



July 18, 2003 – Ride Update

As you know we have been training for Tour de Cure, which benefits the American Diabetes Association, since early April. We are riding for Martha a friend who has Diabetes and in Honor of Kim's Mother, Helen who had Diabetes.



Our Team
Jim, Denise, Heidi and Kim

We all reached Our Individual Goal to raise \$500 and we are working towards our Team Goal of raising \$4,000, to date we have raised \$3000.

The Tour de Cure was 150 mile, two day bike ride that took us through some quaint small towns of Massachusetts, New Hampshire and Maine, with an overnight stay at the University of New Hampshire.

During our training we have ridden over 2600 miles collectively. Kim has ridden in 2 - 60 mile rides. Heidi started 2 - 60 miles

rides but had to drop out of our group 60 ride when she got a flat 10 miles into the ride. This was her fourth flat of the year, so she had our support team (Denise's Parts and Pick-up Service) pick her up and take her to a local bike shop to get it fixed and was going to try to meet us along the route.



We made it and finally found Heidi
(She was waiting at the finish)

Our training involved riding at least 4 to 5 times a week. Many days we are up at 4:30am, out of the house by 5:00am and on the road by 5:30am. We would do either a 15 mile or 20 mile ride. Head for home, shower and get to work for 8:00am.

When we first started to ride back in April it would take us over an hour to ride to work, a ride of only 10 miles. Now we can complete a ride of 15 mile in just under an hour.

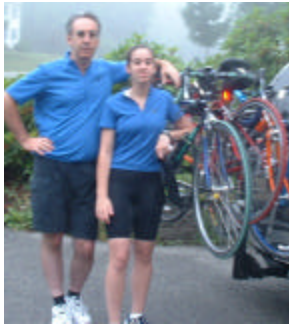
Our plan was to ride as a group and hopefully finish the first day's ride of 90 miles in less than 9 hours.

On Sunday July 13th we completed our 2-day 150 mile bike ride last.

The week-end started Friday night with rider check and a pasta dinner at the Woburn Mall. We meet a few other riders and some of the volunteers that would be helping out during the weekend. Scotti was one that really stuck out as she was giving us tips for

the rest stops. We better make sure you check in or suffer the wrath of Scotti.

Saturday started early, Denise, Donna and I packed up the bike and left about 6:30am to pick up Kim and Heidi. When we got there they were ready and rearing to go.



Jim and Denise



Kim and Heidi

We arrived at the Woburn Mall about 7:30 and started to get ready for the ride. Luggage went to the gear truck and rider number went on the bikes and our backs. Denise and Heidi added a little helper to their bike to help them get through the ride. It worked because they both finished in front of me on both days. Both Kim and Heidi got in a quick lap around the parking lot to warm up.



Then it was time for a team picture with our cheering squad (Martha and Ellen).



After a few words from the support staff we were lead out of the Mall Parking lot by a Police escort. We turned left out of the

parking lot and headed up the hill to Washington Street. We had to wait for most of the pack to go by us before we started. I was amazed the waves of bikes going up the hill. Traffic was stopped in both directions so all you could see was bikes stretching all the way up the hill.

The first 25 five miles went by pretty quickly. We had a quick stop, at about the 16-mile mark where Barbara, a friend of ours from work, topped of our water bottles and sent us back off quickly.

After we checked in at the 25-mile rest stop we headed to the coast and up into Gloucester. The route took up Route 133 with a few side loops out to the coast and back up to 133 to give us a chance to take in the views of the ocean. As we left Gloucester we were back on Route 133 again and went right by Bruce's house. Bruce was out doing yard work and came out to talk to us as we took a quick break and some photos.



After leaving Bruce's house we continued up Route 133 past Woodman's to the 50-mile rest stop.

We decided to skip lunch here and look for something in Newburyport. So, after filling up with bananas, snacks and topping off our water supplies we got back on the road.

From here we headed out toward Newburyport and Plum Island. This section of the trip was the flattest, which was a nice change. On the road into Newburyport we ran into Mim and Rose who had a big sign out for us.



From here we rode into Newburyport with its narrow crowded streets. There was some kind of festival going on with street vendors, but we could not find anything quick and light to eat, so we headed of the next rest stop.

Along this section of the route we hit the rolling hills and we ended up in two groups, Denise and I were in the lead and Kim and Heidi were behind us. The 75-mile rest stop was a welcome site, but Denise and I were surprised to find Kim and Heidi already at the rest stop. Some how Denise and I along with a couple of other riders missed a turn and ended up coming to the rest stop from the exit.

This was Scotti's rest stop so we all made sure we checked-in and then got some needed snacks and cold drinks. Denise gave us the "when are going to start the bike ride face."

We spent a few extra minutes at this rest stop psyching up for the remaining 15-miles left to go.



We convinced ourselves the rest of the ride was like the early morning training rides we would do from Kim's house which we should be finished in about an hour.

The next 15-miles went by quickly and before we knew it we were at the University of New Hampshire. We were greeted here by Don, another volunteer, he was barking out "What's your Rider Number." I answered back 112 and checked the time on my bike computer. We had made it in 8 hours and 30 minutes from start to finish was an average of 11.5-miles per hour. The total time riding our bikes was 6-1/2 hours with an average of 14 mph.

From here we checked in, got our room assignments and headed for the showers. After long hot showers we went down to eat at the cook-out that was planned for the riders. We ate like pigs. After eating we went into the rec room to relax and discuss the event of the day. Denise and Heidi had a craving for ice-cream, but we would have to ride or walk about a mile into town. Some how the conversation turned to chocolate cake and stopping at Bickfords on the way home from Woburn.

It was about 9:00 pm and we all headed for bed, knowing we had another 60 miles to do the next day and that 6:00am comes around very fast.

Before we knew it, the sun was coming in through the windows and it was Sunday morning.

We meet in the lobby to walk across the campus to the dining hall. Again we ate like pigs; after we were done eating we realized that we would have to carry the extra weight most of the morning. The talk around that table was about how the first and last 10-miles would be that hardest. The first 10 is

getting back on the bike and getting comfortable and the muscles moving again.

We were right the first part of day 2 was rolling hills, with each climb seeming harder than the last, but the view for the top was worth the effort to get there.

Once we crossed the Maine Turnpike, we headed for York and the coast. Our first stop was at the Nibble Lighthouse.



From here we followed the coast to Kennebunk and by the Bush Estate.

This part of the trip was very scenic and it was nice to be able to take it at a slow pace than driving by in your car at 30 mph.



We stopped for lunch at the 50-mile rest stop; again food was a top priority for us. We stayed here about an hour taking our time as we knew that we only had 10 miles to go, that's a ride to Lexington and back on the rail trail.



As we cross the finish line we were greeted by Don and Kim barking out "what's your number"

All in all it was a great time, and the Oreos at the end made the ride worth it.

Donna picked us up in Woburn and we all headed for Bickford's and chocolate cake.

Team Thank-you's

I want to thank everybody for contributing to our goal. The first day was long, but worth the ride. Having our supports cheering us on from the beginning to the end helped me to finish the ride. Now, I know how to improve my training plan so that I can complete next year's journey. I was amazed by how many riders had diabetes and still rode the 150 miles.

Thanks again,
Kim

I want to thank everyone for their support on what was a challenging yet rewarding event. I am looking forward to more training in the next year to "ease the pain" for next year's 150.

Yours, Heidi

Thanks everyone for supporting us on the ride. Thanks dad for getting me involved in this. It was fun and rewarding trip... can't wait to do it next year.

Thanks
Denise

I would also like to thank everybody for their support, encouragements and contributions. We raised \$3000.00 as a team to support the fight against Diabetes.

I hope you enjoyed this update and that you will remember us next year when we ride again. Also, if you would like to ride next year as part of our team, please contact one of us.

For more pictures of the ride check out our website "marthasriders.home.comcast.net"

Thanks,
Jim