

2011 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 2011"

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, Birmingham, Tuscaloosa, Meridian and Hattiesburg.

This Year again there will be two prizes (gift cards and Zingerman's Deli) 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 (322km), that is approximately riding to Dexter and back 10 times in three months. (Piece of cake ☺ ☺☺)

(Prize 2) Each person's chance of winning will be proportional to the distance ridden over the three 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 calendar and events" for POTATOES PDF files. Please use the calendar provided there to record and report your mileage, to be either mailed to Laike Misikir (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 "Ride Lots" (sic).

The ride calendar is on the following pages a page for weekly, monthly and a grand total, <http://www.aabts.org> under "ride calendar and events" for POTATOES PDF file. followed by daily calendars for January, February and March. **Note well: The deadline for turning in mileage is 1 May 2011.**

Send scanned pdf or hardcopy to:

Laike Misikir
5972 Rollingwood Drive
Ann Arbor MI 48103

Or

laikemariam@yahoo.com

Name: _____

January	February	March
Jan 1 st – Jan 7 th	Feb 1 st – Feb 7 th	March 1 st – March 7 th
Jan 8 th – Jan 14 th	Feb 8 st – Feb 14 th	March 8 st – March 14 th
Jan 15 th – Jan 21 st	Feb 15 st – Feb 21 st	March 8 st – March 21 st
Jan 22 nd – Jan 31 st	Feb 22 nd – Feb 28 th	March 22 nd – March 31 st
January Total	February Total	March Total

Grand Total	=====>
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						January
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
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
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		