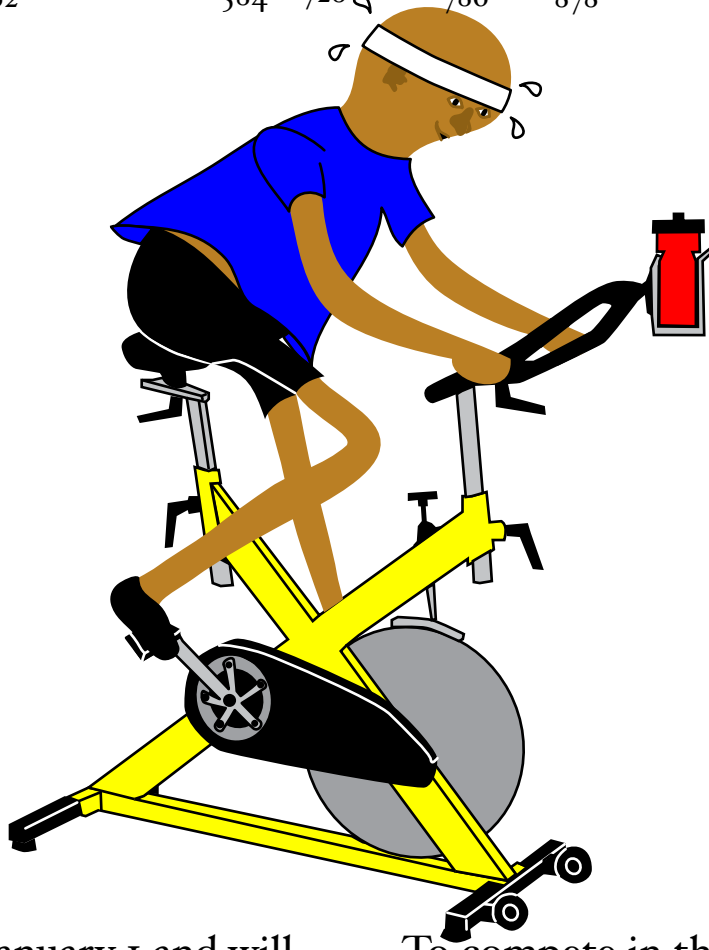
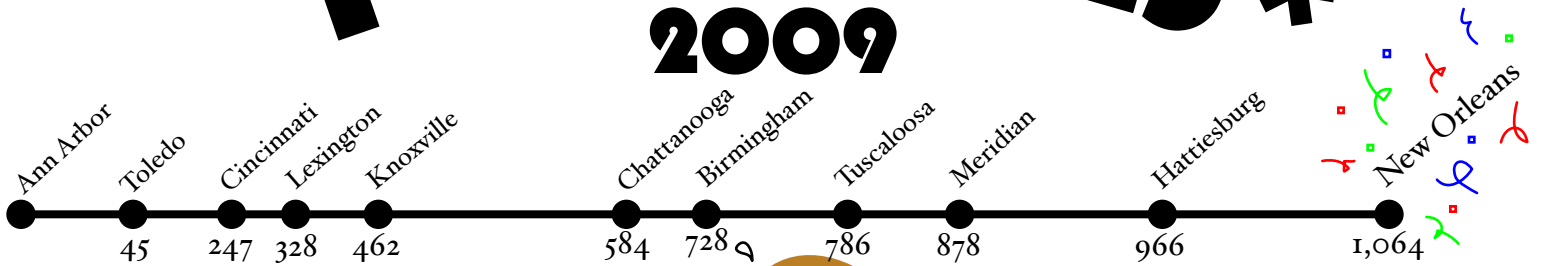


# POTATOES\*

## 2009



\* Pedaling Our Trainers and Tracing Our Efforts South or, how to get through the Winter in halfway decent shape and still manage to make a competition out of it.

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 1000 miles. 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, Birmingham, Tuscaloosa, Meridian, and Hattiesburg.

To compete in this event, you will need a bike computer that connects to your back wheel. Please use the calendar provided to record your mileage, to be either mailed or handed in at the first Saturday Breakfast Ride to either

Frank Lamitola or Vickie Smith.

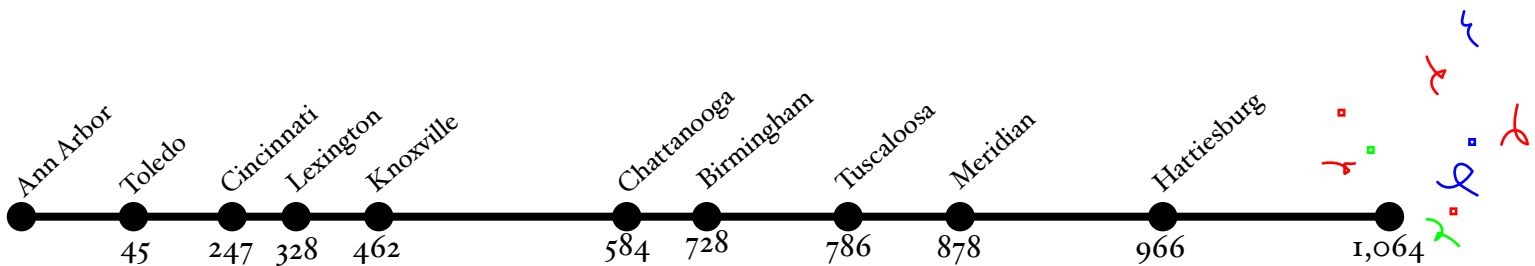
The first person to arrive in New Orleans, or in lieu of a finisher, the person who has ridden the farthest by April 1 will be the winner. They will receive a twenty dollar gift certificate to Zingermans on Detroit street in Ann Arbor.

**Good Luck!**

# Potatoes Mileage Totals

January	February	March
1st Week	1st Week	1st Week
2nd Week	2nd Week	2nd Week
3rd Week	3rd Week	3rd Week
4th Week	4th Week	4th Week
Month Final	Month Final	Month Final
		<b>Totals</b>

Fill in your Mileage for each week and then total for the month. The added totals for each month are placed under Totals. Thank you.



The winner will be announced at the Fall potluck.

Send to:  
 Frank Lamitola  
 2725 Sequoia Pkwy.  
 Ann Arbor, MI 48103

**Jan-09**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1**

**2**

**3**

**4**

**5**

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**25**

**26**

**27**

**28**

**29**

**30**

**31**

**Feb-09**

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

**Mar-09**

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1**

**2**

**3**

**4**

**5**

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