

## Summer 2007 Newsletter

### From the Founder

What a summer!!! I decided to condense the entire summer into this one update. The summer started off with a bang, with the Denver2Denver 24hour team, which competed at the 24 hours of E-Rock. The 24 hour mountain bike race took place the first week of June and consisted of myself, Lee, Josh and Roger. The team had a good showing with a second place result just behind the Title Sponsor Team, Team GoFast. This was the start of my racing season and what a way to kick it off. A big thank you to our support crew which kept us awake and well fed! I competed in the Winterpark series this summer in Winterpark, Colorado. Being my first season, I began racing in the beginner category. After a 3rd and two 1st place finishes, I decided to move up to the Sport, which is the next category. I had pretty good success and placed 13th and 14th.

This summer, I am happy to report, that my brother got married, which gave me the opportunity to drive next summers route in order to attend his reception in Pennsylvania. My good friend, Terri, decided to fly out and drive the route with me in July, if I took her to Mecca, or the Coors brewery. I made sure to honor her request and in the later part of July we left Denver bound for Denver. Terri proved to be a worthy co-pilot as she documented details of the route, gas station locations, shoulder widths, etc. She even helped me in Bellvue, Ohio get out of a speeding ticket!!! The trip took three full days of driving and we didn't get to finish the rest of the route in Pennsylvania. My father and grandfather gladly volunteered to take care of the logistics for the remaining portion of the route.

I was able to dissect the details of the route using a software program from the National Geographic Society. The software allowed me to trace the

route and add details for the entire route, or day by day. Rob and I began developing a plan for the ride and determining how many miles I will need to complete in a day, to both finish the route and be strong throughout the duration of the journey. I am currently working on determining my daily mileage and the rest stops in each town. Each day will be posted on the website in addition to the elevation profile for each day.

### Training-Chet Andes

This summer the ATP Center underwent some changes that affected my contract. They have dismantled the endurance sector of their business. Rob Lockey, who is still my coach, has continued to honor my contract and has begun his own company, Optimized Endurance. The highlight of Optimized Endurance is the mobile unit that the company operates from. This allows Rob to travel to clients' homes or place of work for testing; it also gives the company a presence at races and events. I look forward to continuing my work with Rob and his new company.

### Donations

We are currently seeking the donation of gas cards to help offset the cost of fuel for our support vehicles. If you would like to donate a gas card, please send them to the D2D inc. office. All funds remaining at the conclusion of the project will be donated to the Denver2Denver grassroots fund. Visit [www.denver2denver.org/donate.html](http://www.denver2denver.org/donate.html) to learn more about how you can donate.