

# Potatoes Mileage Totals

**POTATOES – Pedaling Our Trainers and Tracing Our Efforts South** or, how to get through the winter in halfway decent shape after riding the “Giro d’Cantina 2010”.

This no-club (i.e., no mileage accumulation – sorry) event is a ride from Ann Arbor to New Orleans via stationary bikes, a trip of roughly 1,000 miles (1600km). The clock starts on January 1 and will stop at midnight on March 31. The route follows I-75 and I-59, passing through various and sundry burgs such as Toledo, Cincinnati, Lexington, Knoxville, Chattanooga, Berminham, Tuscaloosa, Meridian and Hattiesburg.

This year there will be two prizes (gift cards from Zingerman’s Deli), one designed to encourage participation and one to reward more riding time: (Prize 1) The winner will be drawn from a hat with the names of all entrants who log more than 200 miles (322 km)—that’s approximately riding to Dexter and back 10 times in three months; (Prize 2) Each person’s chance of winning will be proportional to the total distance he/she rides over the 3 months—thus no matter how far you ride, riding more will increase your chance of winning.

To compete in this event, you will need a bike computer that connects to your back wheel (or one built into your spinner that is reasonably accurate). Visit <http://www.aabts.org> under “ride calendars and events” for the POTATOES PDF file. Please use the calendar provided there to record your mileage, to be either mailed to Mario Riolo (the race referee this year, so he is recusing himself). We hope to be hearing from you by receiving your documentation this coming Spring. Good Luck, and as Eddy Merckx so concisely put it when asked about the training regime that led to his legendary success: “Rides lots” (sic).

The ride calendar is on the following pages – a page for weekly, monthly and a grand total, followed by daily calendars for January, February and March.

**Note well: The deadline for turning in mileage is 1 May 2010.**

Send scanned pdf or hardcopy to:

Mario Riolo  
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Ann Arbor MI 48103  
Mario (dot) Riolo (at) gmail (dot) com

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## Potatoes Mileage Totals - 2010

January	February	March	
1/1—1/7/10	2/1—2/7/10	3/1—3/7/10	
1/8—1/14/10	2/8—2/14/10	3/8—3/14/10	
1/15—1/21/10	2/15—2/21/10	3/15—3/21/10	
1/22—1/31/10	2/22—2/28/10	3/22—3/31/10	
January Total	February Total	March Total	Grand Total

# JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

# MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			