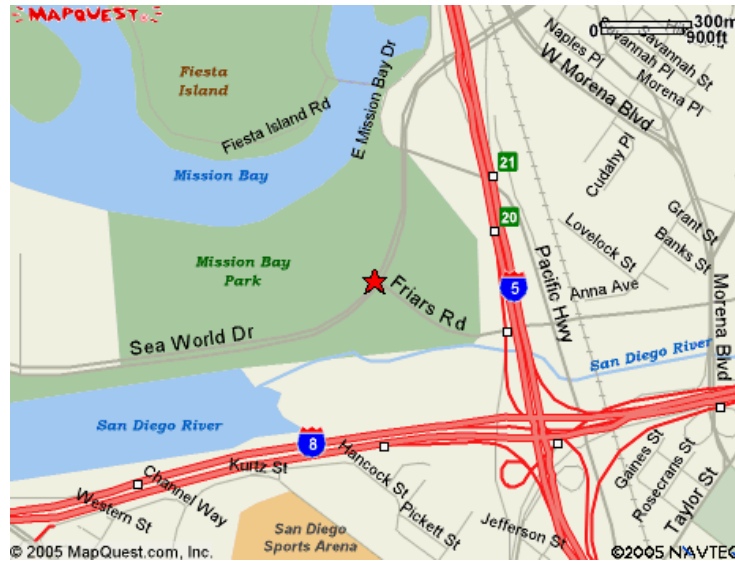


The Scooterboy:

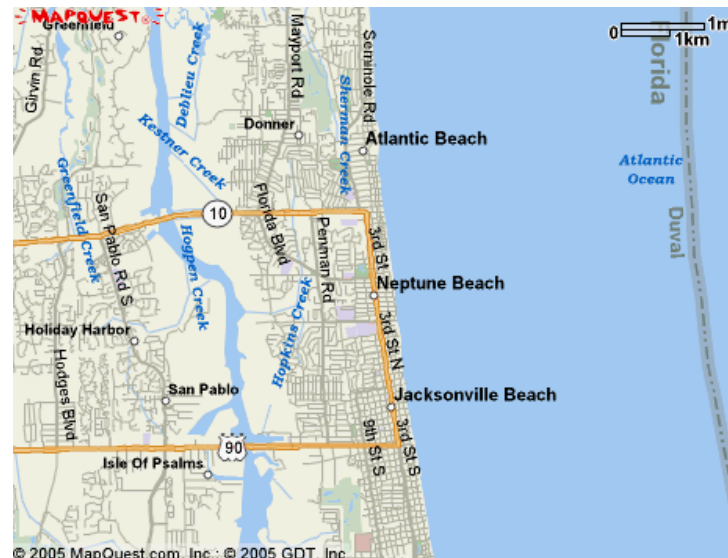


The Route

Specific stops and schedule will be released later. All interstate travel is subject to local laws. This may require use of some parallel secondary roads. Route subject to change.



START July 2 - Mission Bay - San Diego, CA — Day 1 plan Mission Bay to El Centro, CA
 I-8 Through Yuma, AZ until it connects with I-10
 I-10 Through Tucson, AZ
 I-10 To Las Cruces, NM
 Continue on I-10 From Las Cruces, NM through El Paso, TX
 I-10 to US 290 to Austin, TX
 From Austin, TX, State 71 to Columbus, TX and I-10 to Houston, TX
 I-10 to Beaumont, TX to Lake Charles, LA
 I-10 Straight across LA through Lafayette and Baton Rouge
 I-12 from Baton Rouge to I-10 & I-59 Intersection
 I-10 through Mississippi to Mobile, AL
 I-10 through Pensacola, FL
 I-10 through Tallahassee, FL to Neptune Beach – Jacksonville, FL **FINISH** - 2395 Miles



Jim Delzer Biography



Race Event Management
Race Director
Coach
Personal Trainer
Master's Degree - Kinesiology
Singer – Crystal Cathedral Choirs

Foothill Ranch, California resident Jim Delzer established the original Guinness Record for crossing the United States on a Kickbike push-scooter in the summer of 2001. As a personal coach and trainer to athletes in various racing sports, 48-year-old Jim practices what he preaches.

Jim grew up in one of the major hockey hotbeds in the United States: Minneapolis, Minnesota. Hockey has always been a part of his life whether playing, coaching or training players. He raced motocross for many years and now trains both pro and amateur racers, along with other sports athletes. Additionally, Jim manages the Jet Ski World Finals Championship event and the Jet Ski Pro Tour.

Jim received a Master's Degree in Kinesiology from the University of Minnesota with a focus in Sport Psychology. His Bachelor's Degree is in Music from St. Cloud State University in Minnesota.

He uses his music background singing in the choir at the Crystal Cathedral in Garden Grove, California which is the home of The Hour of Power seen on television every week for the past 35 years. Jim was recently elected Choir President of this auspicious group. He has sung the National Anthem in many of the pro sports stadiums throughout the United States.

Jim's sister-in-law died from liver cancer. The time from diagnosis to her death was only three months; she died on his birthday. As a member of the Lance Armstrong Foundation's (LAF) Peloton Project, Jim raises awareness and funds to help the LAF provide the physical, emotional and practical support for people battling the disease.

Music and sports have always been a big part of Jim's life. Being able to incorporate both interests, the way he is by making The Yellowstone Club Express a fundraiser for Crystal Cathedral Ministries and Lance Armstrong Foundation, helps to make his life a very positive and exciting experience.

AG2G – All Glory to God

James Delzer, Resume

PO Box 758, Lake Forest, California 92630

Phone: (949) 633-8999

E-mail: jimdelzer@aol.com

DIRECTOR LEVEL MANAGEMENT

Accomplished director with experience in strategic planning, budgeting, business development, sponsorship development, event production, media relations, contract negotiations, and governmental agency interaction; Race Director and Competition Manager.

Demonstrated ability to create and manage world-class race and recreational events; co-produce World Finals and Pro Tour events with IMG Action Sports Division; on-site coordination with Speed TV and Fox Sports production companies; coordinate development of new technological applications; development of rider ranking system; negotiate insurance package; develop risk management program; and manage network of regional promoters.

PROFESSIONAL EXPERIENCE

International Jet Sports Boating Association (IJSBA)

Costa Mesa, Calif., 2002 - Present

Director of Events and Promoters - IJSBA

Managed IJSBA World Finals Championship and Pro Tour. Performed the duties of Race Director in addition to hiring and managing the staff for these events. Secured requisite event permits. Negotiated company insurance package. Composed media press releases. Managed the development and implementation of racing rules, regulations and qualifying systems, as well as being the final decision on technical calls; Managed IJSBA regional racing program in the United States. Established, maintained and supported a network of event promoters. Planned and mediated promoter meetings.

Key Achievements:

- Developed and implemented the model and risk management program for lowering the minimum age of participation from age 16 to age 10.
- Created new national-level ranking system to encourage participation and provide an accurate racer comparison program.
- Supervised the Tech Department in development and integration of 4-stroke technology personal watercraft into the pre-existing 2-stroke only classes.
- Developed and integrated recreational event programs to increase participation and membership.
- Coordinated development of a new computer scoring system and on-line registration.
- Worked with the Executive Director in returning the World Finals to profitability.

Delzer Realty & Management

Big Sky, Mont., 1996 - 2001

Director of Operations

Supervised all property management operations.

Key Achievements:

- Developed an integrated information flow-through system for estimating, staffing, time-keeping, equipment requirements, job costing, payroll and invoicing.
- Increased the number of accounts and revenue by 300% in two-year period.

University of Minnesota

Minneapolis, Minn., 1990 - 1996

Instructor

Taught classes in the Department of Kinesiology.

Key Achievements:

- Developed curriculum and evaluation procedures for new classes.
- Seminar speaker on integration of sport psychology into athletic programs.

ADDITIONAL SKILLS AND EXPERIENCE

Delzer Performance

Foothill Ranch, Calif., 1990 - Present

Personal Coach and Trainer

Coach and train professional and amateur athletes in motocross, personal watercraft and snocross. Develop and implement physical and technical skills training programs, nutrition and sport psychology programs based on my education and personal racing experience.

Key Achievements:

- Trained Doug Henry in his return to championship form after a broken back injury.
- Trained Heath Voss in his quest to be a champion motocross/supercross racer.

EDUCATION

Master of Arts Degree, 1996

University of Minnesota, Minneapolis, Minn.

Bachelor of Arts Degree, 1986

St. Cloud State University, St. Cloud, Minn.

Open Letter — Please Pass It On

Scouterboy Jim Delzer will be attempting to reclaim the Guinness World Record for crossing the United States on a human-powered scooter. July 2nd is the start date coinciding with the start of the Tour de France where cancer survivor Lance Armstrong will be going for a record 7th victory.

God willing, in 20 days Jim will finish and reclaim the record. God willing, in 22 days Lance will finish and be victorious. You can find out more about the record attempt at <http://www.ag2g.com> and the Tour de France at <http://www.letour.com>.

The Power of One Guinness World Record attempt is one person (Jim) making one decision to take one action to encourage people to do something to help others. You can add to the Power of One effort by choosing to take one action. At the very least you can help by praying. If you would like to do more, you can donate to the organization of your choice; The Crystal Cathedral and The Lance Armstrong Foundation (LAF) Peloton Project. 100% of your contribution will go directly to the beneficiary. You may also help with the cost of the trip by making a sponsorship donation directly to Jim (see contact info below).

Lance Armstrong's story of cancer diagnosis, survival and victory has motivated many people, myself included. I lost a sister-in-law to cancer on my birthday and know people who have died, been diagnosed and are getting treatment, and others who are in remission. Cancer affects us all whether we have cancer or not.

Jim is a member of the Crystal Cathedral Choir in Garden Grove, California, celebrating its 50th Anniversary where Dr. Schuller offers his inspirational message around the world through the Hour of Power. It is the longest running television ministry in the world, with a 35-year history airing to over 20 million viewers in multiple languages every week.

The Crystal Cathedral/Hour of Power offers spiritual support and well-being. The Lance Armstrong Foundation offers physical support and information on living with cancer. The two organizations together create a package to help people cope and live with the challenges that come their way. We are all members of the human race and as such have a responsibility to each other. When we join together as partners for a cause, we can have an exponential impact.

The physical effort and mental focus I will expend is nothing compared to the physical effort and mental focus necessary to survive cancer. Hopefully, this small contribution will inspire others to help. Everyone can pray; and just about everyone can afford at least \$1. Please go to <http://www.ag2g.com> to register as a partner; and if you choose, to donate. Additionally, please pass this information on to others so they can help, too.

Dr. Schuller teaches that if you are going to dream, then dream big enough for God to fit in. My dream, my wish, my goal is for five million people worldwide to make a difference in someone's life. Please register at <http://www.ag2g.com> so we know we are meeting our goal. Your personal information will be kept private and not disclosed to any other party.

Whether a person believes in God or not, we still have a responsibility to others. This is an opportunity for all of us to help each other. I believe in God, see His hand at work every day, and know He will be with me on this trip. You too can follow along on this journey through the daily updates at <http://www.ag2g.com>.

Can you please help me in achieving this goal? Will you please help me in achieving this goal? Thank you for your time. May God grant you an unexpected blessing.

Sincerely,

Jim Delzer
PO Box 758, Lake Forest, CA 92630
(949) 633-8999
ccscooterboy@aol.com

Yellowstone Club

- Yellowstone Club, the world's only private ski and golf community, is located in Big Sky, Montana, on 13,400 acres of private land near the northwest corner of Yellowstone National Park
- The Club was established by Tim and Edra Blixseth in late 2000
- Yellowstone Club is limited to just 864 residential properties and membership is by invitation only. Club amenities are available solely to Yellowstone Club members and their guests

COMMUNITY

- There is a wide variety of options at Yellowstone Club when it comes to choosing the perfect home for you and your family. Those options include generous homesites with spectacular views, on-mountain chalets, lodges, private ranches, single-family custom residences, and condominium suites in the Warren Miller Lodge and on Sunrise Ridge (many of these options offer ski-in/ski-out access)
- Because families are part of the fabric that makes Yellowstone Club so special, children of all ages enjoy a wide variety of guided activities. Individual attention coupled with group fun offers children a comfortable, enjoyable learning experience and a terrific opportunity to immerse themselves in everything 'Montana'
- Dining opportunities include three classic lodges: Rainbow Lodge, Buffalo Bar & Grill, and Timberline Cafe. All feature a wonderful mountain-elegant atmosphere, with a broad range of menu items from ultra-gourmet to "Montana casual"-any of which can be paired with selections from world-class wine lists
- The rustic-yet refined Guest Cabins provide a memorable lodging experience for members and their guest alike. These twenty, custom designed and furnished log cabins are located midmountain, feature ski-in/ski-out access, and are an easy walk from the breakfast and dinner service, pool, and inviting spa facilities found at Rainbow Lodge
- A full-time, 24-hour professional security staff ensures privacy for all members
- At the base of Pioneer Mountain, construction is underway on the 110,000-square-foot Warren Miller Lodge. This grand structure will include condominium units, a spacious dining room, lounge, retail and office space, exercise room, and ballroom

SKIING

- Skiing at Yellowstone Club matches many of the world's top ski resorts, thanks to 40 powder-drenched trails dropping 2,700 vertical feet over more than 2,000 acres-all receiving an average annual snowfall of well over 300 inches
- Multiple high-speed bubble-equipped quad lifts and fixed-grip doubles and triples service both Pioneer (9872') and Andesite (8500') mountains
- The front side of Pioneer Mountain features an array of cruising corduroy groomed trails, knee-deep powder on moderate pitches and steep above-timberline chutes. The backside of the mountain boasts unparalleled gladed skiing and more powder
- Two lifts swiftly deliver members to 1,350 vertical feet of groomed skiing on Andesite Mountain as well, while providing convenient ski-in/ski-out access to many of the homesites
- Big Sky Ski Resort's 3,600 acres and Moonlight Basin Ski Area's 1,500 acres are interconnected with Yellowstone Club's two peaks, for over 7,000 total acres of skiing terrain available for members and their guests
- Yellowstone Club employs its own ski patrol, and ski guides and instructors are available upon request. Other guided or unguided winter activities include cross-country skiing, snowshoeing, and dog-sledding
- Guided snow cat skiing is available on Eglise Mountain

GOLF

- The 7,200 yard, 18 hole, par 72 championship golf course (anticipated opening: Summer 2004) was designed by former British Open and Senior Open champion Tom Weiskopf
- The course will be walkable and members will enjoy an inspiring clubhouse and fully-stocked pro shop
- The course's spectacular alpine setting features breathtaking vistas, with stunning yet extremely playable elevation changes, creating what is sure to be one of the most celebrated mountain golf courses in the world

FISHING

- Yellowstone Club has on-property access to miles of private fishing along the Southwest Fork of the West Fork of the Gallatin River. Or, members may choose to fish one of the many world-renown Blue-Ribbon trout

rivers within striking distance of the Club, including the Gallatin, Madison, or Yellowstone-either on their own or with private fishing guides made available upon request

OTHER ACTIVITIES

- In the summer, guided and unguided hiking, horseback riding, backcountry teepee camping, and mountain biking are just some of the outdoor recreational options available at Yellowstone Club
- Yellowstone National Park is just an hour or so away from the Club, and day trips to visit this incredible resource are a great option almost any time of the year

ACCESSIBILITY

- Bozeman's Gallatin Field is just a scenic 50-mile drive away, and is serviced by Delta, Northwest, United, and Horizon/Alaska. West Yellowstone's seasonal airport is about 50 miles south of Yellowstone Club
- The Yellowstone Jet center is the FBO of choice at Gallatin Field, with full-service facilities designed to accommodate private aircraft
- Yellowstone Club is a 3.5 hour drive from Jackson Hole, Wyoming

REAL ESTATE OPPORTUNITIES

Andesite Ridge Homesites

- View Homesites: 2.02 - 5.65 acres offered at \$800,000 - \$1.75m
- Ski-In/Ski-Out Homesites: 2.00 - 4.79 acres offered at \$1.25m - \$3.50m
- Ridge Homesites: 2.00 - 4.79 acres offered at \$1.75m - \$3.25m
- Miller Pointe Ski-In/Ski-Out Homesites: 0.80 - 1.37 acres offered at \$2.75m - \$3.50m

Warren Miller Lodge Condominiums

- 969 - 3,684 square-foot custom condominiums
- Please inquire as to prices of remaining units

Pioneer Mountain Chalets

- 4,800 - 5,900 square-foot chalets offered from \$3.99m

The Ranches at Yellowstone Club

- 160+ acre private ranches starting at \$8.00m

Custom Residences

- Custom Residences offered from \$2.85m

Coming Soon...

- Sunrise Ridge - 2,900-3,100 square foot condominiums (estimated availability in Summer 2005)
- Miller Pointe Rustics - 3,400-4,000 square-foot duplex, ski in/ski out condominiums (estimated availability in Fall 2005)

MEMBERSHIP

- Membership is by invitation only
- Club amenities are available exclusively to Yellowstone Club members, their families, and their guests
- Contact a Sales Associate for specific membership information

Developer reserves the rights to make changes without notice. The purchase of a home or homesite does not include membership in the Yellowstone Club, nor any right to use the private club facilities. Ownership of a home includes an obligation to pay assessments to a property owner's association. All square footage and acreage noted is approximate. Please ask sales associates for details.

YELLOWSTONE CLUB REALTY CONTACT

Coldwell Banker Delzer Real Estate

- P.O. Box 160549
- Big Sky, MT 59716-0549
- 800.816.7734
- 406.995.4825
- BigSkyRealty.com

The Yellowstone Club

- 406-995-4900
- www.theyellowstoneclub.com

KickBike America



Kickbikes offer the very best in human powered transportation, sport, recreation and competition. Use one daily to go to school, to the store or out for casual exercise. It's a great replacement for bikes and is much easier to handle on streets, sidewalks and bike paths. You can dismount a Kickbike very quickly and safely.....and riding it keeps you fit, as you utilize large groups of muscles. Kickbikes are easily affordable, with prices far below most bicycles. Racing and competing on Kickbikes is energy demanding, and one of the most satisfying physical activities you'll ever participate in.

KickbikeAmerica.com
1-888-KickBike

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10% discount during the month of July 2005 — Promotion Code: ag2g

The New York Times Article

The New York Times

Archive

THURSDAY STYLES

PHYSICAL CULTURE; The Power of One Foot Pushing

By CHRISTOPHER MCDUGALL (NYT) 438 words

Published: April 28, 2005

THE Kickbike is a strange-looking contraption that actually makes a lot of sense. A medical student in Helsinki invented Kickbikes in 1993 by modifying a scooter with a bike-size front wheel, a wide foot bed that makes it easy to switch legs in midcourse and hand brakes. In the last few years Kickbikes have become a favorite of some (ultra-) marathoners and other racers in the United States who appreciate how these grown-up scooters work their legs but leave them less sore than high-impact exercise.

After Roger Behrendt began marketing Kickbikes to personal trainers and physical therapists in the United States last year, Kickbikes also started appearing beneath the feet of recreational athletes. (They are on sale at www.KickBikeAmerica.com and selected bike stores.) There are four models ranging from the City Cruiser for the commuter to the Millennium Racer, which has hit a top speed of 60 m.p.h. downhill. Wearing a helmet is, of course, a good idea.

Dr. Dean Cosgrove, a 15-time Hawaiian Ironman finisher and an exercise physiologist, swears by his Kickbike because he can do outdoor miles with none of running's pounding or cycling's long hours in a set position. And at 45 he likes the way alternating his kicking leg increases his balance and spinal flexibility. "I've had my 75-year-old dad on it," he added, "but my two teenage daughters have a blast with it, too."

Jim Delzer, a physical therapist who has kicked across America, has his own theory: Kicking backward loosens his legs. "My knees actually feel better after a hard kick workout, like I've just done yoga." CHRISTOPHER MCDUGALL

Photos: Sport Classic, \$329 -- The original. Suitable for recreational riders and runners looking for an alternative, this scooter has handlebars that can be adjusted so they stand up or lie flat.; X Country, \$389 -- Designed for off-roading, it has knobby tires for better traction and brakes so responsive it only takes two fingers to stop quickly.; Millennium Racer, \$349 -- Built for speed, it weighs a pound less than the 19-pound Sport Classic and is used by serious athletes and road racers.; City Cruiser, \$289 -- With wide tires for handling curbs and potholes, this urban Kickbike is for novices and for zipping around on errands.

US News & World Report Article



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Diversions

Marc Silver

A Habit to Kick

Up ahead is a bevy of boys on bicycles. Me, I'm on my new kick bike--handlebars, hand brakes, and big wheel in front, but no pedals, no seat, an aluminum deck for standing, and a wee back wheel. One foot is on the deck. The other is kicking backwards. Did I mention there's a basket? And that I'm wearing a helmet for safety's sake? Feeling like a junior high nerd, I steel myself for hoots of derision.

Instead, I hear: "Cool scooter."

"Awesome."

"I want one."

I wanted one, too, the minute I read about kick bikes in the *New York Times* this spring. U.S. runners, the *Times* said, are turning to the Finnish invention, which gives a tough workout that supposedly leaves your legs as loose as a yoga class would. I bought the \$289 City Cruiser from kickbikeamerica.com, the U.S. distributor, an online operation with a few local dealers. (Off-road and racing models are \$349 to \$389.) Assembly: \$71.03 at a bike shop. Two caveats: You need a decent sense of balance (though your low center of gravity makes it easier than mastering a bike), and feet larger than size 12 might not fit on the 4-by-13 1/2-inch deck.

My first 8-mile ride was a kick-ass workout. It's not as intense as running, but standing and kicking take a lot more energy than sitting and pedaling do. Except for downhill stretches, I never gained enough momentum for an easy coast. Knee report: no complaints! Legs: positively springy from the backward kicks. They "engage your glutes" and could increase hamstring range of motion, notes Cedric Bryant, chief exercise physiologist for the American Council on Exercise.

I'm still developing a style. Californian Jim Delzer, who'll start a cross-country trek on July 2, suggests 20 kicks a leg, then switching to the other side. He cuts back to 10 or 15 on a steep incline. Kicking off with the balls of your feet (clad in sturdy, well-cushioned shoes) works well. But pound your feet too hard and they'll hurt. Ditto for your Achilles tendons if you do too much too soon. Devotees swap tips at an online group; E-mail John Varrill at kickbike4fun@yahoo.com to join.

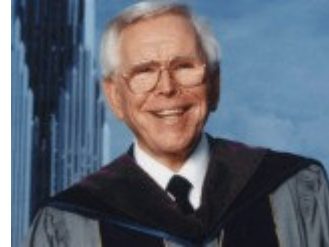
As for speed, Delzer has hit 60 mph on a mountain descent (though his average is 9 to 11 mph). What I've found is you have to accept that cyclists will pass you by. Plus, if you get tired of kicking uphill and take a break, then . . . you're standing still. But isn't that just how life is?

Crystal Cathedral Ministries



Welcome

Located in Garden Grove, California, the Crystal Cathedral is the home base for the international Crystal Cathedral Ministries, including a congregation of over 10,000 members and the internationally televised "Hour of Power." To find out more about this ministry of "people caring for people," we invite you to select an area of interest on the left.



At the Crystal Cathedral There is Something for Everyone—Especially You!

We invite you to join us for Sunday morning worship services. Services are held at 9:30 and 11:00 am and at 6:30 PM in the Crystal Cathedral. For additional information or dates and times of the Easter and Christmas services, please call the Crystal Cathedral at the following number: (714) 971-4000.

About the Crystal Cathedral

Rev. & Mrs. Robert H. Schuller arrived in Southern California with nothing but a dream in their hearts and \$500 in their pocket. Their dream: "To build a great church for God, a church that would change and save lives, a church dedicated to the creed, 'Find a need and fill it, find a hurt and heal it'."



Now, nearly a half century later, this dream has been realized... but it is just getting started! In addition to being the home base for broadcasting the church services around the world on "The Hour of Power," the Crystal Cathedral campus is a place where thousands of persons "network" daily to find strength of body, mind and soul. Support groups, Sunday School classes, week day and evening gatherings provide fellowship with other persons of a positive faith.



The Peloton Project



The Peloton Project

The Peloton Project is the Lance Armstrong Foundation's major grassroots fundraising and outreach project. Comprised of cyclists, cancer survivors and other volunteers who want to make a difference in the fight against cancer, members raise funds and awareness for the LAF in their local communities. In 2004, 7200 Peloton Project members collected more than \$5.6 million in donations from 38,000 individual donors and were represented in all 50 states and in 21 countries.

Raising Money, Raising Hope

Peloton Project members are encouraged to raise money in many different ways. The best and easiest way is to begin by soliciting family and friends for donations. Members can also raise money by organizing events (dinners, bike rides, etc.). Our most successful members utilize their professional skills, contacts and abilities when deciding how to go about their fundraising.

By joining the Peloton Project, you will meet and work with people who share your concern and support for cancer survivors and their loved ones. You will have the opportunity to participate in various events, such as the annual [Ride for the Roses Weekend](#) in Austin, Texas. Members also receive various incentive prizes based on the level of fundraising that they achieve. Incentive prizes range from ride participation, to cycling gear, to an all-expense-paid trip for the Ride for the Roses Weekend. In addition, top Peloton fundraisers are recognized with honors.

Tools to Support Your Efforts

Upon registration, you will have immediate online access to information, helpful fundraising tips, sample solicitation materials, and guidelines from the LAF. Our [fundraising tools](#) make it easy to connect with donors, keep track of who has donated on your behalf and mark your progress towards your fundraising goal. Tools include a personal page, an email center, a teleconference series, branding and event guides, a media kit, tax information and access to a [Peloton Mentor](#) in your area.

Jim Delzer's Previous Record

*JIM DELZER (pictured below) of BIG SKY, Montana has set a World Record by becoming the first person to cross the US on a Kickbike.
(see full day by day coverage below)*



35 days, 4 Hours, 44 Minutes

YELLOWSTONE CLUB EXPRESS

The Great American Kickbike Challenge Coast to Coast Human Powered Scooter Record Attempt Summer 2001

Daily Stats and Reports from Jim:

May 29 (Day 1) Long Beach, WA to around Camas, WA

COMPLETED 123.21 Miles at 11.8 MPH in 10 Hours, 27 Minutes

"Lots of climbing today, including one three mile hill that I thought would never end but I feel good - ready for more, ... I only have to do this 31 more times"

May 30 (Day 2) Camas, WA to Biggs, Oregon

COMPLETED 90.68 Miles at 11.0 MPH in 8 Hours, 14 Minutes

"Met a lot of very nice people along the way already, it's also great to have my mom along - hope she stays with me for the whole trip!"

May 31 (Day 3) Biggs, Oregon to Walla Walla, WA

COMPLETED 138.29 Miles at 9.6 MPH in 14 Hours, 11 Minutes

"Today was brutal, ... I battled 20 mph headwinds all day - and a long day at that with only one 2 mile section of downhill that I didn't even benefit from because of the headwinds, ... it was tough — I'll make it a MUCH shorter day tomorrow"

June 1 (Day 4) Walla Walla, WA Hwy 12 to Pomeroy, WA

COMPLETED 65.14 Miles at 11.0 MPH in 5 Hours, 53 Minutes

"The winds were so intense and "sideways" today that I nearly got blown off the Kickbike a couple of times, ... then to top it off the heat was hovering around 95 degrees, ... that it made my hands sweat so much that I took off my gloves, ... which ended up being a mistake because at one tired point in the ride I actually slipped off the bar ends, ended up on the ground and came away with some road rash. Just part of the battle scars I guess. Stopping at this point today was a matter of both regrouping and logistics. I would have had to go another 65 miles to find a town with accommodations and that was just a bit more than I wanted to go, though another 35 to get in a hundred would have been nice. Tomorrow I'll have a similar option for mileage and I'll see how I feel once I get out there. Tentatively want to get all the way to Kamiah, Idaho via Orofino."

June 2 (Day 5) Pomeroy, WA Hwy 12 to Lowell, Idaho

COMPLETED 129.41 Miles at 11.5 MPH in 12 Hours, 01 Minutes

"The weather was perfect today - quite a relief after a couple of rough days. No wind at all and the temperature stayed in the 60's. This allowed me go almost 30 miles longer than even my biggest goal for today. About the only challenges I encountered were sections of road with no shoulder and a ton of traffic. The three things I constantly keep in mind and may be my best advice for anyone else considering this are as follows; 1. Food, 2. Fluids, 3. "FROG" (Fully Rely On God)"

June 3 (Day 6) Lowell, Idaho to top of LoLo Pass, Montana / Idaho Border

COMPLETED 77.91 Miles at 8.1 MPH in 9 Hours, 32 Minutes

"Today nice weather would have been very welcome but no go - I had a 77+ mile climb in rain, sleet and snow from Lowell, Idaho to the top of LoLo Pass right on the Montana border. It was moist, biting cold all the way. Now I can really relate to Dan Nielsen's challenges during his Colorado crossing. I wanted nothing more than a warm room so I locked the Kickbike to a pole in back of the summit rest area and hopped in a car to Missoula, where I'm spending the night tonight. We'll drive back and resume the journey tomorrow from the top of the pass. Just praying for better weather! On a totally different subject I have to point out that my legs are growing bigger at an incredible pace. I can literally feel so much more strength and size in them each day. It's pretty amazing!"

June 4 (Day 7) Top of LoLo Pass to Missoula, Montana

COMPLETED 45.68 Miles at 12.4 MPH in 3 Hours, 40 Minutes

"I didn't have a whole lot of choice but to take it easy today. Twelve inches of (freshly plowed) snow and chilling temps gave me no great ambition to go any further than Missoula from the top of the pass so I cautiously navigated the 45 miles and decided this would be a good day to regroup and prepare what will be an approx 115 mile day to Butte tomorrow and another long day (Butte to Bozeman) Wednesday. Both days will include plenty of tough climbs"

June 5 (Day 8) Missoula, Montana to Butte, Montana

COMPLETED 125.87 Miles at 9.8 MPH in 13 Hours, 14 Minutes

"Another day of 10-15 mph headwinds, ... what's the deal with this? ... Isn't the wind supposed to blow west to east? It sure hasn't done that the past few days! It also rained on and off all day — it was 33 degrees when I left Missoula this morning, ... so all in all another challenging but satisfying day, ... I'll tell you what, ... if somebody else tries this they better not wimp out and go the easy way down south (grin)!"

June 6 (Day 9) Butte, Montana to Bozeman, Montana

COMPLETED 88.05 Miles at 11.3 MPH in 7 Hours, 44 Minutes

"What a beautiful day! The wind at my back for a change — It was a sweet ride — I really got into a nice rhythm and was able to FLY! I had a TV interview when I got into Bozeman and tomorrow I'll do one for a newspaper at the start of the ride."

June 7 (Day 10) Bozeman, Montana to Columbus, Montana

COMPLETED 105.14 Miles at 12.0 MPH in 8 Hours, 41 Minutes

"Another incredible day with the wind at my back for nearly 65 miles of the 105 I covered. I felt really strong with a solid kick, ... so I was able to fly over Bozeman Pass, ... which a few months ago seemed like a major challenge. It's really great to have these ideal conditions in between the more challenging weather days — it really makes it all worth it."

June 8 (Day 11) Columbus, Montana to Custer, Montana

COMPLETED 98.92 Miles at 9.2 MPH in 10 Hours, 39 Minutes

"Today was the longest distance I've covered with the trailer attached full time since I'm totally solo now. The worst part was 20 miles of chip rock followed by another 20 miles of grooved pavement — not a lot of fun but still very satisfying. Tonight the weather is bad — high winds, rain, lightning and I'm staying in some sort of a makeshift "doublewide" hotel — the only accommodations in town. I think there's a good chance that I could be going for a ride in that room tonight if these winds keep up. With over 1,000 miles completed I'm now 1/3 of the way through the journey, ... feeling strong and I'll start closing in on North Dakota tomorrow."

June 9 (Day 12) Custer, Montana to Miles City, Montana

COMPLETED 92.12 Miles at 8.6 MPH in 10 Hours, 38 Minutes

"After surviving a night in the Bates Motel I was anxious to get out of town. Not only was the motel scary, there was no food available in town so I went to the only bar in town and spent a considerable amount of time talking them into making me a sandwich, which ended up being the only thing I ate until noon today when I was several hours into the ride. The headwind curse is also back again. Many times today I faced gusts of 30 mph, which nearly stopped me dead in my tracks but I can't do much about it so I just keep kickin' along!"

June 10 (Day 13) Miles City, Montana to Wiebaux, Montana

COMPLETED 105.92 Miles at 10.6 MPH in 9 Hours, 59 Minutes

"I want to start by thanking everyone who prayed for calm winds because there wasn't a hint of a breeze today. I felt very, very strong all day even with the temperatures in the high 90's. I'm now just a few miles from the North Dakota border so I'll have a shorter day tomorrow with a goal of Dickinson and another 100+ mile day when I head for Bismarck on Tuesday."

June 11 (Day 14) Wiebaux, Montana to Dickinson, North Dakota

COMPLETED 71.79 Miles at 12.4 MPH in 5 Hours, 46 Minutes

"Another awesome day. For only the second time I have felt the power and beauty of a tailwind. It's such an uplift - just nice, smooth kicking, ... the way it was meant to be. It feels good to cover 70+ miles in less than 6 hours. Within the next couple of days I'll be at the half way mark so it'll all be downhill after that ;-)"

June 12 (Day 15) Dickinson, North Dakota to Bismarck, North Dakota

COMPLETED 99.9 Miles at 8.3 MPH in 12 Hours, 29 Minutes

"I have to tell you that today was a day I wanted to just stop. It was the most miserable day weather-wise that I have ever participated voluntarily in anything. Some of you in the western US can probably relate because it's suddenly snowing and raining throughout the region. The wind is still the worst factor though. If I had it on my back then all the moisture wouldn't be that big of a deal. You can see by my lousy average pace that it just wasn't a good day. The 20 MPH headwinds all but stopped me again. I struggled to maintain optimism and had those "why am I

doing this" thoughts running through my head all day long. I really had to dig deep but once again, at the end of the day it just feels great to have survived another day. I do have to say that if what they are forecasting comes through tomorrow that I will seriously consider making a very short day of it, ... but we'll see."

June 13 (Day 16) Bismarck, North Dakota to Bismarck, North Dakota

COMPLETED 1.0 Mile at 12.00 MPH in 5 Minutes

"I would have been a fool to even attempt going out there today so I decided to do a symbolic mile just to keep the consecutive day streak alive. I knew today would be all but impossible but I knew it could be really big trouble when I saw one of those giant flags in front of Perkin's restaurants standing straight out, ... FACING WEST. I'm really hoping that at least the wind decides to take a break tomorrow, ... but no matter what I'm going out there to at least attempt to stay on schedule."

June 14 (Day 17) Bismarck, North Dakota to Jamestown, North Dakota

COMPLETED 100.02 Miles at ? MPH in approx 11 Hours (details later)

"Glad to be back at it again. Luckily not much wind today but the rain was relentless. This rough concrete out here has been wearing down my tires pretty quickly. I've forgotten to mention that cows just love Kickbikes. They all stare at me as I cruise by, ... or am I just getting paranoid? ;-)"

June 15 (Day 18) Jamestown, North Dakota to Fargo, North Dakota

COMPLETED 97.07 Miles at 13.4 MPH in 7 Hours, 30 Minutes

"If there's such thing as a perfect day, ... today was it. The weather gods were with me today with a 20 MPH tailwind that allowed me to average 13.4 miles an hour. A few days like this would really be incredible."

June 16 (Day 19) Fargo, North Dakota to Staples, Minnesota

COMPLETED 114.76 Miles at 12.4 MPH in 9 Hours, 22 Minutes

"What a treat — a dream day to say the least. Zero wind and smooth, clean road shoulders made it a wonderful ride. It was clear as a bell and 55 degrees in the morning, followed by cloud cover and rain later in the day, ... but without wind the rain was really no problem, just nice and refreshing."

June 17 (Day 20) Staples, Minnesota to Elk River, Minnesota

COMPLETED 111.47 Miles at 11.3 MPH in 9 Hours, 48 Minutes

"Just a nice steady day, ... a little rain and shifting winds, but it was beautiful. Nice to be in familiar territory. Tomorrow I'll have to navigate some back roads again to get to Minomonie, Wisconsin."

June 18 (Day 21) Elk River, Minnesota to (west of) Minomonie, Wisconsin

COMPLETED 91.6 Miles at 10.1 MPH in 9 Hours, 01 Minute

"A totally mixed bag of good and bad weather today. I started out with an incredible 40 mph tailwind but that lasted only 10 miles, ... when the skies opened up and let me have it, ... big time! That combined with 50 mph bursts of wind coming from all sides had me doing a tightrope act for the rest of the day. My average is still below my desired 100 miles per day so I'm going to chip away a bit over that each day if the weather allows, ... hopefully getting in 110 tomorrow on route to Black River Falls via Highway 12, ... though the sky looks a bit ominous tonight!"

June 19 (Day 22) Minomonie, Wisconsin to Black River Falls, Wisconsin

COMPLETED 105 Miles at 11.8 MPH in 8 Hours, 53 Minutes

"A very enjoyable, smooth ride today, ... excellent weather and reasonable temperatures kept me

just rolling along at a very nice pace. I may shoot for Madison, Wisconsin tomorrow if everything clicks like it did today"

June 20 (Day 23) Black River Falls, Wisconsin to Lake Delton, Wisconsin

COMPLETED 87.77 Miles at 10.8 MPH in 8 Hours, 06 Minutes

"After recalculating my timing I decided to stop short of Madison. This will make it easier to stage myself for arrival in Chicago on Saturday, rather than late Friday — Chicago is not the place to be on the road on a Friday as people get into that weekend party and drinking mode. I'd rather sneak through early Saturday while they are sleeping in ;-). Today was another day of comfortable cruising. I figure I have almost exactly 1,000 miles to go to the finish but it looks like the goal of averaging 100 mile per day now seems to be slipping away. I'm not concerned about it at all — the bigger plan is still intact!

June 21 (Day 24) Lake Delton, Wisconsin to Janesville, Wisconsin

COMPLETED 88.73 Miles at 10.5 MPH in 8 Hours, 26 Minutes

"Maybe I shouldn't have said anything about Chicago traffic or drivers because it couldn't be any worse than what I experienced today. I think I gave up at least three lives in close calls with crazy drivers. I can't believe that after 23 days of uneventful, cooperative road sharing they were after me today. The small shoulder and narrow two way roads didn't help either, ... but it's unbelievable that they nearly took me out on so many different occasions in one day. Sure hope that stops soon. The stats were nearly right on with yesterday's, so at least I'm consistent, regardless of the attempts to prematurely end my journey ;-)!"

June 22 (Day 25) Janesville, Wisconsin to Elk Grove Village, Illinois

COMPLETED 89.2 Miles at 11.1 MPH in 8 Hours, 0 Minutes

"This lack of shoulders on the road is extremely dangerous — several more very close encounters of the car kind today, ... so I'm getting outa this area as quick as possible. Other than that the weather has been great and the kicking is still steady. Tomorrow I'm heading towards La Porte, Indiana"

June 23 (Day 26) Elk Grove Village, Illinois to La Porte, Indiana

COMPLETED 98.07 Miles at 10.8 MPH in 9 Hours, 04 Minutes

"I successfully navigated through Chicago. Only one slight mistake that added 4 blocks to the day. Once I got into Indiana it was back to three foot shoulders on the road — thank goodness. I want to give a special thanks to a special lady that pulled over in front of me in Indiana today and made a generous contribution towards my expenses — it was really a blessing to have this happen — it really made my day!"

June 24 (Day 27) La Porte, Indiana to Kendallville, Indiana

COMPLETED 90.03 Miles at 10 MPH in 9 Hours, 00 Minutes

"A fairly uneventful day — just easy cruising on nice new pavement. Tomorrow it's into Ohio full steam ahead via 6 through Edgerton. At this pace I should be reaching Long Beach, NY between July 2nd and 4th."

June 25 (Day 28) Kendallville, Indiana to Bowling Green, Ohio

COMPLETED 88.70 Miles at 10.1 MPH in 8 Hours, 50 Minutes

"Today was great. I was greeted at the border by fellow Kickbikers and Ohio residents Joe Jung and Doug Estep. It was so nice to have some company. They stayed with me for about 35 miles." From Joe: Doug and I met Jim and his mother (Ruby) at the Ohio border. Now we really know what it means to ride with one of the best. He is definitely an endurance machine. Jim and Ruby are very nice people and it



was a real pleasure to get to know them some with what time we spent together. The ride was fairly fast and the traffic was terrible but we hung in there for about 30-35 miles with Jim. We went to lunch and then saw him on his way east. There is no doubt that with the focus that Jim has he'll be in New York by July 4.

June 26 (Day 29) Bowling Green, Ohio to Brunswick, Ohio

COMPLETED 102.80 Miles at ? MPH in 11 Hours, 25 Minutes

"It was another crazy traffic day. I'd have to say that dealing with the mental aspects of fighting cars all day is much more fatiguing than anything physical. I'm also not sure what's going on all of a sudden with people's attitudes but perhaps people in and around Brunswick have an aversion to adults on scooters because after crossing nearly the whole country without a single negative comment I got cursed at three different times within the last 5 miles of coming into Brunswick. Tomorrow should be a shorter day as we head towards Youngstown, near the Pennsylvania border."

June 27 (Day 30) Brunswick, Ohio to Hermitage, Pennsylvania

COMPLETED 76.2 Miles at ? MPH in 8:00 Hours Flat

"A screamin' hot and humid day nearing 100 degrees and 90+% humidity. 40 miles of rolling hills. Sorry for the guesstimates on time and average. My cyclometer died a couple of days ago and I haven't had a chance to retrieve all the info off the GPS. I'll try to catch up with more accurate info ASAP and hopefully I'll find a shop open where I can pick up a new cyclometer. They're usually closed by the time I roll into town"

June 28 (Day 31) Hermitage, Pennsylvania to Brookville, Pennsylvania

COMPLETED 84 Miles at approx 8.4 MPH in 10:00 Hours

"Wow, I never knew this state was so hilly. Today I criss-crossed I-80 via 58, 318, back on 58 to 38, 208 then 322. Hot and humid again. My mileage as of today totals 2,881 miles in 31 days. Tomorrow I'm heading to State College, followed Saturday by Danville, ... then perhaps I'll roll into Long Beach, NJ, the final destination on Monday evening. I can feel it now!"

June 29 (Day 32) Hermitage, Pennsylvania to State College, Pennsylvania

COMPLETED 85 Miles at ? MPH in 9 Hours, 45 Minutes

"Even more hills today and what will probably average out to be the slowest average pace of the entire trip, ... but no complaints, ... especially considering that when I get to Danville tomorrow I'm only about 200 miles from the end of the journey ... and tomorrow will also feel great when I pass the 3,000 mile mark!"

June 30 (Day 33) State College, Pennsylvania to Bloomsburg, Pennsylvania

COMPLETED 87 Miles at ? MPH in 8 Hours, 30 Minutes

"A nice tailwind allowed me to surpass today's goal of Danville. I am in Bloomsburg and it feels really incredible to have passed the 3,000 mile mark. Tomorrow I'll shoot for (at least) Stroudsburg near the New Jersey border. I'm still contemplating the final day's route on to Long Beach on Long Island. I had my uncle call local bike clubs but they had no suggestions for surviving that final stretch, especially during rush hour."

July 1st (Day 34) Bloomsburg, Pennsylvania to Stroudsburg, Pennsylvania

COMPLETED 77.5 Miles at ? MPH in 8 Hours, 00 Minutes

"The rain and wind caught up with me again today so it was a bit of a struggle but nothing really bothers me that much at this point. After a little more research on the final route I've decided to split it up into two days because it looks like 120 miles total to Long Beach from here and that kind of distance combined with the stress of navigating NYC may be too much for one day and I'd probably be so fatigued that I couldn't enjoy the moment, ... so tomorrow I'll shoot for Ridgefield, New Jersey and rest up for that final push on Tuesday."

July 2nd (Day 35) Stroudsburg, Pennsylvania to Ridgefield Park, New Jersey

COMPLETED 84.7 Miles at ? MPH in 9 Hours, 00 Minutes

"It feels good to sit here in a hotel room just 30 miles from the goal. I am so ready to get there so I'll get an early start so I have plenty of time to enjoy the rest of the day once I get there. A special thanks today to Barbara from Randolph, NJ for helping me out with some much needed directions today. Okay, ... let's get this finished up!"

July 3rd (Day 36) Ridgefield Park, New Jersey to Long Beach, New York

COMPLETED 41.8 Miles at ? MPH in approx 5 Hours

Unofficial Total Time in Days, Hours and Minutes

35 days, 4 Hours, 44 Minutes

"IT'S OVER!!! It was actually quite enjoyable going through the big city. I just made it a fun challenge to get through there faster than any cars possibly could. I found the head of the beach patrol to certify my arrival, ... then I took a quick dip into the Atlantic. I did get some pictures but they'll be delayed for a couple of days because they weren't digital. I am so incredibly pleased that I've arrived. Now a few days of fun and relaxation in NYC, ... then it's back home. Thanks so much to each and every one of you that has kept up with all these updates. I promise to catch up with all the emails once I get back!"