



My Pilgrimage

The Daily and Weekly Reports
of My Solo, Coast-to-Coast
Bicycle Tour
by
J Lee Kreider

Table of Contents.

Introducing My Pilgrimage	i
E-mail conventions	iii
The First Week - The Start	1
The Second Week-The High Desert	9
The Third Week- Following Lewis and Clark	15
The Fourth Week - From the Mountains to the Prairies	27
The Fifth Week - Along the Great Missouri	43
The Sixth Week - Another Year Older	55
The Seventh Week - Across the Mississippi	71
The Eighth Week - The Great Lakes	81
The Ninth Week - Home Sweet Home	95
The Tenth Week - Le Tour de Ohio	107
The Eleventh Week - Hurricanes and Hills	117
The Twelfth Week...The Finish	133
I Get Mail	151

Introducing My Pilgrimage

During the summer of 1996, I fulfilled a dream that had been incubating for over 25 years and in various stages of planning for the last several years. On June 26, I put the wheel of bicycle into the Pacific Ocean at Fort Stevens State Park on the coast of Oregon. I then started riding east until, on September 14, I walked, bicycle over my head, into the Atlantic Ocean at Rehoboth Beach, Delaware. This pilgrimage took me 81 days during which I rode 3,557.7 miles and climbed 72,220 feet.

I traveled alone and unsupported until I reached West Virginia where my wife joined me with and sagged with her Saturn to the end of the trip. I carried a Compaq Aero notebook computer and recorded both daily and weekly reports which I e-mailed to a host of family and friends around the world.

During the trip over 1,200 messages were exchanged between me and my Internet support team. This book contains my daily and weekly reports as well as some selected exchanges between myself and my Internet cheer leaders.

I must mention two who sustained my spirits and encouraged me on a daily basis. First, was my understanding and loving wife, Sonia Brodine Kreider. She was apprehensive about me and my little Cannondale Bicycle taking on the western mountains and plains, but never once tried to discourage me. Every time I got to a telephone line, which was almost daily, there would be a message that not only boosted my spirits, but assisted me with information, mailing needed supplies and a dozen other things.

Also, when I logged on, there would be a message from my great cycling friend in Scotland, Aedan McGhie of Glasgow. He helped put things in perspective and when I got discouraged would sense it and say just the right thing to get my mind in order. My sons, Mark and Scott Kreider, and my step-sons, Noel and Chad Hazen, encouraged me with e-mails from California, Colorado and New York City,

I met Ken Lyons and Kevin Brugman on the cycling forum of CompuServe. They responded to my plea for help getting through Washington, DC, e-mailing me a complete route description when I was 50 miles away. Moreover, they rode out from Arlington, Virginia, met me and escorted me until I had passed the beltway on the east of the city.

These are not reflections after the fact, but show just what was happening and what was on my mind each day of the trip. I offer them in the hope that you will someday fulfill your dream, whatever it may be.

Only when I had finished the trip did I discover a host of "lurkers" following my progress on the cycling forum.

Thanks to everyone who supported me, aided me and believed in me when I wasn't certain I believed in myself.

J Lee Kreider

E-mail conventions

For the reader who is not familiar with some of the short hand of e-mail, I offer some of the following helps.

>> This precedes a quotation from a previous message. To save space, I have not always included the previous message to which these quotes refer. Sometimes the writer will follow the quote with <<. However, the quote usually ends at the end of the paragraph.

BTW By the way

OTOH On the other hand

IMO In my opinion

IMHO In my humble opinion

<g> This means the writer is grinning or making a gest.

<vbg> Very big grin

:-) [Smile] (Look at it sideways)

:-([Frown]

;-) [Wink]

There are more, but these are the most frequent ones

The First Week - The Start

#: 707 (C) S0/CompuServe Mail 25-Jun-96 14:03:56
Sb: Headed west
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
June 25, 1996 (8:03am PDT) - Aboard TWA 159...over Nebraska...I think.

This is really a strange feeling, and I can't quite explain it. I can't believe this is really happening. I'm a bit scared of tomorrow, and, of course, I miss you very, very much. I guess maybe not so much scared as perplexed and wondering what I'll find...what I'll find out about myself as much as anything. I hope you are doing OK. In less than 24 hours from now...or at least 28 hours, I'll be headed back to you.

The young man in this seat with me is from Fairfield,, Iowa and headed to snow board on Mt. Hood. I'll be riding right by Mt. Hood. I think his parents must be New Age folk...or caught in the 60s. They live in a community that practices Transcendental Meditation. He says, "I was born a vegetarian."

Keep the messages (msgs) coming. Even if I don't get them on a regular basis, I want to hear each day. 3 hours difference, so even if you send later in the evening I might get it that day yet. Working my way back to you, Babe.
...With all my love, LEEKER...

#: 708 (C) S0/CompuServe Mail 25-Jun-96 14:04:02
Sb: Week 00 - Summary
Fm: Lee Kreider
To: Weekly Report Mailing List
June 25, 1996 (7:32am PDT) Aboard TWA 159...somewhere over Iowa and headed for Portland.
On my way to start my coast to coast pilgrimage.

This is addressed to those on my weekly summary address list. I will attempt to eliminate the long list attached in the following messages, but I thought you might see someone you know on this one.

I will meet my cousin, Bob Mellinger at the Portland Airport and he will take me to Warrenton, Oregon tomorrow. There I will dip my toe into the Pacific and start east.

I intend to take it very slow to start and get the feel of the road, the feel of foraging and renewing my camping skills.

I'm always glad to hear what's happening in your neck of the woods.

When I carried my gear out to the van last night, it seemed like an awful heavy load. You could probably follow my route by searching for all the stuff I've discarded along the way...mostly after each hill.

As near as I can tell, the biggest hill between the Pacific and the beginning of the ascent of the first ridge of the Rockies will be tomorrow...about 10 miles into my ride.

I already miss Sonia.

The kid sitting next to me told me, "You have a really neat Karma." Is this something I should worry about?

...LEE...ON THE ROAD...

#: 711 S0/CompuServe Mail] 25-Jun-96 14:42:27

Sb: Ready!!

Fm: Aedan McGhie near Glasgow, Scotland

To: Lee Kreider

>>I'll be 8 hours behind you.

WOW, That means if you get up at 7 it will be 3 pm here and I will be almost finished school. My Mac's system map knows where Portland is. It reckons 4570 miles.

>> Keep the msgs coming.

Fear not. As I outlined elsewhere I will be busy marking the end of term for a few days but I'll scribble when I pass the Mac.

Aedan

#: 718 S0/CompuServe Mail] 25-Jun-96 19:59:02

Sb: Week 00 - Summary

Fm: Jerry Ray Morton

To: Lee Kreider

Lee,

Good luck on your trip. We look forward to your messages. We sure enjoyed the commentary when you were in England.

We are renting a conversion van and taking my parents with us. As we cross the mountains in WVA we will think of you.

Jerry and Marcia

#: 721 S0/CompuServe Mail] 26-Jun-96 10:16:24

Fm: Tom Slack, West Ohio Conference, United Methodist Church

To: Lee Kreider

Subject: I'LL FOLLOW YOUR ADVENTURES

Lee, if you are picking up mail in return, you have my prayers and good wishes. Take some pictures and write your adventures down. I won't promise you a regular feature, but I offer bylines and give photo credit. I'll look forward to following your odyssey online.

Tom Slack

#: 722 S0/CompuServe Mail] 26-Jun-96 16:50:30

Sb: Coast to Coast

Fm: Richard Wolf in Atlanta, Georgia

To: Lee Kreider

Subject: Coast to Coast
Lee,
GOOD LUCK!
Rich

#: 726 (C) S0/CompuServe Mail 26-Jun-96 19:02:22

Sb: Day 001

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: June 26, 1996
TRIP DAY: 001
WEATHER: Fine day...misty in am PC after 10am. High 75. Tail winds
MILES: 48.9
TOTAL: 48.9
AVERAGE: 48.9
CLIMBING: 2,280 feet.
ROUTE: St Steven's State Park beach...wreck of the (Peter Iredale Rd) (Ridge)
(7th Ave) (NW 7th) (E Harbor) (US 26) (US 30)
TOWNS: Warrenton, Astoria, Svenson, Knappa, Westport, Clatskanie
LODGING: Northwoods Inn

THINGS I LEARNED: Oregon has no sales tax and doesn't permit self-serve gas stations.

COMMENTS: Just as I mounted my bike to start the ride, a doe and two fawn came out of the brush and started running ahead of me. Being Pennsylvania Dutch, I consider this a good omen. Saw another deer as I left Westport.

I'm looking at one whopper of a hill...just about .25 mile from here.

#: 731 (C) S0/CompuServe Mail 27-Jun-96 16:55:33

Sb: Day 002

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: June 27, 1996
TRIP DAY: 002
WEATHER: 51 - 66...cloudy...wind variable...some head winds...couple of sprinkles
MILES: 61.88
TOTAL: 110.8
CLIMBING: 1410 feet
AVERAGE: 55.4
ROUTE: From Clatskanie via US 30 to edge of Portland...over the St. John's Bridge
via Business 30 to Interstate Avenue
TOWNS: Ranier, St. Helens, Scapoose, Portland
LODGING: Delta Inn

PEOPLE I MET: Construction worker at Dairy Queen who had lots of information on route.

THINGS I LEARNED: Put everything back in the bag as soon as you use it.

COMMENTS: 700 foot climb right out of the bag...steep dude too. At one point I was riding for 3 minutes and resting for two.

Saw two deer near Ranier. Biggest cargo ship in the world docks nearby this evening. May not be able to take a complete load due to channel. May try to go out and see it.

Didn't plan on coming this far, but overran campsite just outside of Portland and kept right on coming.

I was feeling really bummed out this morning. Didn't get any breakfast...except banana...till after the hill and Ranier.

#: 749 (C) S0/CompuServe Mail 30-Jun-96 09:05:30
Sb: DAY 003
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: June 28, 1996
 TRIP DAY: 003
 WEATHER: Raining in the early am, but stopped by the time I left Portland. 55F-62F.
 Tail winds, heavy at times.
 MILES: 50.91
 TOTAL: 161.7
 CLIMBING: 710 feet
 AVERAGE: 53.90
 ROUTE: Marine Drive along Columbia and behind airport to I-84
 TOWNS: Portland...Troutdale...Bonneville Dam...Cascade Locks
 LODGING: KOA camp

PEOPLE I MET: Two brothers at the Charbroil Restaurant in Cascade Locks. From Michigan. They wanted to take my picture.

THINGS I LEARNED: I think all Oregon public toilets have tissue seat cover dispensers. Have more food along and more variety. Get some cheese and keep on hand.

COMMENTS: Stopped for about an hour at Bonneville Dam. It is 72 feet high and generates 532,000+ Kilowatts of power. Electricity is very cheap in Oregon and Washington because the power companies do not have to pay the government back for the dams. This does not keep the locals from bitching about all of the "welfare" loafers.
The Columbia Gorge is beautiful. I didn't make very good time, despite a flat road and a good tail wind. Too many things to stop and see and photog.

When I got to the camp ground, I realized that I hadn't bought any fuel for my stove. So I stuck my little Sigg bottle in a bottle cage on the bike and rode back to a Texaco station to get some. (No campers seem to use stove fuel anymore). Almost everyone here is in big RVs. As I reported, Oregon has no self-serve, and I had to have the woman pump \$0.13 worth of gas into my bottle. That was a hoot.

THINGS I LEARNED: Wind surfing capital of the world is between here and The Dalles

COMMENTS: I was a bit upset at setting such a short day. However, my body tells me it is time for a short day and a down day tomorrow.

Salmon don't ride bicycles, but they do climb ladders. I saw them do it.

Saw the woman counting fish at Bonneville, but it wasn't Becky Reardon.

Did my laundry and bought a few groceries...there's a frig in this room.

I expect that access will be rather limited for the next week. Who knows?

#: 751 (C) S 0/CompuServe Mail 30-Jun-96 09:05:38
Sb: Week 01
Fm: Lee Kreider
To: Weekly Report Mailing List
 LEE'S PILGRIMAGE
 Weekly Summary - 01

Departed Wednesday morning from the beach at
Fort Stevens point, near Warrenton, OR

<u>Day</u>	<u>Date</u>	<u>Trip</u>	<u>Today's</u>	<u>Total</u>	
Wed	6/26	001	Clatskanie, OR		048.9
Thu	6/27	002	Portland, OR	110.8	
Fri	6/28	003	Cascade Locks, OR	161.7	
Sat	6/29	004	Hood River, OR	182.9	

COMMENTS: The Columbia River Gorge is incredibly beautiful. I have tried to imagine what it must have looked like to Lewis and Clark...before we dammed it up.

Here at Hood River I can look to the left and see the green wooded foothills of the Cascade range. I look straight north and see the totally snow covered Mt. Adams in Washington. When I look to the right I can see the brown hills of the high desert of central Oregon.

What I learned this week: Oregon is bicycle friendly. Their road design, painting and signing gives room for bikes and advises traffic of same. Many "bikes only" lanes at intersections, etc. I'm riding on I-84 and find it very safe, if somewhat noisy. Even the log truck drivers wave.

Washington and Oregon residents have never paid a dime for the power plants the government built for them. Thus, their electricity is very cheap. They use it to power radio stations which play Rush Limbaugh griping about federal handouts and welfare cheats.

Off to Asbury United Methodist Church in Hood River in a few moments.

west on I-84 and his grandson said, "There goes a guy on a red bike." We compared times and it had to be me.

Thank you for all of the many responses. I just don't have the time or the energy to respond to all of them...or respond very briefly. However, I do enjoy hearing from you.
...LEE IN OREGON...

The Second Week-The High Desert

#: 759 (C) S0/CompuServe Mail 30-Jun-96 17:01:33

Sb: Quotes for the day

Fm: Lee Kreider

To: Daily Report Mailing List

June 30, 1996 (2:07pm PDT) Hood River, Oregon.

(I best put the time and date on my msgs. There may be some distance between writing and uploading. Lucky so far. Bumper sticker of the day.

“Vegetarians are sprouting up all over.”

Omen (quote) for the day. In the middle of his sermon, Charles Chase, pastor of Asbury United Methodist Church, quoted Robert Louis Stevenson.

“It is better to travel hopefully than to arrive.”

That's my motto for the day.

...LEE IN HOOD RIVER, OREGON...

#: 766 (C) S0/CompuServe Mail 01-Jul-96 17:24:29

Sb: DAY 006

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 1, 1996
TRIP DAY: 006
WEATHER: Cool in the am but turning hot when arriving at Arlington. 96F. Strong tail winds.
MILES: 76.94
TOTAL: 259.8
CLIMBING: 2260 feet
AVERAGE: 43.30
ROUTE: I-84
TOWNS: Hood River...The Dalles...Biggs...Arlington
LODGING: Village Inn...was planning to camp but too hot.

PEOPLE I MET: Owner of this motel. She kept saying, “Drink plenty of water.”

THINGS I LEARNED: Look back once in a while. I stopped to answer the call of nature and turned around to see my first view of Mt. Hood. Remarkable...totally snow covered.

Leave early and quit early.

COMMENTS: I certainly chose the correct side of the river. I can see the road on the other side and it would have been a bear. Not only that, but on the south, I can find shade. There's no shade that I could see on the Washington side.

#: 774 (C) S0/CompuServe Mail 02-Jul-96 15:40:43

Sb: DAY 007

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 2, 1996
TRIP DAY: 007
WEATHER: HOT. 63F when I left Arlington at 5am. Was up to 75 when I arrived at Umatilla, but now up to 98F. Winds zip.
MILES: 46.77
CLIMBING: 510 feet
TOTAL: 306.6
AVERAGE: 43.00
ROUTE: I-84 to US 730
TOWNS: Arlington...Boardman...Irrigon...Umatilla
LODGING: Rest-a-Bit Motel (Honest)

PEOPLE I MET: Waitress at BoJac's Landing Cafe & Lounge. She looks exactly like my High School classmate Jeanie Markley.

THINGS I LEARNED: Irrigon gets it's name from "Irrigation" and "Oregon."

Two big crops in this area are Alfalfa, most of which is shipped to Japan in highly compressed bails.

Vineyards and wineries have come to the area in the last 10 years.

COMMENTS: The land has flattened out a bit and when I turned onto US 730 it immediately changed to farm country...all of it irrigated. After over 80 miles of total desolation it was a pleasant change to see evidence of human beings other than the highway.

So, why am I not camping? Look at the temps. It is quite pleasant at 5am and remains tolerable till about 10:30 11. Then it becomes miserable. It supposedly is now 98F outside.

So, I'm in bed by 7:30pm, up at 3:30 and hopefully on the road at 4:30 when it is just light enough to get moving. With the tail wind, I could have easily done 100+ miles yesterday, but it was just too hot to consider.

I could have gotten in a few more miles today before it warmed, but there is absolutely nothing between Umatilla and Walla Walla Walla...55 miles away.

It is supposed to begin cooling tomorrow and stay that way til the weekend. By then I hope to be closing in on the Rocky Mountains and some cooler temps.
...LEE IN UMATILLA, OREGON...

#: 789 (C) S0/CompuServe Mail 03-Jul-96 14:31:27

Sb: DAY 008 Up, Up, Up

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 3, 1996 Hello Washington...goodbye Columbia River

TRIP DAY: 008
WEATHER: HOT again. 59F at 4:30AM...95F by noon. Tail winds up the Columbia and light tail winds the rest of he way.
MILES: 56.03
TOTAL: 362.7
CLIMBING: 1420
AVERAGE: 45.34
ROUTE: US 730 & US 12
TOWNS: Umatilla...Touchet...Walla Walla
LODGING: Comfort Inn

PEOPLE I MET: The server at the Alkali Springs Cafe in Touchet [TO chet]. She went around saying to the customers, "That guy over there rode a bicycle all the way from Umatilla this morning."

THINGS I LEARNED: Walla Walla grows big onions, distributed along the roadside...lost from trucks. Call them Walla Walla Sweets. Many roadside stands.

COMMENTS: The route from Touchet to Walla Walla is an optical conclusion. It looks like it is going downhill, but it gradually gains...all the way. At times I even stopped pedaling to coast a stretch of downhill only to start coming to a stop.

It was most exaggerated right at the edge of the city, where the road gained 150 feet in a mile, but appeared to be going very sharply downhill. Only my altimeter told the story. I'd have been very frustrated had I not had it's information.

...LEE in WALLA WALLA WALLA, WASHINGTON...

Remembering the old Pogo cartoon Christmas song...

Deck the halls with Boston Charley,
Walla Walla Walla, Washington

#: 800 (C) S0/CompuServe Mail 04-Jul-96 14:38:35

Sb: DAY 009

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 4, 1996 - Independence Day
TRIP DAY: 009
WEATHER: Cooler today and cloudy...steady at about 61, but warming this afternoon.
Tail winds.
MILES: 31.06
CLIMBING: 1340
TOTAL: 393.7
AVERAGE: 43.74
ROUTE: US 12
TOWNS: Walla Walla...Dixie...Waitsburg...Dayton
LODGING: Blue Mountain Motel

PEOPLE I MET: The guy at the Dixie, WA store. This town is not even on my map and as I approached I decided there would be no store and when I saw a store I decided that it wouldn't be

open at 7:30 on July 4th. It was open. When I went in, the guy running the place was on the phone. I asked if they had any cold tomato juice. He grunted and pointed. I got the juice. He never said a word, kept on talking on the phone and rang up the sale. He never said, "Howdy," "Thank you," or anything. I drank my juice and left.

Then I stopped at the Farmer's Cafe in Waitsburg. I met thee two guys...one was Larry Bright who came from Christiansburg, Ohio...about 20 miles north east of Dayton. They were quite talkative and I learned a lot about the area. They took an interest in me...too much of an interest...if you know what I mean. Larry gave me his card and told me to look him up if I ever got back this way. He runs a pet exchange and makes dentures. Actually, both other names were Larry. I spent almost 1.5 hours talking to them. That sort of eliminated getting to Pomeroy...however...such encounters...limited to conversation, of course...is one of the reasons.

THINGS I LEARNED: A short day is good for the soul.

This area makes the best wines in the world. I know because the guy who ran the Farmer's Cafe said so.

COMMENTS: Dayton is quite a lovely town. I expected just another dusty, western cow town. However, the entire downtown is a national historic district. Elegant old hotel downtown.

The entire town was almost wiped out by the flood in February. The water came within inches of going over the dike. I saw many homes that had water in them. Still evidence of the floods everywhere. Mennonite disaster service vans were downtown.

One might think that the antique, art and other touristy type shops would be open on this holiday. One of the shops that was open said, "We are trying to get them to open, but they are out having family picnics."

#: 813 (C) S0/CompuServe Mail 05-Jul-96 17:30:58

Sb: DAY 010

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 5, 1996 Goodbye Washington...Hello Idaho
TRIP DAY: 010
WEATHER: Cooler...44F when leaving Dayton and 75 at Alpowa Summit, but 97F by
 the time I got back down in the Snake River gorge. Winds were every which
 way, but, in general, I think they were helpful
MILES: 69.57
TOTAL: 463.4
AVERAGE: 46.34
CLIMBING: 3020 feet
TOTAL: 12,950
ROUTE: US 12
TOWNS: Dayton...Pomeroy...Clarkston, WA...Lewiston, ID
LODGING: Travel Inn

PEOPLE I MET: Whitey Hartman saw me stretching my arms as I rested along the road and thought that I needed help. Whitey is from Clarkston and was taking two bikes to a friend in Olympia. He also had adapters in his pickup truck that would allow them to be ridden on abandoned railroad tracks.

THINGS I LEARNED: Here in Washington, Oregon and Idaho Pepsi outsells Coke 3 to 1.

COMMENTS: I had a 34 mile climb today. Nothing too steep until the last 5 miles and I didn't have to get into absolute low until the last 0.5 miles. Then I lost 2,000 feet in 10 miles. Gusty winds on the descent and the last half mile I had to work hard to maintain 13 MPH on a estimated 6% downhill.

When I got down to the Snake River, I found a large grass fire that had burned one whole mountain. A helicopter with a bucket was flying back and forth between the river, picking up water and dumping it on the fire. I flew right over my head and I got some water dumped on me. I'd estimate that I rode by about 2 miles of the area that had burned down to the road. It was still smoldering along the edge of the pavement as I rode by.

I stopped and talked to some firemen and they said that the fire started about 1am by some kids shooting fireworks. Said that there were 4 or 5 fires started by fireworks last night.

#: 821 (C) S0/CompuServe Mail 06-Jul-96 14:57:30
Sb: DAY 011
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 6, 1996
 TRIP DAY: 011
 WEATHER: Fair 59F in the am...rising to 75F by noon. Head winds
 MILES: 44.76
 TOTAL: 508.2
 AVERAGE: 46.20
 CLIMBING: 810
 TOTAL: 13,760
 ROUTE: US 12
 TOWNS: Lewiston...Orofino
 LODGING: Helgeson Hotel

PEOPLE I MET: The whole staff here at the hotel. Immediately I was "Lee." and they offered to do my laundry...I'll let them.

THINGS I LEARNED: 40 miles of this route was through the Nez Perce Indian Reservation. I stopped at the "Indian Smoke Shop." It was 20% convenience store and 80% cigarette shop. Cigarettes sell for about ½ price because the state cannot collect taxes on the cigarettes. Instead the tribal government collects a tax...very small tax. The guy in the store said that some people drive up from Spokane about once a month and buy up to \$300 of cigarettes.

COMMENTS: When I left Lewiston this morning I thought that I would not want to take a day off tomorrow. By the time I got here I had changed my mind.

This is a lovely town. I keep being surprised at the charm of these villages and towns. You ride for miles and miles...today 44 miles...and find one little store (aforementioned). You start to think that there couldn't possibly be anything here. As I rode up to the town, I began to be depressed about staying here two nights. Then I crossed the bridge into town and found this wonderful little spot.

There was an article in the Lewiston paper this morning about the fire I mentioned. It burned 600-1,000 acres...no buildings lost, but some close calls.

#: 822 (C) S0/CompuServe Mail 06-Jul-96 14:57:33

Sb: WEEK 02

Fm: Lee Kreider

To: Weekly Report Mailing List

LEE'S PILGRIMAGE

Weekly Summary - 02

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	6/30	005	Hood River, Oregon	182.9
Mon	7/1	006	Arlington, OR	259.8
Tue	7/2	007	Umatilla, OR	306.6
Wed	7/3	008	Walla Walla, WA	362.7
Thu	7/4	009	Dayton, WA	393.7
Fri	7/5	010	Lewiston, ID	461.9
Sat	7/6	011	Orofino, ID	508.2
TOTAL ALTITUDE GAIN FOR THE TRIP				13,760 feet of climbing.

COMMENTS: HOT, HOT HOT. Been using motels, leaving at about 4:30am and getting to my destination before noon. The heat is limiting my miles considerably.

Next week: The first range of the Rocky Mountains...Lolo Pass. I'm spending the weekend taking a day of rest here in Orofino about 4,500 feet below the pass. About 140 miles of steady climbing with a real steep last 12 miles.

There are no services for about 70 miles of the climb, so I'll be out of touch for a couple of days.

WHAT I LEARNED THIS WEEK: Up hills take 4 times as long as down hills. Actually, I enjoy climbing more than descents. (This from the guy who as a kid didn't like ice cream and each night begged his mom for his dose of cod liver oil.) On a climb, you have plenty of time to see the country side. On a descent, you are working the brakes, watching traffic, and generally tensed up. No chance to see anything.

Don't look ahead too far. Just plan for the next day and don't worry about anything more.

Don't go into any places here in this country wearing a button reading, "Outlaw all guns."

When you pack a lot of stuff that uses Velcro, everything you have sticks together.

The Third Week- Following Lewis and Clark

#: 843 (C) S0/CompuServe Mail 07-Jul-96 16:35:38

Sb: Orofino UMC

Fm: Lee Kreider

To: Clergy Mailing List

July 7, 1996 (12:48pm PDT) - Orofino, Idaho

Orofino means "Gold find" in Spanish...I should have seen that one, but I had to ask.

Orofino Peck United Methodist Church is in the center of this mountain town. The building is very well kept and the sanctuary has the appearance of being remodeled within the last few years. Very handsomely done, I might add. I'd guess its seating capacity about 100. It was close to half full.

The pastor is Rev. Jerry Hemrich, who graduated from UTS in 1989. This, of course, prompted much conversation between us re: faculty and all things Dayton.

Jerry had a very lively service. This town is in the middle of the Nez Perce Reservation and the congregation sang a Native American chorus for the offertory. He also used the Hispanic hymn, "Lord, You Have Come to the Lakeshore." The quality of the bulletin...both style and print quality...was most impressive. Jerry is doing a good job here. During their Joys and Concerns time, several people expressed their pleasure that the bishop hadn't moved him.

They concluded the service by singing, "On Eagle's Wings." I'll try to hold those words in my heart this next week. I need to be born up about 4,000 feet in the next couple of days.

I haven't seen another United Methodist Church since Dayton, Washington. I know they were in several towns through which I have passed. However, I don't have the time nor the energy to ride around looking them up.

This is actually in the Pacific Northwest Conference rather than Oregon-Idaho. OI conference takes in only the southern "big" part of the state.

...LEE TAKING HIS SABBATH AND BACK ON THE ROAD TOMORROW...

#: 857 (C) S0/CompuServe Mail 10-Jul-96 15:55:14

Sb: DAY 013

Fm: Lee Kreider

To: Daily Report Mailing List

DATE:	July 8, 1996
TRIP DAY:	013
WEATHER:	HOT
MILES:	81.33
TOTAL:	589.5
AVERAGE:	46.04
CLIMBING:	2,140
TOTAL:	13,760
ROUTE:	US 12
TOWNS:	Orofino, Kamiah, Syringa, Lowell

LODGING: Wilderness Gateway Campground 25 miles west of Lowell.

PEOPLE I MET: Gunther from Germany and Tom from Virginia. They were coming into the cafe at Lowell as I was leaving. I told them where I was going to camp and they joined me. Nice guys. We may go as far as Missoula together.

COMMENTS: Gunther and Tom knew I was ahead of them. They had heard of me about 30 miles west of Walla Walla. When they stopped to eat in a restaurant in Syringa today, the woman told them that there was a guy about 30 minutes ahead of them. "He's about 50," she said. I recall she was a very nice lady. I wonder if I left enough tip?

#: 858 (C) S0/CompuServe Mail 10-Jul-96 15:55:17
Sb: DAY 014
Fm: Lee Kreider
To: Daily Report Mailing List
DATE: July 9, 1996
TRIP DAY: 014
WEATHER: HOT
MILES: 40.65
TOTAL: 630.2
AVERAGE: 45.01
CLIMBING: 1,870
TOTAL: 16,770
ROUTE: US 12
TOWNS: None
LODGING: Powel Station Camp Ground

PEOPLE I MET: The neat old guy that runs the store here.

COMMENTS: Rode with Tom and Gunther all day. They saw 2 moose. I saw none. We are camping together again tonight.

#: 859 (C) S0/CompuServe Mail 10-Jul-96 16:09:21
Sb: I own it!
Fm: Lee Kreider
To: Weekly Report Mailing List
Lolo Pass (5233 ft) belongs to me!...9:24am PDT 7/10/96.
Climbing time: 3.5 days.
Descent time: 35 minutes.
...LEE IN MISSOULA, MONTANA...

#: 860 S0/CompuServe [MAIL] 10-Jul-96 21:26:04
Sb: I own it!
Fm: Ken Lyons in Alexandria, Virginia
To: Lee Kreider
Lee,
Congratulations on your new acquisition! I've been quiet, but I've been following your exploits closely. Thanks for including me on your mailing list.

Onward to the Atlantic!
Ken

#: 863 S0/CompuServe [MAIL] 11-Jul-96 01:31:22

Sb: YEEE - HAH

Fm: Tom Slack, West Ohio Conference, United Methodist Church

To: Lee Kreider

Yeee - hah! Lee, it sounds like aging. Going up the mountain is a slow process, driven primarily by anticipation.

Going down the mountain is a fast process, driven primarily by the hope that the sudden stop at the end will not be too devastating.

Blessings as you ride. I think of you each day.
Tom Slack

#: 864 (C) S0/CompuServe Mail 11-Jul-96 08:31:07

Sb: DAY 015

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 10, 1996
TRIP DAY: 015
WEATHER: Fair with tail winds all day except some severe head and cross winds the last 8 miles
MILES: 58.36
MILES: 688.5
AVERAGE: 45.90
CLIMBING: 2,870
TOTAL: 19,640
ROUTE: US 12
TOWNS: From @ 13 miles west of Lolo Pass...Lolo Pass...Lolo Hot Springs...Lolo...Missoula
LODGING: Royal Motel

PEOPLE I MET: All the people here at Adventure Cycling headquarters...the organization which maps the transcontinental routes and whose maps I'm using. Great people, but Greg Sipple, who rode the very first TOSRV 35 years ago, is out on the road field checking new maps. Great crew and welcomed me as though I were their long lost uncle.

THINGS I LEARNED: At Lolo Hot Springs, after a healthy lunch, I went to use the toilet. As I sat there, I kept getting warmer and warmer. Then I realized that it was my bottom that was getting warmer and warmer. It dawned on me that they were using water from the hot springs to operate their toilets.

I kept getting warmer and warmer and warmer...from bottom to top so to speak. When I reached for the handle it was so hot that it almost burned my fingers.

Now, if you ever visit Lolo Hot Springs, be prepared for a warm welcome. However, take my experienced advice.

DO NOT FLUSH WHILE SEATED!

Zowie!

COMMENTS: I rode again today with Tom and Gunther. We left for the climb of Lolo Pass together @7:00am. We threw away all the bits of food that we thought we wouldn't eat on the way up. Tried to empty our water bottles to the minimum we would need. Gunther made it by 8:55, I arrived at 9:24 with Tom just about 100 yards behind me. I rather surprised myself. I couldn't have made this time 2 weeks ago.

Although, it was 13 miles from our campground to the summit and the elevation gain was about 1,700 feet, it was a very gradual...almost imperceptible...grade for the first 6 miles. Then for 6 miles it was "Katie bar the door." I have used my watch to time segments of a climb and my computer to base segments on distance. However, with my teeny tiny altimeter, I found a much more satisfying system. Those of you who have done this sort of thing know that climbing is more of a mental thing than anything else. Thus, I used the altimeter to climb 200 feet and rest for 2 minutes, etc. etc. etc. Using that method, I found that the ascent just sort of melted away.

Even though I had not had a good fix on my altimeter for the last two days...I was guessing at setting each morning, based very poor topo data on my route maps...it read 5,240 feet at the summit. The sign read 5,233. Missoula read 3,100 feet.

There's a forest service visitors center at the summit where we had our pictures taken. I bought some gifts for my g.kids and a book about the Lewis and Clark Expedition. (I figured it was 2,000 feet plus down hill to Missoula, so I could afford the extra weight and mail it from here.)

Then we had a glorious descent. The downhill from the pass to the east was not as severe as the climb...about 5% grade for 3.5 miles and then leveled off to @ 3%. Being younger and more foolish, Tom and Gunther let their bikes go flat out. I held mine down to <40 MPH. However, when the grade leveled a bit and I let it roll full out, I caught them. I've noticed that the Dale coasts well...but maybe weight has some contributing factor.

We stopped at Lolo Hot Springs...just 7 miles from the summit for lunch. We had changed our watches to Mountain Daylight Time at the summit and it was now lunch time. Good thing, because it was another 30 miles...albeit downhill with a tail wind...to the next anything. I had cheese and strawberry Newtons for food and that was getting a bit old. I was ready for a real hamburger.

When we arrived in Missoula, Tom and Gunther went to the local hostel and they invited me over for dinner. I walked the 12 or so blocks to the hostel and Tom and I went shopping. Tom said that he couldn't afford to eat out any more, so he would cook. Tom is Sicilian and an excellent cook. (See my addendum to day 013.) Well, after spending \$20 for groceries for the three of us...money saving move, ha...he whipped up a lamb saute using veggies and wine that was incredible. For dessert, he soaked peaches in the remaining wine. Mangifique!

I'm taking Thursday off and getting a bit of rest after the pass. Taking Sunday off has the disadvantage of having basic services closed...Post Office, etc.

Met a couple of other cyclist at the campground. On the way down from Lolo Pass, we met Mike climbing from the east. As always, touring cyclists never pass without stopping to talk. Mike left New York City on May 1 and was heading for where I started, Astoria, Oregon. He then planned on going south to San Francisco.

I had always heard that Missoula was a wonderful city and indeed it is. A little bit of Athens, London and Paris, with just a touch of Yellow Springs, Ohio set here in the middle of lumber/cow country. Many gorgeous shops and interesting restaurants. It is the perfect place for a day off the bike. Any visit to Montana must include Missoula.

#: 874 (C) S0/CompuServe Mail 11-Jul-96 18:47:56
Sb: From Missoula
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
July 11, 1996 (5:54pm MDT) - Missoula
Using your metaphor: At the end of the first half: Lee = 1; Rockies = 0.

As noted elsewhere, I decided to reward myself with a lazy day in Missoula. I did my laundry this morning. I usually wash my clothes each night, but a good launderette job from time to time makes me feel better. I had to walk about 1.5 miles to find one.

I had lunch with my riding buddies, Tom and Gunther and said goodbye. I came back to my room and took a snooze. I bought 40 feet of parachute cord. I have plenty, but I had cut it up into short lengths. I have discovered that tying this all together doesn't work well for tossing over a limb and pulling my food up out of bear reach.

Most of these forest service camp grounds can boast a neighborhood bear. They tend to hang about looking for tidbits that humans leave about their camp site. It does give some encouragement to being a tidy camper.

The next leg of the journey presents some interesting dilemmas. It is 180 miles to Great Falls. I still think that despite this rest day, I will take Sunday off...possibly in Lincoln...home of the alleged Unabomer. I'm uncertain about camping, stores, etc. along this route, so I'll have to ask and decide as I go. The next 400 miles will be off the charts of Adventure Cycling.

The forecast is for another burst of hot weather in this area. That will make caution doubly important. It appears that the further east I get the cooler it gets. That's for now. Who knows what will happen by the time I get there.

When I planned my kit for the mountains, I planned for the Colorado Rockies. I didn't calculate that these mountains are 5,000 feet lower. I once heard that you can calculate 7F degrees less for each 1,000 feet of altitude.

The morning temp even at 3,500 feet was about 44F. We didn't get above timber line at Lolo Pass. The climb was just as tough...beginning from a much lower altitude. In this case, beginning at @700 feet at Lewiston. (Lewiston seems like a lifetime ago and Astoria, Oregon back in a former lifetime.

Rogers Pass is about 100 miles away and is 5,700 feet. However, Missoula is about 3,000 feet. Thus, this will not involve the altitude gain as Lolo Pass. That doesn't allow for the ups and downs. You may have noticed that although Lolo Pass was 1,700 feet above us, my altimeter logged 2,800 feet of climb. Now, you know well, that these little machines are rather fickle. I think that the temperature compensation can't handle large swings, such as leaving it out in the sun vs in the shade. When I was riding into Arlington, Oregon, the thermometer was recording 119F.

Even so, I've found the altitude it records over a short period of time remarkably correct. Some airports I've passed have the altitude on a building. Out here most airports are close to the highway because the small amount of flat land must be shared by runways and roadways. Some towns post the altitude on their signs as do some stores.

I can sometimes get the local barometer reading on the tele in my room. This gives me a fix.

>>Japanese pay thousands for the mushrooms.

All the farmers and loggers here use the phrase "Pacific Rim." You'd never hear an Ohio farmer use that phrase. Most of the logs harvested in the NW go to Japan...unmilled, they want to do that themselves. They sell hay, fruit, grapes, potatoes, wheat, etc. etc. to the Japanese and other Pacific countries. You don't hear any Japanese bashing about here. They know on which side their bread is buttered.

>>What have you been eating?

Everything I can get my hands on. I don't seem to want much first thing in the am, but my appetite grows quite strong after a few miles. I try to force some food down, because its either eat out of my panniers or wait for the next town, which may be 40 or more miles away. I think that'll change once get to US 2. When I cook, it is usually warming up stuff in cans. I open the cans and put them in a pot with water. Saves cleaning. Macaroni and cheese is a staple...the one box dinner types. However, that gets old, quick. Meanwhile, I carry cheese, Strawberry Newtons...a la Fig Newtons which you call by some different name and Snack Well Devil's Food cookies, granola bars. I've currently got a bit of trail mix...already mixed. To buy the makings for GORP usually means about 2 pounds of stuff. I've carried some individual chocolate puddings...already mixed. I thought I would use them a lot, but I find them riding along a great deal.

I think that within the month, I'll be sick of wearing nothing buy cycling clothing.
...LEE IN MISSOULA...

#: 888 (C) S0/CompuServe Mail 13-Jul-96 16:29:53
Sb: DAY 017
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 12, 1996
 TRIP DAY: 017
 WEATHER: Fair...Cold in the morning. 53F when I left Missoula, but dropping to 43F
 with stiff head winds in the Canyon. Rising to 80F.
 MILES: 43.21
 TOTAL: 731.8

AVERAGE: 43.05
CLIMBING: 1,700
TOTAL: 18,470
ROUTE: Montana 200
TOWNS: Missoula...Bonner...Potomac...Clearwater Junction...
LODGING: Russell Gates Campground @3 miles east of Clearwater Junction. Lovely spot about 100 feet from the Blackfoot River.

PEOPLE I MET: Ed & Rose Madej of Helena. They were putting their raft into the river. Ed and I talked for about 1.5 hours while Rose drove their car 10 miles downstream and rode her bike back. I'm watching her bike for her.

Ed gave me an alternate route after I cross Roger's Pass (Continental Divide) that will get me to a store quicker, but add a few miles to Great Falls. It seems the way to go, otherwise, there is nothing between Lincoln and Great Falls...about 100 miles.

They said they would be back in about 3 hours, so I'd expect them soon.

Three older ladies traveling in a big Winnebago RV. Alice Seery of Downey, California; Nancy Austin or Hacienda Heights, CA and Eileen Perry of Townsend, Montana. They fed me potato salad and three bean salad...cold Pepsi too. It turns out that Alice's sister is Sister Clara Blankemeyer who runs Sienna Springs facility for the aging in Dayton, Ohio. It is about 2 miles from where I live. Small world.

Nancy was surprised to learn that ministers retire. She thought they kept on forever.

THINGS I LEARNED: This is the river portrayed in the film, *A River Runs Through It*. However, the filming was done on other rivers.

COMMENTS: As I write, I'm laying here in my little tent...in the shade...breeze blowing through the netting. I can see 270 of the 360 degrees around me. (I haven't put up the rain fly yet. The river is running and roaring next to me. I'm looking forward to sleeping by the river.)

When I arrived, I pitched the tent and went in side and promptly went to sleep for an hour.

Life is good.

I'm so well fed now that I'm not real sure that I'll need to fix any supper. However, there's another RV down the road. Maybe I'll walk down there and see if I get invited to eat with them as well.

These people in the RVs seem to feel sorry for us poor cyclists.

When I saw this camp by the river, I immediately knew this was the place. Also, there was nothing else for the next 30 miles.

Even though I took a rest day this week, I'm going to weekend it in Lincoln...partly because it is Sunday and partly because this is the town where they caught the Unabomber and I just want to hang around and listen...maybe ask a question.

I hope there is a United Methodist Church in town.

#: 890 (C) S0/CompuServe Mail 13-Jul-96 16:29:59
Sb: The good life
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
July 12, 1996 (6:04pm MDT) - Russell Gates Campground.

I won't ever ask you to camp, nor try to convince you to camp, but if you were here right now, I know you'd enjoy it. This is a gorgeous day and this is a gorgeous spot.

I'm sitting in my little tent, looking out at the Blackfoot River. It is cool in the shade. (Although, it is about time to go out and move my tent and the sun swings down over the mountain.)

I had a most wonderful nap with the river running by and lulling me off into nappy land. I've met some great folk as the Day 017 report will tell.

One of the women said, "You must have a special wife to support you in doing this." I told her that I did.

I expect Ed and Rose back any minute. She left her mountain bike in my care as they rafted the river. There are dozens of rafters going down river.

I made some Crystal Lite and put the bottle in my mesh bag, but the mesh bag in the river with a rock on top...Walla Walla, Washington...cold drink for supper.

This campground is run by the State of Montana. Basic, but well kept.

Time for another snooze.
...YOUR LOVER, LEEKER...

July 12, 1996 (9:00pm MDT) - Russell Gate Campground

I'm tucked in my little home away from home. I have left the rain fly off. It is spread out next to the tent so that should it get cold during the night or start to rain...it sure doesn't look it...I can whip it on in about a minute. I want to lay here and look out at the sky.

The sun went behind a nearby hill about an hour ago, but the opposite hills are still well lit and it is quite bright out.

I washed up in the river...again the sandals came in handy to wade in. It was quick...the water is rather cold...not freezing, but you wouldn't want to soak in it.

I didn't use any soap...just used a hank to rinse off. It felt wonderful. I think I got every spot. I didn't try to do my hair.

I fixed supper...pork and beans, whole kernel corn and tuna. I had tomato soup for an appetizer and a Hostess cherry pie for dessert.

The dishes are all washed and I'm semi-packed for tomorrow. I talked to the ranger and he told me that there is a convenience store about 6 miles ahead. So I plan not to cook breakfast. I have one nectarine and a couple of strawberry Newtons...should keep me til then.

I have tossed my cord over a nearby limb and the food bag is hanging high...safe from any nosy bears. It is brushed against a limb, which I don't like. I suspect a chippy could get at it, but I'm not going to redo it.

My tarp is over the bike and other stuff not packed. In short, I'm ready for beddy bye.

I love this tent, but it certainly is not a 2 person. Indeed, I sleep cattywamperjawed to get some extra length. I especially like all of the netting which allows me to get in during the day and catch any breeze and see out without being bothered by insects. As the shade moves, I can get out and simply plop the tent in the place it has moved.

Insects really haven't been too bad. I didn't even bother to put any repellent on after I cleaned up.

The only real problem with this camp is that there are about 3 camp sites beyond me. Cars keep roaring by, looking for a site and kicking up a lot of dust. Most of the time, the wind has blown it the other way.

While I'm writing, I'm looking over the river to see if there are any deer or moose. I'm told that the elk herd left here many years ago. This is the time of evening that they would come out.

In fact, I'm going to say goodnight, put this msg to bed, turn the puter off and lay down and watch. That'll last about 30 seconds. The nearby rapids will put me to sleep. Of course, I'll wake during the night, hear them and think it is raining.

I love you very much. I figure that 4 more miles and I'm 1/5 of the way. Actually I'll very soon be 1/4 of the way to Dayton.

I'm told that Rogers Pass is nothing compared to Lolo. This, of course, from persons who have never bicycled over either one.
...LEEKER...

#: 891 (C) S0/CompuServe Mail 13-Jul-96 16:30:04
Sb: DAY 018
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 13, 1996
 TRIP DAY: 018
 WEATHER: Cold this am...38F rising to a mild 79F. Severe head winds in the Blackfoot
 Canyon
 MILES: 37.63
 TOTAL: 769.4
 AVERAGE: 42.74
 CLIMBING: 1,620

TOTAL: 20,090
 ROUTE: Montana 200
 TOWNS: Ovando...Lincoln (home of the Unabomber)
 LODGING: Leeper Motel

PEOPLE I MET: Lovely Couple at Ovando, Montana. They are trying to restore a store and make a Bed and Breakfast upstairs. They have a lot of work to do. As I rode toward Ovando, I would ask folks what was there. They would all answer, "Nothing." I visited with them about an hour. They have a lot of cyclists traveling through and they let them camp next to the little museum they have started.

THINGS I LEARNED: The people here in Lincoln are very pleased with how the FBI related to their community.

COMMENTS: It was a tough, tough ride today. I climbed twice as much as I gained in altitude and the head winds were severe in the Blackfoot Canyon for the last 18 miles.

I'm now ready to take on Rogers Pass, which I understand is not difficult. However, I understand it is a long stretch after the pass to anything resembling civilization. I may take an alternate route.

#: 892 (C) S0/CompuServe Mail 13-Jul-96 16:30:08

Sb: WEEK 03

Fm: Lee Kreider

To: Weekly Report Mailing List

From Lincoln, Montana...home of the Unabomber

LEE'S PILGRIMAGE

Weekly Summary - 03

Trip	Today's			Total
<u>Day</u>	<u>Date</u>	<u>Day</u>	<u>Destination</u>	<u>Miles</u>
Sun	7/7	012	Orofino, ID	508.2
Mon	7/8	013	Wilderness Gateway, ID	589.5
Tue	7/9	014	Powell Station, ID	630.2
Wed	7/10	015	Missoula, MT	688.5
Thu	7/11	016	Missoula, MT	688.5
Fri	7/12	017	Russell Gates CG, MT	731.8
Sat	7/13	018	Lincoln, MT	769.4

COMMENTS: On Monday, as I was leaving the "last chance" store in Lowell, Idaho...the last store or anything for 66 miles...I met two tourists coming in. They were Tom from Virginia and Gunther from Germany. They had left Seattle, Washington about 3 weeks earlier and had been following me for almost 10 days. At one point near, the Washington/Oregon border, I left a store just 30 minutes ahead of them. They had stopped for breakfast in Syringa, a few miles before Lowell and the lady there had told them that I had left just a few minutes before. She described me as, "a guy about 50." (I sure hope I left her a big tip.)

I rode 25 more miles up Lochsa River canyon and stopped at the Wilderness Gateway campground. They arrived about 2 hours later and we camped together. Tom went out and caught 3 trout which we cooked over a fire and had the best meal of this tour to date.

We have ridden together since, including climbing Lolo Pass. They have been great company. In Missoula, we parted company. They are headed south into Yellowstone. I'm headed east and north.

WHAT I LEARNED THIS WEEK: I learned a new climbing strategy. Instead of using time or distance for rest periods, I learned to use my altimeter. I would climb 200 feet and rest 2 minutes. This seemed to work out regardless of the grade and the climb just seemed to melt away.

I also taught myself a new climbing “mantra.” In the past, I would sing, “We are climbing Jacob's ladder.” However, I created one from Psalm 121...a bit edited for rhythmic purposes, and taken from my childhood memories of the King James Version.

The “|” represents the down stroke of my left leg.

I |look |to the |mountains,

|From |whence |cometh |my strength?

My |strength |cometh from |Thee, O |Lord,

|maker of |heaven and |earth.

It works much better than “Jacob's Ladder.”

The Russell Gates Campground is about the most beautiful place I've camped. My tent is about 100 feet from the Blackfoot River of *A River Ran Through It* fame.

There are no speed limits in Montana; however almost everyone obeys them.

The last of the Rocky Mountains are now just 20 miles and 1,000 feet away!

The Fourth Week - From the Mountains to the Prairies

#: 910 (C) S0/CompuServe Mail 14-Jul-96 16:39:33

Sb: Flying Diaper UMC

Fm: Lee Kreider

To: Clergy Mailing List

July 14, 1996 (4:04pm MDT) - Lincoln, Montana

UNITED METHODIST CHURCH REPORT TO MY CLERGY ELECTRO-COLLEAGUES.

I've always been proud to be a part of the United Methodist Church and the United Methodist Clergy. However, I can't recall any experiences that made me as delighted as today.

Some of you already know that the Lincoln Community United Methodist Church is a.k.a. "Flying Diaper" United Methodist Church. I can't really explain the unique roof design which gives it that designation. Those of you who have camped with me and have seen my parabolic dining fly can imagine a church roof of this configuration painted white. Thus the name.

It is a small church. Square with pews on two sides and the chancel occupying the other corner. The roof is wood and its design give marvelous acoustics.

When I met the pastor, Jack Preston, I first noticed his tattoos which covered his right hand and the lobe of his left ear. There were one or two elsewhere. However, I soon forgot that.

Jack is a lay pastor, coming from the ranks of Church Organists. Hollywood UMC in Los Angeles was his spiritual home and I gather the owner of one of the largest organs in the United States. He had been organist in Butte, MT when he was propelled into ministry upon the illness of the church's pastor.

Now he serves this tiny church. He is very dramatic, but not to the point of turning you off. He has done a remarkable job of taking the kind of service you might find in a large metropolitan church, and adapting it to a small congregation in a small mountain town. What is more, the people love it and love him.

We had communion and I was affirmed when he handled the Great Thanksgiving and elevation just like I do...in contrast to the liturgy in the hymnal.

The church was full and one of the people told me that this was their summer crowd. "There's about 40 more in the winter." I don't know where they put them.

Jack had been there 3.5 years & they told me that the church had grown since he had been there. Jack is a lay pastor...I only wish that many elders possessed his mature theology and worship style. He had been gone for a month and just returned the evening before. His trip had taken him to the Yellowstone Annual Conference and then to Redlands, CA for the Course of Study school.

After the service, the church had a surprise carry-in to welcome him back. They invited me to stay and made me feel as though I had been a part of their congregation forever. If I am ever sentenced to execution and they ask me what I want for my last meal, it'll be a carry-in dinner at the United Methodist Church of their choice. This meal met that test. I've learned, while riding this tour, to never turn down food when offered. Indeed, I've learned a few little tricks to get it offered.

Now when I walk into a church on this trip, my dress does not meet the usual conventions. I only have bike clothes with me. I do put on a pair of nylon wind pants to cover my shorts, but I have loud jerseys (back pockets and all) and sandals. I usually have my "hand bag" over my shoulder. So far, no one has flinched.

The church is about a mile from where I'm staying and all the stores are in between. Thus, I went prepared to make one trip from this end of town to that end of town fit all. So I used one of my mesh laundry bags for my cameras and other things.

I sat at an outside table with Jack, the lay delegate and a few other folk who wanted to ask questions about my trip. While we ate, a doe and two tiny twin fawns came up to the yard and looked us over. I wasn't quick enough to get a picture.

We talked a bit of church politics. I discovered, to my amazement, that Yellowstone Conference (all of Montana and the western half of Wyoming) fully supported their bishop (Svenson) who signed the document of the 15 at General Conference.

I walked the mile back to my "home," stopping to pick up a few groceries for the road tomorrow and feeling very good about stopping in Lincoln.

...LEE...

#: 923 (C) S0/CompuServe Mail 15-Jul-96 19:33:53

Sb: DAY 020

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 15, 1996
TRIP DAY: 020
WEATHER: 41F to start raising to 95F by Sun River. Tail winds.
MILES: 68.6
TOTAL: 838.1
AVERAGE: 41.91
CLIMBING: 3020
TOTAL: 23,110
ROUTE: Montana 200
TOWNS: Lincoln...Bowman's Corners...Simms...Fort Shaw...Sun River
LODGING: Sun River United Methodist Church...sleeping inside

PEOPLE I MET: ED GEMAR. I had a flat about 100 yards from his house...my first. I walked the bike to take advantage of his shade tree. Ed let me use his shade tree and his air compressor to fix the flat. The flat was a crack at the valve. Tire was up this morning...just times and tides.

Ed told me he had colon cancer and we talked about it quite a little. I learned later...see below...that he had told no one else in the town.

EVELYN & LLOYD KUNKEL. When I got to Sun River, I was very hot and ran into road construction which I felt I ought to walk. It was about 2 miles and I still had 12 miles to get to Vaughn where I wanted to camp. I went into the bar for a Coke, and the bar tender said I could camp out back.

I walked out back and found it was not too promising. I had found out that there was a local United Methodist Church in Sun River, so I walked over to check it out.

There was no one about, so I went to the Post Office next door. The Postmistress and a customer were talking. I walked in and said, "Are either of you United Methodists?"

"We both are."

I told them that I was a recently retired United Methodist pastor, and who do I need to see to be able to pitch my tent at the church. They said that I should just do it.

The postmistress said, "I heard about you." It turns out that when I stopped at the post office in Fort Shaw the postmistress there called Sun River and told her about me.

To make a long story just a bit shorter, Evelyn Kunkel invited me to her and Lloyd's house for dinner. They let me use the shower, and their washer and fed me the most glorious steak...Montana steak...dinner I've ever had. They have a key to the church and they are going to let me stay inside tonight.

THINGS I LEARNED: Between the flat tire right in front of Ed's place and the serendipitous meeting of the Kunkel family. Life is good.

Maybe it was serendipity that I had a flat tire right in front of Ed's house at a time when he needed to talk about his cancer. Lloyd and Evelyn are very good friends, but they didn't know. I guess I let the cat out of the bag, but I know they are the kind of people who'll wait for Ed to talk.

COMMENTS: This was the hardest day of riding I have had. Not because of Roger's Pass and the Continental Divide...that was a snap. However, there was one 200-300 foot climb right after another for the next 25 miles. Combined with the heat.

#: 932 (C) S0/CompuServe Mail 16-Jul-96 10:16:09
Sb: Continental Divide
Fm: Lee Kreider
To: Weekly Report Mailing List
July 15...8:02am...Roger's Pass...5,610...a snap.
The Rockies are behind me now...the Great Plains are ahead.
...LEE IN SUN RIVER, MONTANA...

#: 933 (C) S0/CompuServe Mail 16-Jul-96 10:16:15
Sb: Serendipity and the UMC
Fm: Lee Kreider
To: Clergy Mailing List
SUN RIVER, MONTANA UNITED METHODIST CHURCH REPORT
July 16, 1996 (6:00am MDT)
I am writing this from the fellowship room of the above.

Serendipity has marked my life for the last 10+ years, and that word is engraved in the inside of my wedding ring. Yesterday was serendipitous.

The problem I faced upon leaving Lincoln was crossing Roger's Pass...the Continental Divide and traveling almost 60 miles before I ran into any village of any kind. There was one bar a Bowman's Corners (37) miles and Sims (55) miles. Roger's Pass was a snap (5610 feet), but following a 6% downhill of about 8 miles I was out in the plains away from any trees...no sign of human life but the highway...and one 2-300 foot climb after another.

I stopped at the first bar and got a Coke and refilled my now empty water bottles...all 3 emptied with the first 37 miles. Bowman's Corners was the first building I had passed since the 7-Up ranch just outside of Lincoln. It was one small building and that was that. I stopped at the Sims bar and got a hamburger...about 12:30. It was getting hot and I still had 31 miles to Great Falls. I decided to start looking for a place to camp before then.

I saw the Fort Shaw post office, and, as I had always planned after crossing the Rockies, I mailed my cold weather gear home. I had a long chat with the post mistress, covering my talking time in the PO to take advantage of the air conditioning.

I headed on toward Vaughn, where I had heard a bar had a little campground in the back.

Now I could have had this flat out in those sun drenched hills and had to pump up that tire in the boiling sun. However, it happened right in front of this farm house with a large, cottonwood tree. I asked the owner, Ed Gemar, to use his shade and he also offered the use of his air compressor.

Serendipity.

I told him that I was a United Methodist minister and he almost immediately began telling me about his recently discovered colon cancer, and we talked quite a bit about it. I later discovered...you'll see how as you read further...that he had not revealed this to his closest friends. This strange cycling clergy emerged off the road with a flat.

Serendipity.

After I fixed the flat, I ran into road construction. It was for 2 miles. It was so rough that I decided I had to walk it. By now it was about 3pm and it was nearing 90F. I walked about 0.5 miles when I came to this little village...little being the key word...of Sun River.

It had a store and a bar. I went into the bar to get a Coke. It was cool and I decided to stretch my Coke out for a lllloonnng time. While chatting, the bar tender offered to let me pitch my tent in back of the bar. I chatted with an older couple having their gin and tonic and they learned of my profession and I learned that there was a United Methodist Church in Sun River.

I looked behind the bar and found that it wasn't too promising as a camp site. So, I walked over to the church and found a delightful little church with a large shaded lawn and even picnic tables outside. I decided that this is where I'm spending the night.

Serendipity.

I went to the post office next door and the post mistress was chatting with Evelyn Kunkel who had just happened in to mail a package.

Serendipity.

I said, "Are either of you ladies United Methodists?"

Evelyn replied, "We both are."

I told them who I was and that I would like to get permission to camp in the church yard. Evelyn said with an authority that no one dared question, "Go right ahead."

The postmistress said, "I've heard about you."

I asked, "How."

She said that the postmistress in Fort Shaw called and said to watch for this 60 year old retired minister riding his bike coast to coast. "You won't believe it, until you see it."

Then in about 3 nanoseconds, she added, "Would you like to come to our house for dinner?"

I paused about 1.5 nanosecond and said, "Yes."

Serendipity.

There followed a wonderful shower...laundry...much better than the wet handkerchief I had envisioned for the evening, the largest steak I have ever seen...Montana steak...Montana style...a glass of wine...errrr....I mean grape juice, and a pleasant evening of conversation with Evelyn and her husband Lloyd.

Serendipity.

In the course of the evening, I mentioned Ed and his cancer. It turns out that these two families are best friends and the Kunkels knew nothing about this. I told them that I just assumed they knew and I'd hope they'd not share their knowledge until Ed was ready. They understood.

Evelyn concluded that it was the Lord's doing that I had that flat right there. Not only did I have the shade and the air compressor, but Ed found someone to tell his story to. She further ruminated that if I hadn't had that flat, I'd have been on toward Great Falls, and our paths would never have crossed. She had a rather complete theological interpretation of this whole day.

I call it serendipity.

Now I'm making a late start. Normally I would have been on the road for an hour by now. However, I'm just going to Great Falls to look up their pastor, Ira Robison. He serves a two point charge, this church and West Side United Methodist Church in Great Falls. I want to buy a new tube and sort of rest from a strenuous, if very fulfilling yesterday.

Serendipity.

...LEE IN SUN RIVER UNITED METHODIST CHURCH AND ON THE ROAD

IN ABOUT 30 MINUTES...

#: 208221 S5/Cycle Touring [CYCLING] 16-Jul-96 13:56:59

Sb: #208192-C2C WEEK 03

Fm: Dante Lanzetta in Michigan

To: Lee Kreider

We're all envious. Keep on spinning!

#: 938 S0/CompuServe [MAIL] 16-Jul-96 15:57:27

Sb: Continental Divide

Fm: Cliff Schmidt near Phillipsburg, Ohio

To: Lee Kreider

It's all downhill now till the Mississippi. Now you know that you can climb the tallest mt. Keep up the good job. Cliff & Marilyn

#: 940 S0/CompuServe [MAIL] 16-Jul-96 18:22:10

Sb: MORE SERENDIPITY -- FOR ME

Fm: Tom Slack, West Ohio Conference, United Methodist Church

To: Lee Kreider

Lee, say "hello" to Ira Robison for me. We were students together at Boston University School of Theology in the late '60s. When he moved back West, we lost touch. It's a nice surprise that you will see him.

Tom Slack

#: 942 (C) S0/CompuServe Mail 16-Jul-96 16:34:36

Sb: DAY 021

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 16, 1996
TRIP DAY: 021
WEATHER: Very Hot, tail winds
MILES: 22.82
TOTAL: 860.9
AVERAGE: 41.00
CLIMBING: 460 feet
TOTAL: 23,570
ROUTE: US 200
TOWNS: Sun River...Vaughn...Great Falls
LODGING: Triple Crown Motel

THINGS I LEARNED: The great falls which stalled the Lewis & Clark expedition for weeks is now submerged under a lake.

COMMENTS: Short day, but I was really tired after yesterday. Moreover the next town is 40 miles away. Also, I needed to get to a bike shop. I got a replacement tube and after looking at my rear tire, I replaced it with same. The next town where I might find something is Minot, North Dakota.

I also bought a waterproof bag...a white water bag...for my sleeping bag. I've not had much success trying to protect it with a plastic bag.

So far, I've only got about 5 drops of rain on the face of my computer, but that won't last.

The February floods along the Columbia River had washed out I-84 a number of places and the repairs were filled with sharp rocks. At any, rate there were numerous penetrations of the tire. It would probably last a long time, but I decided not to take a chance.

All the locals tell me this is abnormally hot, so it's up early again tomorrow and heading northwest to the "high line," US 2.

#: 954 S0/CompuServe [MAIL] 17-Jul-96 07:23:04

Sb: Re: Continental Divide

Fm: Mike Rose: The Bicycle Shop in Findlay, Ohio

To: Lee Kreider

Congratulations!! You are doing a wonderful job. I'm still jealous. Keep on having a great trip! We're all with you every day. Several people stop in the store just to read your daily reports. I guess that I could say that you're good for business. Thanks for putting me on the daily mailing list - it makes things much easier for me. Mike
Mike@TheBicycleShop "Ride a bicycle.
It's good for both of us"

#: 958 (C) S0/CompuServe Mail 17-Jul-96 18:16:17

Sb: DAY 022

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 17, 1996
TRIP DAY: 022
WEATHER: Cool in the morning and cloudy. Winds, some quartering tail, but mostly cross, except the last 10 miles with head winds. Turning very hot again this afternoon.
MILES: 80.32
TOTAL: 941.2
AVERAGE: 42.78
CLIMBING: 1,120
TOTAL: 24,690
ROUTE: US 87
TOWNS: Great Falls...Fort Benton (bypassed)...Loma...Big Sandy
LODGING: Q Motel

THINGS I LEARNED: This is bug & skeeter country.

COMMENTS: 55 miles from Great Falls to Loma and a little cafe. If I had turned into Fort Benton, I would have added 5 miles and a 500 foot climb.

There were thunder storms lurking about this morning. I watched them carefully and tried to be on the look out for shelter. Most of the ranches were a mile or more back from the road. However, you can see storms miles away.

Several times I could see down into the Missouri River gorge. All day, large mountains to the east. First, the Highwoods and now the Bear Paws. I won't have to cross any of them.

Big Sandy has a population of 750 and is almost totally supported by the farming industry.

If my calculations are accurate, I completed 25% of the route somewhere before Big Sandy.

#: 964 (C) S0/CompuServe Mail 18-Jul-96 15:02:03
Sb: Herald
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
Msgs received. Glad to hear from you. Wondering where you were at.

Dragging all of this camping equipment from motel to motel. However, it is rising to the mid 90s every day. This old guy can't take that kind of heat. So, it's up early and plan to get to an A/C hotel by noon or thereabouts.

Takes some careful planning.

I don't understand it. I'm now about to turn east on US 2. I get forecasts of tail winds til I get to Glasgow, MT...then it says head winds. You figure. There must be something in a name.

Tired tonight. This msg will have to wait for the next phone line...somewhere down the road. I had some coffee and a roll when I left Great Falls and it was 55 miles to the next store. Fortunately, I had enough food along.

I do have to watch the water situation. That could be disastrous. Also, after my first flat, which could have happened miles from any shade, I decided to get a CO2 device. Pumping a tire in 90F sun is not something I relish.

838 miles to the first flat isn't too bad, is it?

Have a good time in Holland.

Passed 25% today. Averages should pick up a bit now.

Nighty night.
...LEE...

#: 967 (C) S0/CompuServe Mail 18-Jul-96 15:02:10
Sb: DAY 023
Fm: Lee Kreider
To: Daily Report Mailing List
DATE: July 18, 1996

TRIP DAY: 023
 WEATHER: Very Hot again. Severe quartering head winds all day. The guy that said, "You'll always have a tail wind after you pass Havre," lied.
 MILES: 57.95
 TOTAL: 999.2 (Do I wish that this town were a bit down the road to make this an even number? Not with this head wind.)
 AVERAGE: 45.42
 CLIMBING: 700
 TOTAL: 25,390
 ROUTE: US 87 to US 2
 TOWNS: Big Sandy...Box Elder...Laredo...Havre...Chinook
 LODGING: Chinook Motor Inn

PEOPLE I MET: The guy at the 4Bs Restaurant in Havre. This wasn't a joke...it was a serious question, "How much do you ride in a day? 500 miles?"

THINGS I LEARNED: This is rattlesnake country and I've seen several dead ones along the road. Best watch my step when I wonder off the road to...

COMMENTS: As I left Big Sandy at 5am, I had a little fox run ahead of me for a time. I saw a quail and, as always, I scarred up several deer.

As I turned onto US 2, I joined Adventure Cycling's Northern Tier Route. Touring cyclists are common and people simply ask, "Are you going all the way across?" They've seen this all before.

Today, I stopped at a KOA campground about 9 miles east of Havre. There wasn't a single tree in the whole park. I wonder who on earth would ever want to camp there...probably over night RVs? I got a Coke there and the owner told me that a group of about 10 cyclists were just one hour ahead of me. He said that they seemed quite discouraged with the wind. He said I seemed in a much better mood.

I wasn't, since I had already decided to cut my goal of the day from Harlem back to Chinook. That was only 12 miles ahead.

I did have one odd mechanical problem. The wind was blowing a lot of stuff across the road and it blew a plastic grocery bag right under me. Apparently, the handle of the bag hooked onto the bottom of my derailleur and the chain wrapped it into the lower pulley. Of course, my pedals came to an abrupt stop, but not before tangling very tight. It took quite a bit of hacking, pulling and unwrapping to get it out.

The weather forecast is cooler tomorrow. However, they have been saying that for a week now. I've yet to see it.

I talked to a guy back in Havre who said the wind does blow out of the west 90% of the time. Well, I've done my 10%. It is time for a change.

Looking at the map, I have some more tough choices between short and long distances over the next several days.

It is sort of interesting, trying to outsmart all of the multitude of telephone connections, dialing concoctions, etc. I'm getting to be an expert at this.

#: 972 S0/CompuServe [MAIL] 18-Jul-96 18:38:26
Sb: DAY 022
Fm: Sonia B! Kreider in Dayton, Ohio
To: Lee Kreider
Just what kind of scars did you give those poor deer?!?

#: 974 (C) S0/CompuServe Mail 18-Jul-96 18:17:45
Sb: Parking Problems
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
July 18, 1996 (5:27pm MDT) - Chinook, Montana
I'm having trouble finding anyplace to lean my bike. No trees, no poles, no buildings, no nothing. Have you any ideas?

Actually, I've been over a good many roads that made me wonder how Aedan would handle this on a trike. A lot of Montana highways have very deep rumble strips...about 6 inches apart all along the road. They are just to the right of the white sideline. To the right of that there is about 18-36 inches for cycling. It varies from place to place. I think it is as much to keep the cyclist from getting over into the traffic lane as vice versa. Just how you would ride this on a trike mystifies me. I'm sure you would find a way.

We just had the most lallapolozer of a thunderstorm I've ever seen. I've been warned about these things and I'm sure glad I'm not camping tonight. Wind, lightening and rain.

Now being from Ohio, I'm familiar with violent storms, but this one beats anything I've ever seen.

I'm sort of in a quandary about what to do about the next 3 days. There is a town, Harlem, 25 miles and another 42 to Malta, 67. The next town after Malta is Glasgow...70 miles.

The weather forecast for tomorrow is tail winds. If that is true, I could easily make Malta tomorrow. However, that would put me with a Saturday ride of 70 miles when I try to have a short day. Unless those tail winds really develop, I think it is too much of a reach to make it to Glasgow on Saturday.

I think I'm going to take two short days to get to Malta and take a rest day there. It seems so foolish to go just 25 miles, but, after today, I could use the break. Besides, with the storm, I haven't seen a bit of this town.

Why should I worry? I'm here to enjoy myself and not set a crossing record. The current record is somewhere in the 9 day range and I've already missed that. <g>

I guess I'll just see how it goes.
...LEE...

#: 988 S0/CompuServe [MAIL] 19-Jul-96 15:02:07
Sb: Back from Roanoke

Fm: Mark Kreider in Arvada, Colorado

To: Lee Kreider

Dad,

I just got back from Roanoke, VA and GE Drive Systems today.

I was able to work out vacation for the week of August 4. Let me know within 200 miles where you think you'll be (if you haven't done that in your email already). We'll start planning.

Love, Mark K

#: 990 (C) S0/CompuServe Mail 19-Jul-96 16:25:57

Sb: DAY 024

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 19, 1996
TRIP DAY: 024
WEATHER: Very nice. High 76F. Tail winds in the morning turning to head winds in the afternoon.
MILES: 68.11
TOTAL: 1067.9
AVERAGE: 44.50
CLIMBING: 500
TOTAL: 25,890
ROUTE: US 2
TOWNS: Chinook...Harlem...Dodson...Malta
LODGING: Great Northern Inn

PEOPLE I MET: 4 cyclists west bound headed for Seattle...1 solo cyclist west bound...nothing learned. When I stopped for lunch at a cafe in Dodson, 3 young men (19, 20, 21) arrived soon afterward. They were on their way from Seattle to New York. They met while working at Breckenridge.

COMMENTS: Passed two Indian Reservations along the route today and a beautiful abandoned church which I later learned was a mission to the Indians

US 2 varies greatly in quality. Ranges from terrific to absolutely lousy.

I hear news of cyclists ahead of me at every stop. This to be expected now that I'm on Adventure Cycling's Northern Tier route. Of course, I see far more west bounders as we pass. I only see east bounders if they pass me or I pass them. For more than a week now, I have been a day behind a guy pulling a trailer with a dog in it. My reports always say that he's just a day ahead. We must be moving at about the same rate.

Oregon seems almost like a dream...like another lifetime.

My route has been paralleling the Burlington Northern railroad. I see many trains with container cars. Most have Japanese names on them. This is an Amtrak route, but haven't seen one.

#: 992 (C) S0/CompuServe Mail 19-Jul-96 17:11:12

Sb: Back from Roanoke

Fm: Lee Kreider

To: Mark Kreider in Arvada, Colorado

July 19, 1996 (4:45pm MDT) - Malta, ND

Boy that's a hard one to figure. However, if I keep moving as I have been, I should be approaching Fargo, North Dakota by August 4. That's about the best I can guess from here.

I just asked AutoMap and it told me that it is 627 miles from Glasgow, MT to Fargo, via the route I plan.

I have done 300+ miles this week and plan to do 70 tomorrow. I'll take a rest day in Glasgow this weekend. This week includes some pretty heavy climbing which should be less. However, the bad lands are ahead and I know there'll be some hills.

We had a terrible thunderstorm last night. I sure was glad I was inside. I've never seen anything quite like it.

I have a "half-way" box prepared for Sonia to send to a pre-planned motel in Moorhead, Minnesota...just over the line from Fargo. It contains two tires and a new chain.

However, I've not been real satisfied with the Specialized Armadillos. I have no way of telling how much wear I'm getting on the tread. Thus, I'd like to keep the Specialized on the front and put the tried and true Avocet Cross on the rear. Could you bring one? 700cx32mm. I think that's the same you run on the tandem. I can tell how that tread is wearing.

Also, bring a floor pump.

The best way to tell where I am at day to day is to call Sonia. I try to call her everyday...somewhere along the way and give her a fix as to where I'm at.

Or, as you head this way, I could put a msg on your answering machine as to my location on rendezvous day. I think you can access them from remotes? OK?

It sure will be good to see you. It is a great thing for you to use your vacation this way.

I'm doing fine. People said, "You'll get lonely." I haven't. Oh, I've had one or two small bouts with homesickness and missing Sonia. However, each day is busy and I have to be constantly thinking about, how far, food supply, water supply, etc, etc.

This little puter has sure made me feel in touch.

...LOVE FROM DAD IN MALTA, MONTANA...WHERE ARE MY TAIL WINDS?

#: 996 (C) S0/CompuServe Mail 20-Jul-96 15:45:32

Sb: Greetings from Glasgow

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

Montana, that is. It is one fine little town. However, in this country, any town of any kind looks mighty fine.

...LEE IN GLASGOW...

#: 998 (C) S0/CompuServe Mail 20-Jul-96 15:45:44

Sb: DAY 025

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 20, 1996
TRIP DAY: 025
WEATHER: Very nice. 48F this morning, raising to 75F this afternoon. Nice tail winds all day. Of course, got stronger just as I came into town.
MILES: 72.19
TOTAL: 1,140.1
AVERAGE: 45.60
CLIMBING: 1,190 (And they said the east is flat.)
TOTAL: 26,580
ROUTE: US 2
TOWNS: Malta...Saco...Hinsdale...Glasgow
LODGING: Cottonwood Inn

PEOPLE I MET: A guy I talked to in Hinsdale. For over 200 miles people have been saying, "Watch out for the bugs east of here." They told me that yesterday in Malta. I asked him, "How far east will I run into the bugs." He said, "The bugs are west of here."

THINGS I LEARNED: The bugs are east and west of here. Some can fly along and bite when riding at 17 MPH. Others, just hang out on the road and ahead and wait for you to come to them. Really, they haven't been nearly as bad as the warnings.

COMMENTS: I had about 10 miles of road construction today. I had to walk about 1.5 miles of it. The rest required slow and creative riding. Fortunately, the traffic was very light.

This morning, I clocked it and I rode 8.5 miles before I was passed by any vehicle. This is not a busy road...not by Ohio standards. However, the folks here always warn me, "US 2 is a very busy road."

In for the weekend in beautiful Glasgow. Out here, any things that vaguely resembles a town is beautiful. I need a rest day...for both body and mind.

#: 999 (C) S0/CompuServe Mail 20-Jul-96 15:58:19

Sb: C2C WEEK 04

Fm: Lee Kreider

To: Weekly Report Mailing List

LEE'S PILGRIMAGE

Weekly Summary - 04

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	7/14	019	Lincoln, MT	0,769.4
Mon	7/15	020	Sun River, MT	0,838.1
Tue	7/16	021	Great Falls, MT	0,860.9

Wed	7/17	022	Big Sandy, MT	0,941.2
Thu	7/18	023	Chinook, MT	0,999.2
Fri	7/19	024	Malta, MT	1,067.9
Sat	7/20	025	Glasgow, MT	1,140.1

COMMENTS: I was the guest of Lincoln Community United Methodist Church at a carry in dinner.

Roger's Pass (Continental Divide) was a snap. However, the foot hills between there and Great Falls were the hardest riding I have done so far.

There is a lot more scenery here in eastern Montana. There are no mountains blocking the view.

The Great Plains are not plane. You climb one hill and can see 10 miles ahead and 3 or 4 more climbs just like the one you just finished. After those 3, you see 3 more...sometimes more.

Perspectives fool you. In Ohio, you see a town one, maybe two miles ahead. Here, you can see them 10 miles ahead and they look like they are just one mile away.

SIGNS I HAVE SEEN: Near Dodson, MT: "Used Antiques."

BUMPER STICKERS: "I don't call 911. I carry a gun."

THINGS SEEN ALONG THE ROADSIDE: Truck bungies tie downs...expected.

Money...lots of money. Mostly pennies, but dimes as well. Only rarely, do I see nickels and quarters. No time to stop and pick it up. If I did, I'd still be back in Idaho. Where does it come from? Do you have any ideas?

Lug nuts. However, no cars with a wheel fallen off.

Bolts. I find more bolts than anything else. I've seen thousands. I must stay on the alert, because they could fix a tire real quick. Most are about 3/8-1/2 inch and range from 1 to 2 inches in length. Where do they come from? I keep thinking I'll come around a corner and find a truck laying in little pieces.

PHYSICAL CONDITION: Nothing remarkable. A few little twinges now and again. No sunburn...I use my sun block religiously and I'm drinking 1.5 to 2 gallons of liquids a day.

I have noticed one change. When I started in Oregon, it seemed that the limiting factor to my strength was my heart/lung system. Now, I find that I rarely run out of heart/lung capacity, but that my leg muscles tire first.

I must be very cautious about food and water supply. For example, today (Saturday), I rode the entire 71 miles without a source of either.

I do get tired, but recover well. I'm usually in bed by 7 or 7:30 and up at 4am...on the road by 5am...just as soon as it is light enough to move.

Today, I decided that my birthday gift to myself (7/29) will be an extra rest day.
...LEE IN GLASGOW, MONTANA...

The Fifth Week - Along the Great Missouri

#: 1012 (C) S0/CompuServe Mail 21-Jul-96 15:21:53
Sb: UMC in Glasgow, MT
Fm: Lee Kreider
To: Clergy Mailing List
July 21, 1996 (2:55pm MDT) - Glasgow, Montana
UNITED METHODIST CHURCH REPORT
First Methodist Church

No that isn't an error. That's the name on the sign. I guess they haven't yet heard about 1968? I have noted that the phone books in this part of the world list: Churches, Methodist, United.

The second thing I noticed was that the parking lot was empty at 10:30. Sunday School was listed at 9:45 and worship at 11. I approached from the east and looked at the parking lot to the north. Nary a single car. I approached the front door and tried it, fully expecting it to be locked. It opened and I heard voices inside...classes going on. It turns out that there is also a lot on the west which is where everyone seems to park. I couldn't see it as I walked up from the east.

I looked about the church and being rather early, I went across the street to get a coffee at McDs. (This is the first McDs I had seen in over 500 miles.) I got to reading the paper and suddenly noticed that it was 11:00, so I hurried back.

The pastor, Keith McDonald, was leading a singspiration type opening. The service had not really started. Keith is relaxed and easy going. He seems comfortable with himself and the church seems comfortable with that style. There was an order of service in the bulletin, but it wasn't followed too closely.

Keith had some material in the bulletin for the congregation to work on at the end of the sermon. It was a scale to see if they were taking baby steps or giant steps in various parts of their spiritual journey. He reassured the congregation that baby steps were steps and they were OK if that was what they were doing.

The sanctuary was well cared for, and nicely filled. Not full by any means, but a good congregation of all ages.

Keith introduced me and told the congregation what I was doing. After the service, one woman said, "I saw your friends headed east of here yesterday. It looked like there were about 50 of them."

I told her, "I don't have any friends."

Well, what I meant, and went on to explain was that US 2 is a part of what cyclists know as The Northern Tier Route. Many groups and individuals take this route. (I have been meeting west bound cyclists several times a day. I hear stories of groups ahead of me, but, of course, we only rarely contact riders headed the same direction.)

After the service, we had coffee and sweets in the fellowship room downstairs.

Keith also serves Hinsdale United Methodist Church which is 40 miles to the west. Their service is at 8:45. He has a lay person drive him to and from Hinsdale. I came through that town yesterday. I saw three bars and a bank, but no church.

What a nice feeling. I was a bit discouraged when I got to Glasgow yesterday. I don't know why. I put in quite a few miles including the Continental Divide. I was just feeling down and that continued until this morning. However, finding my "family" waiting for me was a great boost in my spirits.

...LEE IN GLASGOW...MONTANA THAT IS...

#: 1027 (C) S0/CompuServe Mail 22-Jul-96 17:04:10
Sb: DAY 027
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 22, 1996
 TRIP DAY: 027
 WEATHER: Fair 49F & 90F Tail winds turning to severe cross winds the last few miles.
 MILES: 71.29
 TOTAL: 1,211.4
 AVERAGE: 44.87
 CLIMBING: 860
 TOTAL: 27,440
 ROUTE: US 2
 TOWNS: Glasgow...Nashua...Frazer...Poplar
 LODGING: Lee Ann Motel

PEOPLE I MET: Guy running the convenience store in Nashua. I went in for coffee and he said in a matter of fact tone, "Going coast to coast?" It's a common sight here on the Northern Tier route. However, I didn't see any tourists today.

ROSIE SMOKER: a Souix Indian who ran the little convenience store in Frazer. Today's trip is in the Fort Peck Reservation. Rosie was raised on the reservation, one of eleven children. She has six children and three are in college.

She asked me where I was headed and I told her, "Delaware." She replied, "Most people are going to Maine." Out in this country, no cyclist ever passes a store. Who knows when the next one will crop up. Even those listed on the Adventure Cycling maps are sometimes out of business. These towns are dying fast. It is sad.

BILL & ROSS SANSAVER: I met them as I went into the McDs in Wolf Point. Unbelievably, it was the only eatery on the highway. They were father and son. Bill, the father, took notes on who I was, where I came from and where I was going. Turns out he's a stringer for one of the papers in the area. He told me that when I got to Poplar I should go into Sun Rise Hardware and tell Lannie Frantzic that I had met Bill in Wolf Point and that if I asked, he would give me dinner tonight.

FRANTZIC: Going along with the joke, when I got to Poplar I went into Sun Rise Hardware and looked up Lannie. I said, "I ran into this guy, Bill Sansaver, in Wolf Point and he told me to tell you I was a coast to coast cyclist and that you would feed me dinner tonight." Lannie just laughed. It seems to be a joke between them. At any rate, it was a pleasant diversion. Sun Rise Hardware has everything including groceries. Lannie's niece was selling a customer a cell phone. Some businesses only have cell phone service.

THINGS I LEARNED: Fort Peck Reservation has two tribes, Souix and ?????.

COMMENTS: The McDs in Wolf Point had a ATM.

The pattern seems to be light winds in the morning, turning to hard westerlies shortly after sun rise, but swinging to northerlies about noon or shortly there after. At least that's what Lannie Frantzic told me and that's what I've experienced so far. Thus, my riding strategy fits well...leave very early and stop shortly after noon. This has another advantage of allowing me to walk about town and find out what is happening.

I thought seriously about going on another 30 miles to Culbertson. I thought seriously about this until about 10 miles out of this town when the wind turned.

Poplar was once a going town. It has 2 multi-story railroad hotels and many large but empty buildings. That's the story of these little towns. It would appear that the population is about 90% Native American.

#: 1029 (C) S0/CompuServe Mail 22-Jul-96 17:04:21
Sb: LOVE FROM POPLAR
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
July 22, 1996 (4:27pm MDT) - Poplar, MT
Hi sweetie.

I really flew along today and had thoughts of getting to Culbertson and even for a time dreamed about making it to North Dakota today. As you see in the report, the wind swung about at the last few miles into Poplar and I decided to quit here.

Ole Lannie (see report), who has seen a lot of cyclists go through, told me that I was smart. He said that keeping on after the wind swings about is just wasting energy that could be better used early the next day.

I hear I have a few hills ahead of me.

One fringe benefit of using a lot of sun screen is that my rough elbows are starting to smooth a bit. That's amazing, given their exposure to wind and sun.

I feel much more positive today than I did over the weekend. I think that knowing that North Dakota is only about 50 miles away helps. Also, this morning I caught myself counting the days until I will see Mark and family. When Mark first mentioned it, I really didn't think I wanted him to come. However, I do look forward to it.

"Places" are starting to get a bit more frequent, and that helps. The only rests I took were at the stores along the way. I stopped and asked questions of the locals. That helps as well.

Rosie Smoker reminds me of the Indian office assistant of the doctor on Northern Exposure. She is laconic, but what she says means something. She has obviously done well with her kids and is proud of it.

I miss you, but I'm 71 miles closer to you than I was last night.

I have a big callus on my left index finger...between the first and second knuckle. (Is the first knuckle the one closest to the palm?) It is next to the thumb. It must be how I hold the brake lever with my left hand. You remember that I had some problems in the same area when we were in England?

I really notice that on the hills I don't seem to be breathing heavily at all. Well, that's not quite right. I breath heavily, but it comes easily. I don't have to strain for oxygen. Does that make sense?

I do believe that the outside of my thighs are a bit larger and I'm sure that my calves have gotten larger.

Maybe my chest is larger...possibly from the extra heart/lung capacity.

All this is seems to be. Maybe nothing has changed. I know I don't seem to have any sore muscles, except on rest days. Then I notice them.

...YOUR LOVER, LEEKER...IN POPLAR, MONTANA...

#: 1042 (C) S0/CompuServe Mail 23-Jul-96 17:21:11
Sb: DAY 028
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 23, 1996
 TRIP DAY: 028
 WEATHER: Fair...51F & 75F...tail winds to start turning to nasty cross winds by the time
 the hills came. (When else.)
 MILES: 79.26
 TOTAL: 1290.7
 AVERAGE: 46.10
 CLIMBING: 2,040
 TOTAL: 29,480
 ROUTE: US 2...Indian 1...US 2 (Indian 1 is on the reservation and allowed me to
 bypass the Kipp Hills.
 TOWNS: Poplar...Brockton...Fort Kipp Indian
 Village...Culbertson...Bainville...Williston, ND
 LODGING: Super 8 in Williston

PEOPLE I MET: Frank who owns the Buckhorn Bar in Poplar. He pointed out the Indian 1 bypass, saving me at least 1 hour...maybe two.

Guy in Quick Stop in Brockton. (Often, calling these places a town requires a giant leap of logic.) His brother-in-law married and divorced a girl from Findlay, Ohio, but he couldn't remember her name.

When they heard that I was headed for east, one of the guys said, "You won't like North Dakota."

"Why?"

"It's too crowded over there."

THINGS I LEARNED: The western boundary for restaurants serving cole slaw is Poplar, Montana. That's the first place I found it since leaving the coast. The next town, Culbertson had it as does Williston.

COMMENTS: This was a tough day. The distance plus climbing would have been OK, save for the winds. Again, I started with small then growing tail winds till I got to the hills about 10 miles from the North Dakota border. Then, as the previous days, they turned from the north.

Tomorrow's forecast is for 15-25MPH out of the north. My route is 14 miles north and then east. I'll consider staying right here until the winds turn back to their normal track.

I passed several milestones today:

1. North Dakota state line. I was just 2 weeks in Montana...625.6 miles. This is 1/2 of my mileage to date. 1/6 of my entire trip will have been in Montana. I was glad to see that North Dakota sign. Doubly so, since it was at the top of a 300 foot climb.
2. Central Time Zone...at the North Dakota border.
3. 1/3 of my estimated mileage was passed (1233.3) just west of Culbertson.
4. I have now entered the North Central Jurisdiction of the United Methodist Church which includes Ohio.

#: 1059 (C) S0/CompuServe Mail 24-Jul-96 14:13:13

Sb: DAY 029

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 24, 1996
TRIP DAY: 029
WEATHER: Cool 41F & 75F Head winds in first 14 miles and hard cross winds when turning east.
MILES: 33.87
TOTAL: 1,324.5
AVERAGE: 45.67
CLIMBING: 1,320
TOTAL: 29,480
ROUTE: US 2
TOWNS: Williston...Ray
LODGING: Blue Mill CG

PEOPLE I MET: 2 west bounders left NYC 35 days ago.

THINGS I LEARNED: Everyone in this area are Norwegians...well, almost everyone. They all sound like Garrison Keilor.

COMMENTS: Between the wind and the climbing (see data) I was really tired by the time I got to Ray. I decided that my body was telling me that it was time for a short day.

Winds forecast doesn't look to promising for tomorrow either. Minot may have to wait for still another day.

#: 1071 (C) S0/CompuServe Mail 24-Jul-96 17:30:32
Sb: 2nd msg from Ray
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
July 24, 1996 (5:10pm Central Daylight Time) Ray

Well, I feel a lot better now. I picked up this map of North Dakota published by the highway department. I was looking at it and turned it over. On the other side was a 3-D topographical depiction of the state. No wonder I'm tired. I have been going through some of the heaviest hills of the state.

Not that I didn't know I was in hills and didn't feel it. Not that the altimeter didn't reveal the amount of climbing that I was doing. What really was getting to me was the question of whether this was going to be the way all of North Dakota would be.

The answer: NO.

It appears that I have about one more day of this. When I get near Minot things will smooth out quite a bit. This doesn't mean that I won't have hills, but they'll be fewer and milder.

This kind of puts a whole new perspective on the situation. I'm just going to take it easy again tomorrow and try to get most of these hills behind me. I know that I have at least one more deep river valley to cross...The White Earth River between here and Stanley.

You are a great logistic support. You are a great support. It does me a lot of good to know you are there, that you are praying for me and that you think I'm doing great when I can't feel that way myself.

I'm walking into town. I think I'll dine at Club Ray. Yes, that's its name.

The lady here has fixed up a phone line for me. I can use my puter to my heart's content & I can call you this evening...which, of course, I will do.
...Your Lover, LeeKer...

#: 1082 (C) S0/CompuServe Mail 25-Jul-96 16:38:18
Sb: LOVE FROM BERTHOLD
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
July 25, 1996 (3:28pm Central Daylight Time) - Berthold, ND

Sitting in the Tumbleweed Cafe after a gigantic hamburger, hash browns, salad and Coke. (No slaw, but then no border is absolute.)

I hope the owner of this Tumbleweed Cafe will be a good soul and let me use a phone line to get my reports and this msg out.

I'm tired, of course, but I don't feel beat as I did yesterday. I guess I have some sense of fulfillment.

I'm camping in the city park. I know I'll find nothing in or about Minot, what with the state fair.

I'm leaning heavily toward the US 52 route. It sort of depends on the winds forecast for the next couple of days.

I guess I'd better pay my bill or start to pay rent on this booth.
...YOUR LOVER, LEEKER...

#: 1083 (C) S0/CompuServe Mail 25-Jul-96 16:38:19
Sb: DAY 030
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 25, 1996
 TRIP DAY: 030
 WEATHER: Fair. 41F & 75F. Winds insignificant, but some head winds the last 15 miles
 MILES: 70.56
 TOTAL: 1,395.1
 AVERAGE: 46.50
 CLIMBING: 1,760
 TOTAL: 32,460
 ROUTE: US 2
 TOWNS: Ray...Ross...Stanley ...Berthold
 LODGING: City Park

PEOPLE I MET: At a rest stop, I met the woman who took my picture at the North Dakota line. When I walked into the Tumbleweed Cafe here in Berthold, I met a guy that was in the cafe in Ray.

THINGS I LEARNED: From now on, except for some bobbles here and there, every turn is toward home.

For two days, persons had warned me about White Earth hill. They had me spooked. Well, it was a baby. I'd crossed at lot worse in the miles just before. It just goes to show how much persons who drive these roads know about the terrain.

COMMENTS: I was rather down yesterday when I got to Ray. Did it show in my report? I had only done 33 miles and I was beat. What I failed to take into account is that I had had two heavy days before, with climbing and winds. Yesterday, I had climbed 1,600 feet in 33 miles, which is a higher rate than the Rockies, with the exception of Lolo Pass.

Most of today's climbing came in the first 35 miles.

The state fair is going on in Minot. I think I'm going to cruise right on through. I hear that the town is a zoo.

THIS MESSAGE COURTESY OF THE TUMBLEWEED CAFE, BERTHOLD, NORTH DAKOTA. IT IS A GOOD PLACE TO STOP IF YOU'RE EVER THIS WAY...BUT IT IS OFF THE ROAD A BIT...

#: 1089 (C) S0/CompuServe Mail 26-Jul-96 15:43:54

Sb: DAY 031

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 26, 1996
TRIP DAY: 031
WEATHER: Rain starting at about 1am, hard at times until about noon, then drizzling off and on. 54F & 62F...pretty chilly in the rain. Crosswinds during the heavy rain then head winds. (Where are those westerlies?)
MILES: 45.55 (I earned every last one.)
TOTAL: 1,440.9
AVERAGE: 46.48
CLIMBING: 520
TOTAL: 32,980
ROUTE: US 2...US 52
TOWNS: Berthold...De Lac...Minot...Sawyer...Velva
LODGING: KO Z Motel

PEOPLE I MET: Two fellows in the Behm Restaurant in Minot who live in Velva and said that Betty who runs the KO Z is a great lady.

THINGS I LEARNED: Look around a bit for a camp site. If I had walked 20 yards further last night and investigated the clump of trees, I would have discovered a shelter house neath which I could have had my bike. I did have it under my little tarp but the shelter house would have been better.

The rain gear that I've carried these 1,400 miles are all worth it.

COMMENTS: This was a tough draining day. I had cross winds when east bound and in the rain. I kept telling my self, "Self, when you get to Minot, you'll turn south east and these will become quartering tail winds. Guess what happened in Minot?"

#: 1096 S0/CompuServe [MAIL] 26-Jul-96 21:28:16

Sb: Re: DAY 031

Fm: Mike Rose: The Bicycle Shop in Findlay, Ohio

To: Lee Kreider

Whether you know it or not, you come across in your daily reports as though you are having the time of your life. It is the people and the places, not the distance or the pace, that count. Just

thought I'd mention it even though it seems a lesson you already are very familiar with. Everything still sounds great and we're all pulling for you and with you every mile of the way. Mike
Mike@TheBicycleShop
Ride a bicycle. It's good for both of us”

#: 1102 (C) S0/CompuServe Mail 27-Jul-96 15:57:42

Sb: DAY 031

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 27, 1996
TRIP DAY: 032
WEATHER: Total cloud cover. 55F & 70F. Mild cross winds all day. For about 30 minutes, it misted just enough to cloud my glasses.
MILES: 55.71
TOTAL: 1,496.7
AVERAGE: 45.55
CLIMBING: 380
TOTAL: 32,840
ROUTE: US 52
TOWNS: Velva...Balfour...Drake...Martin...Harvey, ND
LODGING: Artos Motel

PEOPLE I MET: Betty, who ran the KO Z Motel and said she wanted to quit and retire...she didn't need to do it any more. Well, when I went into the Lariat Cafe at 6am to get breakfast, she was serving.

When I stopped at the cafe in Balfour there was a Novarro (REI) mountain bike parked outside. Now how would a bike like that be found in a town like this? Inside I met a guy who had lived in California, Arizona and Colorado. He had just moved to North Dakota to get away from it all. It was sort of an out of joint feeling to be sitting in this little cafe in the middle of North Dakota discussing Shimano shifting systems, Phil Wood hubs and Specialized tires. The rest of the people just sat and looked as though we were talking gibberish.

The fellow in the convenience store in Drake, who asked, “What are you trying to prove?” I didn't really have a good answer.

THINGS I LEARNED: People really don't know much about the countryside in which they live. Two or three folks in Velva said that it would be downhill all the way to Harvey. Now, it wasn't really a lot of climbing (see data), but I am now almost 200 feet higher than in Velva.

Mennonites settled here. The grandfather of the owner of Hornbacher's Restaurant here in Harvey was a Mennonite from Russia. It was the Russian Mennonites who brought winter wheat to the plains.

COMMENTS: This countryside has flattened considerably. Everybody I talk to says that easterly winds are very unusual at this time of year. When do I start getting the usual? I haven't had a westerly wind since back in Montana and then not much.

#: 1104 (C) S0/CompuServe Mail 27-Jul-96 15:57:49
 Sb: WEEK 05
 Fm: Lee Kreider
 To: Weekly Report Mailing List
 LEE'S PILGRIMAGE
 Weekly Summary - 05

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	7/21	026	Glasgow, MT	1,140.1
Mon	7/22	027	Poplar, MT	1,211.4
Tue	7/23	028	Williston, ND	1,290.7
Wed	7/24	029	Ray, ND	1,324.5
Thu	7/25	030	Berthold, ND	1,395.1
Fri	7/26	031	Velva, ND	1,440.9
Sat	7/27	032	Harvey, ND	1,496.7

COMMENTS: I haven't found a restaurant so far with coleslaw. It was on a salad bar in Glasgow. I wonder how far east before I find it?

LATER: I did, I did. I found the western boundary for coleslaw. It is Poplar, Montana. It was found in the Buckhorn Bar. Nothing west. Every place I asked after Poplar had coleslaw.

First sunflowers spotted along the road just a few miles inside Montana. I knew I was getting closer to North Dakota. That, and the large bags of sunflower seeds in all the stores. I had dorm mates in college from South Dakota and the floor of their room was always covered with the shells of sunflower seeds. I really don't care for them.

First corn was spotted in Martin, ND.

First commercial crop of sunflowers in Harvey, ND.

Montana was 625.6 miles. I took me exactly two weeks to cross...about what I had guessed. Most native born and raised Montanans do not know the size of their state nearly as well as I do.

I didn't think that Montana was going to let me out. The last 8 miles included severe cross winds, 3 monster climbs and rough roads. I could see the North Dakota state line sign at the top of this big hill. I had a good long look at it before I passed it.

WHAT I LEARNED: The human body is a remarkable machine. With a little bit of care, it can do amazing things.

I've been riding beside the Burlington Northern railroad since Havre, Montana...about 500 miles. They run 40 trains a day. Japanese electronics going east...American wheat going west. An old guy in Berthold said, "They have 5 engines going west because of the grade, but only 3 going east." I asked him how they got all those engines back east, but I think he missed the point. Maybe the engines go to Japan as well as the wheat. They never do come back east.

Whatever you want is at the very bottom of your pack.

This trip is harder than I thought it would be. However, I knew that it would be harder than I thought it would be. I find that it is not as hard as the harder than I thought it would be.

Most persons I meet can't understand why I'm doing this. However, women are more likely to understand than men, give encouragement and say, "I'd like to do that sometime."

Velva, ND is the home of Eric Severeid.

While I'm riding, I think of clever things to write here, but when I'm stopped and have my notebook out, I forget what they were.

BERTHOLD, NORTH DAKOTA: The only groceries in this town are in the show room of the John Deere dealer. They are located between the bolts and the lubricants. They close at 5pm.

The highways in North Dakota have wonderful 8 foot berms outside the white lines..wonderful for bicyclists. For several days now I thought that they had designed them just for us. I found out that they have made them that wide to accommodate all of the farm equipment. Whatever the reason, it makes cycling in North Dakota a real pleasure.²

In the small towns, you have two choices for church...Lutheran or Catholic.

Friday, I had my first rain of the entire trip. It made up for all that I had missed. There may be a Minot, North Dakota. I saw a sign to that affect, but I had no interest in looking at the city. With the state fair on, I knew that there was no chance to find a room to get in out of the rain and the next town was 22 miles away. My only interest was to get where I could get warm and dry. So much for Minot.

I passed some ICBM sites near Minot. I also passed some a week ago near Great Falls, Montana. They look so innocent. It is hard to believe that they contain one missile capable of destroying several cities.

On Saturday, I raced a Soo Line freight train, and beat it. I beat it until it got out of the siding and the engineer turned up the power. The engineer tooted and waved as he passed.

Whoever said that the prevailing winds are out of the west? The winds out here prevail, but they are not out of the west...not yet.

BUMPER STICKERS: "Lincoln, Montana/A Great place to hide"

"If you're from Montana, are you under indictment?"

BASEBALL HAT LOGOS: "Thank you for smoking"

²You will note that this opinion changes later on.

The Sixth Week - Another Year Older

#: 1106 (C) S0/CompuServe Mail 27-Jul-96 17:19:58

Sb: Re: DAY 031

Fm: Lee Kreider

To: Mike Rose: The Bicycle Shop in Findlay, Ohio

Thanks for telling me that I'm having the time of my life. Sometimes I forget and it takes friends to remind me. However, you are right. I have so many interesting conversations everyday. Most never get recorded. If I took time to write it all down, I'd still be back in Idaho.

I simply can't believe that I've gotten this far. Sometimes, when I reflect on the places I've been, the barren territory I've crossed and the hills I've climbed it almost scares me. I wonder, "How did I ever do that."

Everyone asks, "Do you get lonely?" Other than a brief moment, I have never been a bit lonely. Alone, yes, but not lonely. They're two different things.

I just hope that soon I'll finally get some westerly winds. I've paid my dues. They owe me.
...LEE IN HARVEY, ND...

#: 1110 (C) S0/CompuServe Mail 27-Jul-96 17:49:44

Sb: To my tech support group

Fm: Lee Kreider

To: Technical Support Group

Just a few thoughts for my technical support group.

I might have added ergo shifters. It is not a problem here on the plains, but in the mountains, I always need to shift and needed to shift in the worst way just as traffic was passing on a close situation. Reaching down to the down tube shifters was a bit hairy.

I might have looked into some sort of shock absorbing seat post and possible handlebar stem.

Otherwise, I'm pretty well satisfied with how I'm equipped.

As planned, I sent those heavy garments home at the first post office after the Continental Divide.

The garment I almost didn't pack, but has become the most useful item in my pack is a very light weight nylon wind breaker. It isn't a biking garment, just something I picked up in a store. I wear it almost every morning. It washes and dries in about 15 minutes. I wear it into town, etc., etc.

My smartest move was getting rain pants. Yesterday was terrible and I had on my above mentioned jacket, my Goretex jacket, rain pants, neoprene socks and Goretex gloves. It wasn't pleasant, but I was warm.

Foolish things I packed? Radio. That went home within 4 days.

I also have pair of light nylon pants. They take up very little space and give me a garment for walking about. They are my "go to church" attire. Other than that, I have no clothes but cycling

clothes. Tights, 3 jerseys, the 3 shorts. 5 pair of socks. I have found that amount of socks to be useful.

...LEE IN HARVEY, ND...

#: 210294 S5/Cycle Touring [CYCLING] 27-Jul-96 21:32:39

Sb: #210276-C2C WEEK 05

Fm: Tom E. Haycraft

To: Lee Kreider

>>LEE'S PILGRIMAGE Weekly Summary - 05

Thanks for the weekly updates. With the family, job and bills to pay, it will be some time before I can realistically plan on doing an extended ride as you are.

Hang in there and keep the updates coming!

Tom Haycraft (Dallas, TX / USA)

#: 1119 (C) S0/CompuServe Mail 28-Jul-96 08:39:44

Sb: Counting chickens

Fm: Lee Kreider

To: Mark Kreider in Arvada, Colorado

I shouldn't count them before they are hatched. However, Fargo weather forecast for tomorrow is northwest winds!!!! Well, I'll believe it when I see it.

Looking ahead a bit, even with head winds, I should be able to make Fargo...actually Moorhead, MN...by about Thursday.

It almost scares me to suggest this, but you might want to start looking at your route plan and seeing what St. Cloud or thereabouts might mean.

It all depends on the winds.

I will try to pick up a Minnesota map somewhere today. However, I'm beginning to think that we might cross the Mississippi together. I can't remember where it is at.

...LOVE, DAD AND GRANDPA LEE...

#: 210320 S5/Cycle Touring [CYCLING] 28-Jul-96 10:02:13

Sb: #210276-C2C WEEK 05

Fm: Kevin Brugman in Alexandria, Virginia

To: Lee Kreider

Lee, You are now in my old neighborhood, I grew up in the NE corner of South Dakota. In the book "Miles from Nowhere" the author talks about the relentless winds in the Midwest, specifically SD.

I am enjoying your daily postings on the Net. Looking forward to seeing you this fall.

Cheers Kevin & Kim

#: 1127 (C) S0/CompuServe Mail 28-Jul-96 14:51:23

Sb: UMC REPORT

Fm: Lee Kreider

To: Clergy Mailing List
July 28, 1996 (2:19pm Central Daylight Time) Harvey, ND

HARVEY UNITED METHODIST CHURCH REPORT.

Unbelievably, I have met the Dakota Conference's answer to Grayson Atha. He talks like Atha, walks like Atha, has a beard like Atha, has Atha's humor and has Atha's iconoclastic style of preaching.

John arrived after the service had started, coming from the service at Martin. When he walked in, I thought he was a dead ringer for Abraham Lincoln...height...beard...homeliness...humor, etc. (Doesn't Grayson Atha remind you a bit of Abraham Lincoln, or am I pushing a point?)

John Bushell serves three churches...Drake, Martin and Harvey. The charge was just realigned adding Drake and placing another church in another charge. One thing that the former pastor, church officers and the DS failed to tell John was that Drake church was bankrupt.

SURPRISE! WHERE'S MY PAYCHECK?

Harvey seems like a real going church. I guess that they were quite upset at this situation and I can understand why. Martin church pays their bill, apportionments and is the highest per capita givers to World Hunger in the conference.

In his sermon, John used the calling of the disciples from Matthew to reflect on the role of Christian Discipleship. His main point was that the church couldn't blame nor depend upon the conference for its discipleship or lack thereof. Discipleship was up to them.

John was a native of New Jersey and had served in, I believe, New Jersey south...or whatever it is. He brought came to North Dakota bringing his son and grandchildren with him to find a new environment for them. He seems well pleased with the move.

The building at Harvey burned in the late 1950s and they built this building in the first part of the 1960s. It is very well cared for.

I met a woman who was baptized at Drake in 1921. It was an Evangelical Association (pre-EUB) congregation. The pastor was Herman Canute who later went to Circle, Montana to serve that EV church. That is the congregation that Evelyn Beason and Arlene BEASON Peckham came from. I wonder if they might have know him? Martin church was also a former Ev/EUB. As expected, if there is a former EV church close by there must also be a Mennonite Church, and there is.

In the middle of the service, John stopped and, invited me to lunch. I said, "Ahhhh, OK." The chairperson of the board and wife as well as John's wife, Stella, joined us. We found a couple of persons we knew in common including my seminary classmate and his bishop in New Jersey, Neil Irons.

Time for a snooze. There is some promise that at long last the winds may be turning in my favor. I must get my rest and be ready to either take advantage of them or fight them...whichever they offer in the morning.

...LEE ON THE ROAD IN HARVEY, ND...

#: 1130 (C) S0/CompuServe Mail 28-Jul-96 17:21:38

Sb: DAY 033

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 28, 1996
TRIP DAY: 033
WEATHER: Fair 70F winds out of the southeast but starting to shift to northwest by evening...may it hold for tomorrow.
MILES: 4.73
TOTAL: 1,501.4
AVERAGE: 45.53
CLIMBING: 80
TOTAL: 32,920
ROUTE: In and out of town.
TOWNS: Harvey, ND
LODGING: Artos

PEOPLE I MET: John Bushell, pastor of Harvey United Methodist Church. He is a cross between Abraham Lincoln and Grayson Atha.

THINGS I LEARNED: Nobody told John Bushell that his new church on his newly realigned 3 point charge was broke.

COMMENTS: Rest day.

#: 1137 S0/CompuServe [MAIL] 29-Jul-96 17:54:02

Sb: Your Special Day

Fm: Sonia B! Kreider in Dayton, Ohio

To: Lee Kreider

Happy Birthday to my sexy, lovable, desirable, adventuresome, kind, sweet, wonderful husband!!!

Your wife,

SBK

#: 1138 S0/CompuServe [MAIL] 29-Jul-96 19:51:22

Sb: Birthday

Fm: Jerry & Leslie Cooper, Toledo, Ohio

To: Lee Kreider

Dear Lee,

Happy Birthday ! There is a card waiting for you in Dayton.

Sounds like you are enjoying your trip. Have you been reading about the Olympics? It seems bombs are getting to be a way of life in the US.

In looking at your mileage it seems you are doing better than I expected especially through the hilly areas. Leslie and I have enjoyed reading your messages and looking at the Web Page.

Be careful and enjoy. Looking forward to you getting in the Toledo area.

Jerry and Leslie

#: 1140 (C) S0/CompuServe Mail 29-Jul-96 19:23:23

Sb: DAY 034

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: July 29, 1996 (Happy Birthday to me!)
TRIP DAY: 034
WEATHER: Very foggy in the morning. Couldn't find the village of Fessenden where I stopped for breakfast...had to ask. Fog lifting at @9:30am 49F & 75F. Tail winds, except for 25 miles.
MILES: 101.64 (I think I said that I would take an extra rest day for my birthday. Instead, I saw the wind and did the first 100+ day of my trip.)
MILES: 1,603.0
AVERAGE: 47.15
CLIMBING: 1,020
TOTAL: 33,940
ROUTE: US 52...ND 15...US 281
TOWNS: Harvey...Fessenden...Carrington...Pingree...Jamestown
LODGING: Dakota Inn...treating myself to something other than cheapo place tonight.

PEOPLE I MET: Guy in the Main Street Cafe in Fessenden. We fell to discussing my trip. I said, "I'm beginning to smell Minnesota."

He replied, "You could probably have done that back in Oregon."

THINGS I LEARNED: A birthday does not guarantee freedom from flat tire. I had my second flat just 2.66 miles into the day. I could see where I stayed from where it happened. Couldn't find a problem. Have the tube with me and will investigate further.

I suspect that all of the thud, thud, thud or the North Dakota frost heaves plus the wear and tear of the weight of rider and gear...they just give out after while.

COMMENTS: Remember *The Charge of the Light Brigade*? "Cannon to right of me; cannon to left of me." That was my ride from Carrington to Jamestown. There were thunderstorms all about. I saw one on the road ahead and ducked into a garage at the village of Edmunds. I waited till the road ahead cleared and went on to Pingree and had a Coke at the cafe. (Got it free...compliments for my birthday.)

As I left Pingree I saw, this monster cloud in my rear view mirror. The wind was blowing right down US 281 and it seemed to get bigger and bigger. With a tail wind, I poured on the coal and began to put some distance on the storm. However, there was another storm to the right and a big one to the left. I pressed on.

I rode through a couple of miles of road where a storm had just crossed and left the road wet. It was some tall biking for a 61 year old guy. However, I made it into Jamestown with only a drop or two of rain.

Quoting my friend from Scotland, Aedan McGhie, who quotes someone...I forget who..."There's nothing like the prospect of hanging to focus one's mind."

I'm going to go down to the restaurant and order the most expensive thing on the menu. I'm going to see what they'll do for this old guy on his birthday.

#: 1141 S0/CompuServe [MAIL] 29-Jul-96 20:36:09
Sb: HAPPY BOTHER
Fm: Early Crosby in Dayton, Ohio
To: Lee Kreider
HAPPY BIRTHDAY !!!!!!!!!!!!!!!
CAN'T SAY OVER THE HILL, YOU WOULD PROBABLY REPLY WHICH ONE. HOPE YOU HAD A VERY NICE DAY, AND A WHOLE BUNCH MORE BIRTHDAYS.
EARL

#: 1151 (C) S0/CompuServe Mail 30-Jul-96 07:10:13
Sb: STUCK IN JAMESTOWN
Fm: Lee Kreider
To: Daily Report Mailing List
July 30, 1996 (6:54am Central Daylight Time) Jamestown, ND

It is so foggy here that I can't see the other side of this motel. I guess I'm stuck here until it clears.

I don't think I'll get another 100 mile day today.

So, I'm mellowing out this morning and going to treat myself to a long, leisurely breakfast.

The frustrating part is that I have a tail wind again.

The enjoyable side was that I got up, looked out, listened to the weather and said, "I don't have to get going at 5:45am. I went back to bed. It feels sort of good."
...LEE IN JAMESTOWN, ND...

#: 1159 (C) S0/CompuServe Mail 30-Jul-96 19:06:58
Sb: DAY 035
Fm: Lee Kreider
To: Daily Report Mailing List
DATE: July 30, 1996
TRIP DAY: 035
WEATHER: Very foggy in the am causing a 2 hour departure delay. It cleared about 9:30am. By then it was 70F and rose to 80F. Cross winds all day. (Well, I got one good day out of North Dakota and there's still tomorrow.)
MILES: 51.25
TOTAL: 1,654.3
AVERAGE: 47.27
CLIMBING: 880
TOTAL: 34,820
ROUTE: I-94

TOWNS: Jamestown...Valley City...Tower City
LODGING: Tower City Motel

PEOPLE I MET: Family at the rest stop just 3 miles from Tower City. Husband, wife and two kids. The woman said that she'd love to do what I was doing. I mentioned my birthday and they sang "Happy Birthday" to me. As I rode out of the rest stop the woman yelled, "I'm going to do that some day." I hope she does...or something."

THINGS I LEARNED: I figured that Tower City was named after some tower nearby. Actually, I'm not far from a TV tower that until the new building in Malaysia was the highest structure in the world. It remains the highest in the US. Not the highest building...the highest structure.

However, Tower City was named for Charlemagne Tower, a Philadelphia lawyer...really, a Philadelphia lawyer...who got mixed up in the Northern Pacific Railroad which went bankrupt and he wound up with a bunch of land about here. It all sounds like a big scam to me. Maybe it was old Charlemagne for whom the phrase "Philadelphia Lawyer" was invented.

There is a man who is a few miles ahead of me. He is walking and pulling a wagon about 6 feet long and covered with license plates. I've been hearing about him everywhere I have stopped. At 3pm he was at Casselton, about 23 miles ahead of me. I doubt that I'll catch him before he gets to Fargo. Won't people do the craziest things?

COMMENTS: I have begun a special report on North Dakota roads. I would file it tonight, but I still have about 45 miles of North Dakota left. In that distance, there's sure to be 4 or 5 new challenges, never before encountered. Suffice it to say, there's some fiend somewhere in this state whose mother was somehow offended by a cyclist.

#: 210711 S5/Cycle Touring [CYCLING] 30-Jul-96 23:46:16

Sb: #210276-C2C WEEK 05

Fm: Robin E. Hubert in Illinois

To: Lee Kreider

Happy Birthday Lee! You're definitely a hero of mine. Best wishes on the rest of your trip. I'll hopefully be touring in a couple weeks. Looking forward to more posts from you.

Robin

#: 1171 S0/CompuServe [MAIL] 31-Jul-96 10:45:00

Sb: Re: Tubes

Fm: Mark Kreider in Arvada, Colorado

To: Lee Kreider

Dad,

I have 4 700x25 tubes. I'll ask Sherri to look for 700x28-32 tubes also.

We plan on leaving Saturday morning as early as we can. AutoMap tells us that we will have 1000 miles to St. Cloud (I-25, I-76, I-80, I-35, ...) and that with the new speed limits of 75 most of the way, it will take about 15 hours. That seems fast to me. Given that data, we would like to drive straight through.

Love, Mark

#: 1181 (C) S0/CompuServe Mail 01-Aug-96 15:43:36

Sb: FROM TOWER CITY
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
July 30, 1996 (8:11pm Central Daylight Time) Tower City, ND.

AM I GETTING TIRED OF THIS?

Sometimes, a bit. Usually in the early morning when it is time to get up. Today, I got a bit tired due to the road conditions. (See special road report coming soon if not already arrived.) I'm getting almost to what I've calculated as the halfway point. Sometimes that seems wonderful at other times the thought that I have to do this all over again sort of throws me.

If all goes well, I should make Minnesota tomorrow. Somehow, Minnesota sounds a lot closer to home than North Dakota.

Mark and family will search me out on Sunday and spend about 5 days with me. That should all be in Minnesota and with any luck we may cross the Mississippi River together.

Although the Mississippi is only a small river in northern Minnesota, it does represent the boundary between eastern and western United States.

HAVE I GAINED ANY STRENGTH? Not that I can notice, but obviously the change would be subtle. I think that I notice most that I don't have to strain for O₂ on climbs. On the other hand, I've also learned to relax and take the hills as they come. Even so, I haven't had any of the gasping for breath on any hill as I had on that nasty hill the second day of the ride.

HAVE I LOST ANY WEIGHT? If I have, it is darned little.

I'm a little disappointed in my daily average. However, I'm about where I thought I would be at this time. I had hoped to be in Dayton by Labor Day weekend (1st weekend of September). That'll require some tall biking. I should certainly be close.

Sonia tells me that I should not figure in my rest days in the daily average. However, the day flits by just like all the others.

I guess I'm most disappointed in the winds. I certainly haven't have the westerlies that I had anticipated. Such is life.

All in all, I'm feeling pretty good. I have days when I'm really tired. I was this morning. I might have stopped for a short day had it not been my desire to get to Minnesota tomorrow. That is now about 45 miles away, but head winds are again in the forecast.

I see a few more trees here and there. Just scrub stuff. I don't expect to see a real tree until I get well into Minnesota. That change will be welcome.

I have seen a few patches of corn here and there. The growing season is just too short.

With any luck, I'll file this from Minnesota.

Will put this to bed to watch the MTB races in the Olympics.
...LEE IN TOWER CITY, ND...

#: 1182 (C) S0/CompuServe Mail 01-Aug-96 15:43:39
Sb: DAY 036
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: July 31, 1996
 TRIP DAY: 036
 WEATHER: Fair. 55F & 81F. Wind negligible. Some head winds toward Fargo
 MILES: 54.63
 TOTAL: 1,708.9
 AVERAGE: 47.47
 CLIMBING: 70
 TOTAL: 34,010
 ROUTE: I-94...US 10
 TOWNS: Tower City...Casselton...Fargo, ND...Moorhead, MN
 LODGING: Guest House

PEOPLE I MET: Wednesday (July 31, 1996) was another serendipity day.

First, for 3 days I had heard that there was a man ahead of me on foot and pulling a wagon. Everyone noted that it had license plates all over it. On Tuesday evening, I stopped at Tower City and heard that he was last seen at Casselton, about 23 miles ahead. I hoped that I could catch him before he got to Fargo.

I got a good early start on Wednesday morning and moved right along, hoping to find him. I stopped at Casselton and everyone had seen him, but had no idea where he might be. I was soon back on the road and hoping to find him.

When I was just 1 mile from the turn off to West Fargo, I concluded that I would not catch him. However, as I rounded a corner and saw the exit ramp to West Fargo, I spotted the wagon ahead of me. He had stopped for a smoke.

Gunner Seidel was hiking and pulling a 600 pound wagon. It used what appeared to be moped wheels and had bow springs front and rear. It had a hand brake which he could set for down hills. The wagon was made of sheet metal and was coffin like, but bigger. I'm guessing that the dimensions were 7 foot long, 3.5 foot wide and 3 foot high. The tongue was about 5 feet long.

I, of course, stopped to chat. The man pulling it had snow white hair...it looked bleached and he was quite dark. At first look, I would have guessed him to be from the Mediterranean basin.

He was born in Bavaria, Germany. He had come to the United States and had become a citizen. He said that he wanted to see what his new country was like. He had been pulling this wagon for 5 years and had pulled it through 28 states. He had traveled 29 miles the day before.

He opened the lid. Inside was his bed. He simply got in and slept there. Inside, on his bed was a wooden crucifix about 4 feet high. He held the crucifix on his chest as he slept. We had a nice, but

brief chat. He respected me as a fellow "roadie." We "roadies" don't asked each other a lot of personal questions. We shared where we had been and where we were headed. He was headed to St. Paul to see the governor and get his signature. His goal was to pull his wagon through every state, visit every governor and get their signatures.

Next: I had heard ever since Havre, Montana...750 miles back...and for three weeks that there was a family ahead of me. I had heard a variety of numbers of children. Sometimes they were 3 days ahead and sometimes 2 days ahead.

When I got into Fargo, I looked for a street parallel to the busy Main Street. As I approached downtown, I looked up and saw a tall building. I exclaimed out loud to no one but myself, "That's the tallest building I've seen since Portland, Oregon."

A man was just coming out of an office building and he yelled, "Where you coming from?" I answered, "Astoria, Oregon." I rode on and stopped a couple of blocks later to ask directions. They guy had followed me in his car and pulled over to talk. He was Craig Ritchey, an attorney. He was interested in cycling and in touring and asked me a hundred questions.

He said that I should stop over at the Island Park Bike Shop and check in with them. He pointed and I could see it up an alley nearby. After we chatted I rode up to the shop.

The first thing that took my eye was a racing wheel chair they were loading for a woman. Next was a map of the US and I was asked to put a pin in my home town. The map was well covered.

As I was doing that, who should ride up but the family that I had been following for three weeks. They were John and Tama Sommo from Rockland, Maine. They had with them their four children: Elizabeth 16, Anna 14, Lucy 12 and Tom 7. Tom was stoking a tandem with his mother and John was towing a trailer. They had left the coast of Washington 40 days ago and had almost exactly as many miles a I had. They looked in remarkably good shape.³

The Island Park Bike Shop gets a lot of transcontinental bikers because of their strategic location. The guy in the shop said that Tom was the youngest coast-to-coaster to ever stop in the shop.

We exchanged addresses and took pictures of each other. We will be taking a similar route on the Northern Tier Trail and there's always a possibility we may run into each other again.

Then I crossed the Red River into Minnesota.
All in all, Wednesday was a great day.

COMMENTS: Entered Minnesota at exactly noon at exactly 1700.0 miles!!

#: 1183 (C) S0/CompuServe Mail 01-Aug-96 15:43:48
Sb: North Dakota Roads

³At Christmas, 1996, I received a note from the Sommo family. The mother, Tama, fell from her bike in New York and despite a helmet, suffered severe head trauma. She was showing some, but very slow, recovery.

Fm: Lee Kreider
To: Weekly Report Mailing List
Crossed the Red River into Minnesota at exactly noon at exactly 1,700.0 miles.

NORTH DAKOTA ROAD REPORT When I first entered North Dakota, I was impressed with their roads. They were wide with very wide breakdown aprons...ideal for riding.

I soon had some new impressions. It was the impressions left on my body as I encountered the mother of all frost heaves. These are not just ordinary heaves, but come in a great variety and dramatic frequency.

There are first the knife edge heaves. There are the swoops. At first, they don't seem as harsh, but the soon begin to cause sea sickness in those with touchy stomachs. I can't find a symbol on my keyboard to describe these. They are about 4-6 inches wide and have no sharp edges. They are depressions and you sort of swoop through them.

Now comes the expressway. North Dakota allows cyclists on the expressways and actually they are quite safe, if a bit noisy. The only way to get into Fargo from the west is on I-94. The wide breakdown apron works well. They work well except in North Dakota.

Some fiend conceived of putting rumble strips in the break down lane. These come in several varieties.

BTW, the bolt situation has changed in North Dakota. The frequency is about the same. However, there are more nuts than bolts and many of the nuts have broken bolts still attached.

Of course, all of these conditions are complimented nicely by a gusty cross wind.

I wander what Minnesota has in store?

#: 1185 (C) S0/CompuServe Mail 01-Aug-96 16:24:58
Sb: DAY 037
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: August 1, 1996
 TRIP DAY: 037
 WEATHER: Warm. 51F & 80F. Stiff head winds...right down the snoot. Radio says
 15-20.
 MILES: 53.36
 TOTAL: 1,762.3
 AVERAGE: 47.63
 CLIMBING: 740
 TOTAL: 35,560
 ROUTE: Old 52...detoured onto I-94 for 3 miles
 TOWNS: Moorhead...Sabin...Barnesville...Fergus Falls
 LODGING: Super 8

PEOPLE I MET: THERE REALLY ARE BACHELOR NORWEGIAN FARMERS. I know, I met one on Wednesday August 1, 1996.

I stopped at Barnesville, MN for my second breakfast. I sat at the counter and this old chap sat beside me and started asking questions. He was Selvin Trosvig...a name right out of Lake Wobegon.

After we chatted he said that he was going to Rothsay and that I could put my bike in his pick-up and he'd take me all the way to Fergus Falls.

I told him that I wanted to ride it, and I could immediately see a deep hurt in his eyes. He wanted to help. He couldn't understand what my trip was all about, but he wanted to help me on my way.

As I rode on, I felt badly. Maybe I could have thought of something Selvin could have done for me. Only then did it dawn on me that if I had asked him to take my panniers to Fergus Falls, he would have gladly done it.

As I neared Fergus Falls, I found that the road into town had a bridge out and it was detoured out on to I-94. Knowing that Minnesota does not allow riding on the Interstate, I rode into a truck stop to see how I might get around.

As I rode out, there was Selvin Trosvig. He had bought a Mountain Dew in Rothsay and came looking for me. He had driven 20 miles out of his way to help me on my way...40 miles round trip. I didn't do a real good job of thanking Selvin, but I have his address. Garrison Keillor has not told the whole story about Bachelor Norwegian Farmers.

THINGS I LEARNED: This is potato country.

Found persons picking Choke Cherries along side the road.

COMMENTS: Unbelievably, I keep running into people that I met several days before. Today, I met a moving van driver from Ft. Wayne, Indiana, in Barnesville. I had met him in Tower City, ND. I've had similar experiences.

I'm meeting more people now because there are more people to meet and more towns and places to stop. In Montana, I had to take most of my rests standing along side the road.

#: 1189 (C) S0/CompuServe Mail 01-Aug-96 16:25:09

Sb: Re: Tubes

Fm: Lee Kreider

To: Mark Kreider in Arvada, Colorado

I'm now in Fergus Falls and must slow up else I cross the Mississippi err you get here. <g>

Actually, I'd like to take a rest day tomorrow, right here. However, there is this big festival about 50 miles away and places are full.

Looking like I might be at about Alexandria on the weekend.

I assume the same plan is in place. I'll call as soon as I know where I'm at Sunday. If you've already left, you'll pick the msg up on your answering service.
...DAD IN FERGUS FALLS...

#: 1218 S0/CompuServe [MAIL] 02-Aug-96 18:17:31
Sb: Re: PLANS THRU WEEKEND
Fm: Mark Kreider in Arvada, Colorado
To: Lee Kreider
Dad,
See you in Alexandria, MN!
Love, Mark K

#: 1221 S0/CompuServe [MAIL] 02-Aug-96 19:09:17
Sb: Re: WEEK 05
Fm: Ina Thompson in Atlanta, Georgia
To: Lee Kreider
You know what I like best about your trip????

I'M NOT WITH YOU!!!

#: 1234 (C) S0/CompuServe Mail 03-Aug-96 17:49:46
Sb: DAY 039
Fm: Lee Kreider
To: Weekly Report Mailing List
DATE: August 3, 1996
TRIP DAY: 039
WEATHER: Fair and Windy. Head winds all day, right down the nose. 16mph in the morning rising to 24 with gusts to 30 by afternoon.
MILES: 55.19 (9 hours and 25 minutes)
TOTAL: 1,187.5
AVERAGE: 46.60
CLIMBING: 960
TOTAL: 36,620
ROUTE: County Rd 82
TOWNS: Fergus Falls...Dalton...Ashby...Melby...Evansville...Brandon...Garfield
Alexandria
LODGING: HI

PEOPLE I MET: Lots of folks at all of the above towns. I've gone far enough now that when I tell them where I'm headed, they begin to believe it.

THINGS I LEARNED: There are pelicans summering here. Saw several today.

COMMENTS: This was one of my toughest days. Heavy winds. I ate either breakfast or lunch at all of the towns listed above.

However, beautiful countryside...many lakes...geese overhead...loons on the lakes. I had plenty of time to look them all over.

I think I made it out of granny gear for about 5 miles. At one point I was pedaling in granny going down hill.

I thought about walking my bike through Brandon. There was a sign as I entered saying, "No Peddling."

#: 1235 (C) S0/CompuServe Mail 03-Aug-96 17:49:49

Sb: WEEK 06

Fm: Lee Kreider

To: Weekly Report Mailing List

LEE'S PILGRIMAGE

Weekly Summary - 06

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	7/28	033	Harvey, ND	1,501.4
Mon	7/29	034	Jamestown, ND	1,603.0
Tue	7/30	035	Tower City, ND	1,654.3
Wed	7/31	036	Moorhead, MN	1,708.9
Thu	8/1	037	Fergus Falls, MN	1,762.3
Fri	8/2	038	Fergus Falls, MN	1,762.3
Sat	8/3	039	Alexandria, MN	1,817.5

COMMENTS: On Monday, I had my birthday flat and my birthday tail wind. Also, my first 100+ mile day.

WHAT I LEARNED: South Dakota is where the farmers in North Dakota go to spend the winter.

NORTH DAKOTA WINDS DECIPHERED: I think that I have finally figured out the winds in North Dakota. If there is a light tail wind in the morning, get going early, because by 8:30am it will turn into a cross wind and by 10:30 a nasty head wind.

However, if you wake to a stiff head wind, just be patient and wait a bit. By 8:30 it'll turn into a horrible head wind.

I decided to take Friday off. I hadn't taken an extra down day since Missoula, Montana. I'd promised my body to take one on Monday, but rode 100 miles instead.

The winds continue out of the south east, contrary to all the almanac data and certainly contrary to my progress.

Saturday was one of my top 3 toughest days. Strong head winds with gusts exceeding 30MPH. I took my 9 hours and 25 minutes to go 55.19 miles. However, I just geared down and took it as it came. Fortunately, there was a little town with a restaurant about every 30 minutes. I think I had 7 meals...not counting snacks.

My son Mark and family are on their way to meet me tomorrow to ride with me for a few days. Of course, I'll off load my packs.

The Mississippi River is not far now!

The Seventh Week - Across the Mississippi

#: 211375 S5/Cycle Touring [CYCLING] 03-Aug-96 23:55:08
Sb: #211343-WEEK 06
Fm: Bill Whetstone in Rhode Island (Section Leader, CompuServe Bike Forum)
To: Lee Kreider
Lee

Thank you again for doing this ride for all of us, this week and the portrayal was wonderful. I will be printing it to share with others. Minnesota is a wonderful state, enjoy crossing the Miss. I crossed it 6 times in 2 days a couple years ago. I hadn't seen it for 17 years and I kept crossing it on this weekend ride.

Bill Whetstone
Message Board Manager - CYCLING Forum
Helmets Save Lives

#: 1255 (C) S0/CompuServe Mail 04-Aug-96 12:33:19
Sb: Good News for Monday!
Fm: Lee Kreider
To: Daily Report Mailing List
The weather service is forecasting strong cross winds for today, but turning to southwest for Monday.

Could I be getting that boost at last? I'll believe it when I see it.
...LEE IN ALEXANDRIA...

#: 1256 (C) S0/CompuServe Mail 04-Aug-96 12:33:21
Sb: The Mississippi
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
It may not dawn on a Scot, but crossing the Mississippi is a big event. It divides the West from the East. I'll be entering my side of the nation.

At this point, it is not much of a river. However, it'll be a great moment and I'm already getting a bit of wetness in my eyes just thinking about it.

My kids got here about midnight. I haven't seen them yet. They'll be sleeping in. Since I'm about 4 miles out of town, I'll borrow their car to go to church.

I'm glad they'll be here. I want to ride across the river with my g.kids.
...LEE IN MINNERSOTER...THAT'S THE WAY THEY SAY IT HERE...

#: 1257 (C) S0/CompuServe Mail 04-Aug-96 12:33:24
Sb: ALEXANDRIA UMC
Fm: Lee Kreider
To: Clergy Mailing List
August 4, 1996 (12:15pm Central Daylight Time)

UNITED METHODIST CHURCH REPORT
United Methodist Church of Alexandria (Minnesota)

What a lovely church. It is set on a large property and was built in the 70s. The sanctuary is square with the altar and pulpit in the center. The choir and organ are on one side with the congregation on the other three sides. It is sort a classical narthex/transept design, but scaled down.

The pastor is James Gaughan. Jim was a fully ordained Catholic priest who married a nun and became a United Methodist pastor. I didn't quite get the sequence of these events.

He was very congenial and led the congregation in a songfest before the service started. I noted that the hymns selected were some of the more contemporary hymns and less of the old favorites that are selected when we do this in Ohio.

Alexandria is a "real" town. I'm getting back into civilization and things are beginning to look more like Ohio. The small villages will have a Lutheran (one or more) and a Catholic Church, but rarely a United Methodist Church. They seem to be reserved for the county seat type towns.

I have had some days when I left a town before anyone else was up and I didn't encounter another human until the end of my day of riding. The exception being cars on the road, but they don't count. I can't say that I've ever been lonely...lonesome, but not lonely. However, these visits with the United Methodist Church family has become a very precious experience.

Several people at the church this morning said something to the effect, "You've got to be crazy." However, I could see in their eyes some admiration that one of their own was doing such a crazy thing.

I find that I'm developing a thread of churches across this nation that have become very special to me.

...LEE IN ALEXANDRIA, MINNESOTA...

#: 211497 S5/Cycle Touring [CYCLING] 04-Aug-96 22:56:54

Sb: #211421-WEEK 06

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

Lee,

>>.LEE IN ALEXANDRIA, MN AND LOOKING FOR THE DAY WHEN I CAN SAY
ALEXANDRIA, VIRGINIA.<<

That'll come all too soon for you, I'm sure. It sounds like you're having a blast and it's giving me ideas on how I can use up my 328 hours of accumulated vacation time in a couple of years. The Alexandrians (genus Virginius) on the forum will be looking for you in September.

Ken

#: 1276 (C) S0/CompuServe Mail 05-Aug-96 16:52:40

Sb: MISSISSIPPI!!!!!!

Fm: Lee Kreider

To: Weekly Report Mailing List

Crossed the Mississippi River today (August 5, 1996) at 2:51pm CDT.
Goodbye West...Hello East
...LEE IN ST CLOUD, MN...

#: 1277 (C) S0/CompuServe Mail 05-Aug-96 16:52:48

Sb: DAY 041

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 5, 1996
TRIP DAY: 041
WEATHER: Rain in the morning, but stopped just before leaving. High humidity. 67F & 83F. Tail winds at last. Some cross depending upon the direction of travel.
MILES: 81.60
TOTAL: 1,899.2
AVERAGE: 46.32
CLIMBING: 890
TOTAL: 36,450
ROUTE: CR 27...CR 51...CR 17...CR 1...CR 3
TOWNS: Alexandria, Osakis, West Union, Sauk Centre, St. Rosa, Holdingford, Opole, Sartell, Sauk Rapids, St. Cloud. (Getting back into populated areas.)
LODGING: Americana

PEOPLE I MET: Kids and Grandkids who sagged and rode with me. Mark did the first 54 miles, with Sarah escorting us for 5 miles. Sherri escorted me for the last 25 miles including crossing the Mississippi.

THINGS I LEARNED: For a couple of days I looked at the map and said to myself, "Self, that town of Sauk Centre sure sounds familiar." However, I couldn't figure out why.

[Pause here and read no further until you ask yourself, "What is Sauke Centre famous for?"]

As we approached the town I saw a sign that read, "Sinclair Lewis Avenue." That help? It cued me in. It was his home town and it was the basis for his novel, *Main Street*.

When the novel came out, Lewis could not come back to the town without fear of life or limb. People read the book and were sure he was describing them. They were furious. However, they now take great pride in their fame. We had breakfast in the Main Street Cafe.

When people in North Dakota and Minnesota park to shop, they leave their cars running. They do it in the winter so they don't have to restart them. It apparently is a habit. It is not unusual to stop at a cafe or convenience store and find several vacant automobiles idling.

Of course, most motels have plug ins for automobiles.

COMMENTS: It was a great feeling crossing the Mississippi. I hope I got a good picture. It really isn't much of a river here. Doesn't matter. I'm now in Eastern United States!

#: 1281 S0/CompuServe [MAIL] 05-Aug-96 19:38:26
Sb: MISSISSIPPI!!!!!!
Fm: Sonia B! Kreider in Dayton, Ohio
To: Lee Kreider
CONGRATULATIONS AND HALLELUJAH!!!!!!!!!!!!!!!!!!!!!!

#: 1291 (C) S0/CompuServe Mail 06-Aug-96 13:25:15
Sb: DAY 042
Fm: Lee Kreider
To: Daily Report Mailing List

DATE: August 6, 1996
TRIP DAY: 042
WEATHER: Cloudy until 9am. 72F & 84F. Dew Point 78F = Heat index of 94F and getting hotter. Winds SSE @ 9...light cross and head winds.
MILES: 47.71
TOTAL: 1,946.9
AVERAGE: 46.35
CLIMBING: 220
TOTAL: 36,670
ROUTE: MN 23...MN 95
TOWNS: St. Cloud...Princeton...Cambridge
LODGING: Country Inn

COMMENTS: It was getting very hot by the time we arrived at Cambridge. We decided to get in. Tomorrow's forecast promises cooler temps and northwest winds.

All three of the grandchildren rode with me today...just a bit because most of the time the road/traffic conditions weren't too favorable.

WHAT I LEARNED: Don't spend your strength fighting these conditions when there's a promise for better tomorrow.

#: 1306 (C) S0/CompuServe Mail 07-Aug-96 15:49:46
Sb: DAY 043
Fm: Lee Kreider
To: Daily Report Mailing List

DATE: August 7, 1996
TRIP DAY: 043
WEATHER: Fair and cooler. 67F & 82F. Tail winds with some cross winds. W @ 10
MILES: 64.41
TOTAL: 2,011.3
AVERAGE: 46.77
CLIMBING: 760
TOTAL: 37,460
ROUTE: MN 95...CR 2...CR 10...CR 9...US 8...CR 26 MN 95...CR 243...CR M...WI 65
TOWNS: Cambridge, MN...Stark...Harris...Sunrise Center City, MN...Osceola, WI...Nye...Horse Creek Star Prairie...New Richmond

LODGING: Americinn

PEOPLE I MET: As I was having breakfast at the Country Inn, I noticed this woman checking out. What caught my eye was her brief case which had the logo, "Pay Per View" on it. I hesitated. Should I or shouldn't I? I did.

"My step-son works for Pay Per view."

"What company does he work for?"

"Viewer's Choice."

"That's my company. What's his name?"

"Oh, he works in New York...Chad Hazen," I said, expecting her to respond, "I don't know him."

"I know Chad. I just saw him a couple of weeks ago. He was getting ready to go to France. Where are you from?"

"Ohio."

"Yes, Chad comes from Ohio...Findlay, I think."

She then introduced herself as Jan Liddicoat, regional manager for Viewer's Choice, based in Detroit.

We exchange amazements and she asked and was filled in about my trip.

KATHY NESTRUD AND HER SON, BRENDON. Kathy and her husband Gayle run the tiny Stark Country store in Stark, Minnesota. Stark has about 12 houses, but it is known all over the world among touring cyclists. It is situated about 100 yards from a major intersection of two cross country cycle routes.

What wonderful folk and what a wonderful store. We went in and signed their book and looked at all of the names collected over many years. We saw who was ahead of us...who was had passed going the other way. There were notes about what to miss and what to be sure to find.

This family takes great pride in their unique location. They insisted that all of us take our free ice cream offered to all cyclists who pass that way. I told the young Brendon (@ 16) that I was the only one of my family riding coast to coast and we really hadn't bought much. He replied in that short Norwegian fashion I've come to appreciate, "That's not the point." That was the end of that conversation. We went and got our ice cream.

It's places like the Stark Country Store that make a trip like this such a joy. Their motto: "If we don't have it, you don't need it." I wonder if Garrison Keillor ever came to Stark?

THINGS I LEARNED: Before you start to pull off your tights in a public place, make sure that you don't have hold of your shorts as well.

COMMENTS: Zachary (12) rode with me all day...doing his first metric century. He is a good, steady rider.

#: 1307 (C) S0/CompuServe Mail
07-Aug-96 6:09:45
Sb: 2 BOUNDARIES IN ONE DAY
Fm: Lee Kreider
To: Weekly Report Mailing List
August 7, 1996 (3:50pm Central Daylight Time)
New Richmond, WI
11:35am...WISCONSIN!!! 1,988.3 miles. Crossed at Osceola, WI on the St. Croix river.

1:08pm...2,000 miles!!! Near Horse Creek, Wisconsin.
...LEE IN NEW RICHMOND, WISCONSIN...

#: 1308 (C) S0/CompuServe Mail 07-Aug-96 16:09:52
Sb: Re: Address
Fm: Lee Kreider
To: Denny Meyer in Springfield, Ohio
I hope to be in Dayton by Labor Day, but that'll take some tall biking. Just follow my progress. Your guess is as good as mine. I think I'm about 800 miles from Dayton.
...LEE IN NEW RICHMOND...

#: 1312 (C) S0/CompuServe Mail 07-Aug-96 20:12:07
Sb: LOVE FROM NEW RICHMOND
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
August 7, 1996 (5:49pm Central Daylight Time)
New Richmond, MN
I sure did enjoy riding with Zack today. I was beginning to think that he wasn't going to ride at all. I thought that he was really trying to be cool, and riding a bike, especially with his grandpa, especially with a safety flag with handkerchiefs hanging from it was not cool.

However, he was up for it this morning. Mark, Zed...that's his new nickname...and I started out together and the first thing we found was that the road numbering had been changed. Mark stayed at the intersection and waited for Sherri who was driving the van. Zed and I rode on to Stark.

After Stark, the 3 of us rode to Harris. At Harris, the road had a large wide berm and so all the kids and Mark got out and we rode together for a couple of miles. I kid you not, that little stinker of a Matt can make those little legs spin on his tiny bike. He was going 12 MPH at times.

Then the berm ran out and Sherri stopped to pick up the little ones and Zed and I rode on while Mark helped load the bikes.

We really racked up the miles but there was no van to be seen. I thought that Mark would certainly have caught us by now. However, we were cooking and it would have taken a piece of work.

We came into the little village of Center City and spotted a cafe off to the side. We left our bikes near the road where they could be easily spotted, but we no sooner started for the cafe when Mark and van rounded the corner.

It turns out that Sarah wanted to continue riding. Although the berm was small, the traffic was negligible. So she had ridden 10 miles...her personal best. She climbed one very steep hill.

These kids are something else.

[Sherri just called. They are ready to go eat. More later.]

August 7, 1996 (7:59pm Central Daylight Time)

Back from dinner. After driving all over town, we ate right next door...where Sarah and I wanted to in the first place.

This is a pretty fair size town, but sit down family style restaurants are hard to come by. The other problem, of course, is Zack. He can walk into a place and tell that he can't tolerate the smoke situation.

It is getting toward my bedtime. We want to get an early start tomorrow. I think tomorrow's route is about 75 miles. You know I love you. It feels good that I'm getting closer. I know there are a great many miles yet, but each day...
...YOUR LOVER, LEEKER...

#: 1319 (C) S0/CompuServe Mail 08-Aug-96 15:41:23
Sb: DAY 044
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: August 8, 1996
 TRIP DAY: 044
 WEATHER: Fair. 51F & 78F. Tail winds all day!!!
 MILES: 70.76
 TOTAL: 2082.1
 AVERAGE: 47.32
 CLIMBING: 1,700
 TOTAL: 39,160
 ROUTE: (MN 65) (CR G) (MN 170) (CR M) (CR N) (MN 124)
 TOWNS: New Richmond, Erin's Corners, Glenwood City, Downing, Boyceville,
 Wheeler, Colfax, Chippewa Falls
 LODGING: Country Inn

THINGS I LEARNED: I had noticed that Wisconsin county roads are far superior to the state highways. I found out that the counties put severe weight restrictions on their roads in the Spring and Fall.

COMMENTS: Sherri road with me to lunch at Colfax. Then Zack and Mark joined me for the end of the ride.

You can see by the data that we had a fair amount of climbing. A lot of very sharp spikes.

#: 212322 (C) S5/Cycle Touring 08-Aug-96 20:21:42

Sb: #212202-C2C...2 GOALS TODAY

Fm: Lee Kreider

To: All Fischer in Grand Rapids, Michigan

Not real sure about what I'll do when I get to Michigan. I'll head south and east. Want to go through Hell, then head for Bowling Green Ohio.

I've long since abandoned my elaborate plans and sort of figure out each day where I'm headed the next.

Have any ideas?

...LEE...

#: 212340 S5/Cycle Touring [CYCLING]

08-Aug-96 23:06:27

Sb: #212321-C2C...2 GOALS TODAY

Fm: Dante Lanzetta in Michigan

To: Lee Kreider

Well, I'm taking a laptop on vacation, so I'll continue to follow your progress.

#: 1326 (C) S0/CompuServe Mail 09-Aug-96 16:25:28

Sb: DAY 045

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 9, 1996
TRIP DAY: 045
WEATHER: Fair and cool. 45F & 73F. Tail winds to start, but turning to cross winds and a short stint of head winds.
MILES: 83.26 [See note re computer glitch.]
TOTAL: 2,165.3 [See note]
AVERAGE: 48.12 [See note]
CLIMBING: 2,170
TOTAL: 41,330
ROUTE: (MN 124) (MN 29) (CR H) (CR MM) (CR N) (MN 13)
TOWNS: Chippewa Falls, Stanley, Longwood, Colby, Abbotsford
LODGING: Abby Inn

PEOPLE I MET: JoAnne (spelled with a capital A and ending with an E. She told me twice.) She was the clerk at the Cloverleaf Cheese, Inc...a small place with about 4 employees. I just happened on the place because of the detour I was taking around construction on MN 29. (Serendipity). Cloverleaf has won many prizes for their cheese at state, national and international shows. This

year (1996) they had the world champion Colby. I bought some...made yesterday. Colby shouldn't age. The fresher the better. It was good. Had it for lunch along the road.

THINGS I LEARNED: Colby cheese was invented in Colby, MN. I had a "Colby Burger" at the Colby Cafe right across the street from where the cheese was created. However good, Colby is not the cheese for a cheeseburger.

COMMENTS: Wisconsin is turning out to be much hillier than I expected. Today's hills were not as steep as yesterday, but unlike yesterday, which did have some level stretches, today's hills were unrelenting.

Given that, this was a beautiful day and a beautiful ride. Farms reminded me of the general farming I knew as a kid in Ohio. That is long gone there.

Gradually, I'm learning to take hills in their stride. What else can you do?

#: 1330 (C) S0/CompuServe Mail 10-Aug-96 14:06:16
Sb: DAY 046
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: August 10, 1996
 TRIP DAY: 046
 WEATHER: Fair & cool. 49F & 75F. Head winds returned. 20MPH
 MILES: 35.82
 TOTAL: 2,201.2
 AVERAGE: 47.85
 CLIMBING: 620
 TOTAL: 42,950
 ROUTE: (MN 29)
 TOWNS: Abbotsford...Wausau
 LODGING: Super 8

THINGS I LEARNED: The bolt count reached an all time high between Abbotsford and Wausau. However, I haven't seen any money along the road since entering Minnesota. These Scandinavians and Germans watch their pennies a lot closer.

COMMENTS: I'm ready for a day off.

#: 1331 (C) S0/CompuServe Mail 10-Aug-96 14:06:19
Sb: WEEK 07
Fm: Lee Kreider
To: Weekly Report Mailing List
 LEE'S PILGRIMAGE
 Weekly Summary -
 Trip Today's Total
Day Date Day Destination Miles
Sun 8/4 040 Alexandria, MN 1,817.5
Mon 8/5 041 St. Cloud, MN 1,899.2

Tue	8/6	042	Cambridge, MN	1,946.9
Wed	8/7	043	New Richmond, WI	2,011.3
Thu	8/8	044	Chippewa Falls, WI	2,082.1
Fri	8/9	045	Abbotsford, WI	2,165.3
Sat	8/10	046	Wausau, WI	2,201.2

TOTAL CLIMBING: 42,950

WHAT I LEARNED: Wisconsin is the land of silos.

The Eighth Week - The Great Lakes

From: John and Joanne Mertus in Hawaii
TO: Sonia B! Kreider in Dayton, Ohio, 104077,2005
DATE: 08-10-96 02:50 AM
RE: Finding you "on the road again"

Lee and Sonia: Aloha from Hilo, Hawaii! Just found out from Mike Rose about your adventure. Man oh man! What some folks put themselves through! We wish you all the best in this endeavor and want to reassure you that there are two Hawaiians who are keeping you both in their prayers.
John and Joanne Mertus

#: 1335 S0/CompuServe [MAIL] 10-Aug-96 19:38:18

Sb: WEEK 07

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

Lee,

You're really getting into this aren't you? What delightful reading. Please keep it up for us cycling voyeurs out here. If I ever do what you are doing I'll look for your name in the book at the Stark Country Store.

Ken

#: 1346 (C) S0/CompuServe Mail 11-Aug-96 15:08:10

Sb: MORE LOVE FROM WAUSAU

Fm: Lee Kreider

To: Sonia B! Kreider in Dayton, Ohio

August 11, 1996 (1:50pm Central Daylight Time)

Wausau, MN

You said that you hated to get the archives and no message. So...

I'm suffering just a bit of enthusiasm lag. I'm not sure about the source. Perhaps it is the unrelenting hills and winds I've had. Maybe it is a bit of post-family let down. I'm sure glad that I have Lake Michigan to look forward to...and getting closer and closer to you.

After you read my church report, I feel a bit better about the hills. The bike trail will undoubtedly be slower, but if I don't have those "blips" it'll be better. Railroads, of course, have to go over hills, but they're usually gradual and the fill in and cut down to eliminate those little ups and downs which roads don't bother with.

Tomorrow will tell the truth about that.

The wind has switched today and is out of the west. Maybe that will hold, but it is supposed to get a bit warmer tomorrow. Nothing to worry about, but not as comfortable as yesterday. However, I should have some shade on the bike trail.

I had a chicken combo at McDs. It is about 100 feet from the front door of this place. I brought it to the room ate it and promptly took a 2 hour snooze.

I'm not going to the movie.

That's about the story here.
...YOUR LOVER, LEEKER...
Attached file to follow: 0811.ZIP

#: 1348 (C) S0/CompuServe Mail 11-Aug-96 15:09:01

Sb: UNITED METHODIST REPORT

Fm: Lee Kreider

To: Clergy Mailing List

WESLEY UNITED METHODIST CHURCH REPORT

Wausau, Minnesota

August 11, 1996 (2:10pm Central Daylight Time)

The most obvious thing about this church is its location on what appears to be the highest hill in the city. I saw the church as I entered town. After traveling through North Dakota and Minnesota, I assumed that it was a Lutheran Church and I would find the United Methodist Church down by the railroad tracks.

That's a bit of hyperbole, but it makes the point. Until recently, every tiny town had a Lutheran Church...maybe two...and a Catholic Church, but only rarely a United Methodist Church. You found UMC only in the larger towns.

The church not only has this unique setting, but it is a beautiful building. The sanctuary reminds me a bit of Concord UMC. They are planning to add to their building.

In this church, as well as the one last week in Alexandria, MN, I noted that they have a divided chancel, but only a pulpit...no lectern. Also, they both have communion on the first Sunday of the month.

I regret that the pastor, David Blackmer, was on vacation. Well, I don't regret that he was on vacation. I regret that I happened in at that time.

Their guest speaker was a young man who was assistant golf pro at a local club and a member of the Fellowship of Christian Athletes. He had a well-prepared and agreeable message. However, I would have rather heard the staff member, Joan Burk-Miller, speak. She had a pleasant presentation and great children's story.

They had a wonderful pipe organ and a good organist. For their special music they had a local barber shop quartet. I think one of them sang on key, but I couldn't tell which one. One of the quartet was a member of the church and I'd guess that the pastor was stuck with letting them sing one Sunday. He favored himself by scheduling them for a Sunday when he was gone.

This was compensated for by another special music feature when another member of the congregation, Karen Allen, played Massenet's "Meditation" on her violin. It was one of those presentations that simply took you to another dimension. After the service, they had the ubiquitous fellowship time.

I haven't before commented on my going-to-church attire. I have no "Sunday go to meeting" clothes with me. I only have bike duds. Therefore, I walk in with a colorful, but somewhat unique bike jersey...the kind with the pockets in back. I do have those tight Lycra bike shorts on, but I

hide their more revealing aspects with a pair of nylon wind pants. The only shoes I have for walking are my Nike sandals. This is the way I have entered every church.

I have wondered what kind of reception I would get from the rank and file. In every church, without exception, they have received me as though I had come in with a Brooks Brothers suit. Oh, they may have glanced a bit, but no stares and nothing but saying in word and deed that they were glad I was there. Remember, they have this reaction before they know who I am and what I'm about.

At the fellowship I was introduced to Bob Sogn, the head usher. He was able to give me directions to a new bike trail just opened this Spring. It follows an old railroad right-of-way from Wausau to Green Bay. It goes right through Shawano where I want to get tomorrow.

This is a great find. These Wisconsin hills are beginning to weary me. I know that railroads always take the way of least resistance and fill in and build up their roadbed to avoid steep grades and dippy doodles. Thank you Wesley United Methodist Church and Bob Sogn.

Also, I've been amazed that the LOL (Little Old Ladies, to be politically incorrect.) are most interested and give me the most moral support as they learn of my pilgrimage. For many years I've said that the LOL have been underestimated and scorned unfairly. They have proved my point.

One gentleman was somewhat concerned about my perceptions. I told him that I was headed for the Atlantic Ocean. There was a map of Wisconsin on the wall and I pointed to that blue area on the east side of the state. I said, "There it is."

He was most apologetic to inform me that this was not the Atlantic Ocean, but Lake Michigan. I said, "Oh shoot."

...LEE IN WAUSAU, WISCONSIN..

#: 1357 (C) S0/CompuServe Mail 11-Aug-96 19:55:52

Sb: Old Story

Fm: Lee Kreider

To: Jerry Morton in Englewood, Ohio

August 11, 1996 (7:23pm Central Daylight Time)

Wausau, WI

>>Weather here has been fairly nice.

[Knock on wood.] Other than the head winds, I have had remarkably good weather. Some hot at first, but I've sort of moved along with the good weather and been in for the weekend when bad weather passes over.

I'm sure that luck won't last forever.

When I get in, I force my self to:

- A. Do my laundry...daily duds.
- B. Get a shower.
- C. Write my log.
- D. Upload my daily report.
- E. Respond to any mail.
6. Send replies.

I pushed myself out the door this afternoon to go see The Nutty Professor. It was a good morale boost for me. It wasn't a good as the old Jerry Lewis version. I think they even used the same names. I must get that from the library when I get done. (Will I EVER get done? It seems like this tour has been my entire lifetime.)

...LEE IN WAUSAU...

#: 1365 (C) S0/CompuServe Mail 12-Aug-96 17:34:03

Sb: DAY 048

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 12, 1996
TRIP DAY: 048
WEATHER: Fair. 63F & 82F. Tail winds
MILES: 63.50
TOTAL MILES 2,264.7
AVERAGE: 47.18
CLIMBING: 750
TOTAL: 43,700
ROUTE: Mountain/Bay Bike Trail
TOWNS: Wausau, Hatley, Norrie, Eland, Shepley, Bowler, Mohichan Tribe
Reservation, Shawano
LODGING: Super 8

PEOPLE I MET: Two young fellows at the bar in Bowler where I had lunch. They asked a million questions and said that they couldn't do such a trip.

THINGS I LEARNED: Never stop by a swamp...excuse me, wet land...to rest. The bugs will eat you up.

COMMENTS: I found out about this new bike trail at Church yesterday. It opened in the Spring. It was not paved but 90% of it was quite excellent and I moved along at 14 MPH. There were some washouts. I know I made better time than on the roads. The terrain was rather hilly, but even tho the data shows 750 feet of climbing, I only rarely changed gears.

This day is remarkable for: 1) The first day of the entire tour that I never once shifted into granny gear.

2) I had half the flats of my trip today. (2 of 4). The first was an accident. The second my mistake.

I had a flat on the front tire. It was a slow leaker. Now, I did investigate the cause, but could find no leak in the tube nor any fault in the tire. I concluded that this tube that had traveled 2,200 miles had just given up the ghost...probably aided by the incredibly rough streets in Wausau.

I fixed it and rode another 15 miles to Bowler. I had a sandwich in the bar and when I came out...flat again.

This time, the puncture was evident in both tire and tube. However, the offending penetrator was nowhere to be found.

When I got in today, I put the tube from the first flat under water and there it was...a tiny, tiny hole in just the same position as the second tube.

I did check, but whatever it was, it was mighty small.

Then, to add insult to injury, my presta tire gauge blew apart while fixing the second flat. I guess its finger gauging from here to wherever.

Long distance touring needs a better frame pump. We need something between a floor pump and a frame pump. The latter is all I have had for this trip. I never pass a bike shop without stopping and borrowing their floor pump to top off my tires.

If I were touring self-contained with a group, I'd argue for adding a floor pump to our group tools.

#: 1376 (C) S0/CompuServe Mail 12-Aug-96 20:56:41
Sb: PUMP WOES
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
August 12, 1996 (8:06pm Central Daylight Time)
Shawano, Wisconsin
Pronounced SHA no...don't ask me why?

I just rolled over on my glasses and bent the frame. I've tried to bend them back...almost.

I was really angry that pumping with my frame pump was so hard. Then, this evening, I was patching my tubes that got pierced today. Just trying to put a few strokes of air in them to find the hole was almost impossible. Hmmm. That didn't seem right.

So I took the pump apart and the leather was dry as punk. (I wonder? How dry is punk? Does Scottish punk get real dry? Do you even have punk in Scotland? Indeed, what is punk? I don't think I've have seen any punk, so I don't know if my pump was that dry or not.)

So I squirted a bit of Tri-Flow lube down the barrel, reassembled and...wonder of wonders...it worked like a sewing machine. How could I have let that happen and not noticed? I just thought pumping was real hard.

I guess these things just gradually creep up on you. I had a friend who was an auto mechanic. He said that when he drove customers cars he couldn't believe how awful they behave. The same thing. They just get gradually worse and the regular user doesn't notice.

Well, I bought a tube at the LBS. You talk about independent business people, this guy didn't act as though I was even there, or that I was just in the way. I also bought a pair of cycling gloves off of him. I really like Spenco gel gloves, but they decided to go out of the bicycle business. I have a couple of extra pair at home, but decided to take these off his hands. He sort of grumbled when I handed him my VISA card. I almost threw them down and walked out. I'm telling you, in this town, Hell would freeze over before he sold a \$30 pair of cycling gloves.

Both patches worked, so now I have 4 back up tubes. Here's the funny part. After my second flat, I called Mike Rose in Findlay and had him send me 2 tubes to Manitowoc by priority mail. That'll give me 6 tubes. I think I'll make it to Dayton with that many.

I'm starting to think about Dayton and when I'll get there. When I get across Lake Michigan to Ludington, I'm guessing that I have less than 500 miles to home. The terrain will begin to flatten with some intermittent hills, but the winds...oh H***, forget about the winds.

>>drop the mileage or take a few more days off?

Time and distance to get to the ferry will slow me up a bit. It is too much of a stretch to try to get to Manitowoc tomorrow. So, I'll take two easier days to get there.

The ferry doesn't leave until 1pm and it gets into Ludington at 6pm...I lose an hour on the lake and will at last be back in the Eastern time zone.

Thus, I'll only have a very few miles on Thursday. I plan to do some shopping in Manitowoc...get Sonia her Wisconsin tacky refrigerator magnet...do you have tacky or even stylish refrigerator magnets?

...LEE IN SHAWANO...

#: 1381 (C) S0/CompuServe Mail 13-Aug-96 13:01:39

Sb: DAY 049

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 13, 1996
TRIP DAY: 049
WEATHER: Fair & Warm. 63F & 82F. Winds 66% cross, 34% tail. Very light
MILES: 64.5
TOTAL: 2,319.2
AVERAGE: 47.33
CLIMBING: 790
TOTAL: 44,490
ROUTE: (CR K) (WI 187) (CR T) (Sunrise RD) (WI 55) (CR C) (CR EE) (WI 55)
TOWNS: Shawano, Lund, Seymour, Freedom, Kaukauna
LODGING: Settle Inn

THINGS I LEARNED: Seymour, WI claims to be the place where the Hamburger was invented. They have a hamburger museum. I thought it was in Hamburg, Germany, but they insist that it was a guy from Hamburg who lived in Seymour. They say.

COMMENTS: I got thoroughly lost this morning. I was trying to follow the Adventure Cycling route, but it was taken from county maps which I later found out are grossly inaccurate. Moreover, county roads are well mapped but state routes sometimes do not have signs at all. To top that, I came to the town of Lund which is not on any maps..AC...state...county.

I decided to abandon the AC route and head for state route 55 which I knew would get me to Kaukauna. I took out my compass for the first time and found out that the sun...shining

brightly...did indeed rise in the east. I started down roads that generally headed east. When I got to Sunrise Road, I concluded that it got its name because, though wondering about, it headed east. After about an hour of this, I was relieved to find 55 right where I thought it would be.

It probably added 5 miles to my day.

#: 1404 (C) S0/CompuServe Mail 14-Aug-96 20:40:55

Sb: ON LAKE MICHIGAN

Fm: Lee Kreider

To: Daily Report Mailing List

August 14, 1996 (2:33pm Eastern Daylight Time)

On Lake Michigan.

I don't think I have actually crossed into the Eastern Time Zone yet, but I've changed my watch and changed my puter.

I'll write my regular summary, but this "Extra" edition is just for this occasion.

I had planned on crossing the lake tomorrow. The ferry leaves Manitowoc at 1pm and I thought that it would be too much to try to make it today. However, I had a tail wind for most of the trip here and even though the winds kicked up as I turned south, I began to think Michigan and I put the bike into high gear...arriving in Manitowoc by 10am.

I said to myself, "Self, there's no way you are going to hang around Manitowoc for another day. You're going to make that ferry."

As is the way of bicycles and ferries, they loaded me first and I had my lunch before the ship even sailed. I'm now sitting in the open air cafe. We have a following wind and as a result there is very little breeze through here. I got to stow my bike to my satisfaction. If there's any problems, I've only myself to blame.

As Sonia knows from my phone call, I had an overpowering emotional reaction when I reached the ferry. It is hard to explain, but I simply started to cry.

My mind went back to my retirement celebration. When Howard and Evanda Anderson gave me a gift certificate to pay for my ticket on this ship, there was a small negative voice in the back of my mind that said, "Lee, you fool, you'll never, ever get that far."

It is hard to explain, but Lake Michigan was an staggering sight. It was more than the Continental Divide and the Mississippi River put together.

The lake is very calm, with a very slight swell following out of the southwest. The trip across is 66 miles and take about 4 hours. I'll get in about 6pm EDT. Get that? EDT!

I was told that housing in Ludington, Michigan is tight, but I did get a Day's Inn reservation. Getting in late, I hope to make a slow start tomorrow. Since, I planned to only ride to and from the ferry tomorrow, I think I'll treat myself to a short day.

The Badger is a coal burner...the only coal burning passenger ferry operating in North America. It was built as a railroad ferry in 1953, but converted to passengers.

Before we loaded, I talked with a man who used to work on this line as a cook. He said that at one time there were 8 ferries working the Ludington/Manitowoc crossing alone. I believe there were about 3 routes across the lake. However, this ship is the only one left.

It is obviously very old. When it is no longer serviceable or profitable, I assume that will be the last of the Lake Michigan ferries.

I said that I was going to ride Coast-to-Coast. If I get no further, I will have accomplished that goal. This is our north coast and Manitowoc is an international port of call.

However, I will press on.

I'm estimating that I'm between 450 and 500 miles from Dayton. I've tried to use my AutoMap on my puter but it comes up with some really wacky routings.

...LEE ABOARD THE BADGER, SOMEWHERE ON LAKE MICHIGAN...

#: 1407 (C) S0/CompuServe Mail 14-Aug-96 20:41:06
Sb: RELAXING AND WONDERFUL
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
August 14, 1996 (3:27pm Eastern Daylight Time)
On Lake Michigan

Someone once told me that 10% of the fresh water in the world is in our great lakes. I am now completely out of sight of land. Just enough of a swell to really relax. Nice breeze.

I got my jacket and wind pants off the bike, but no need of them. It is about the best day for a crossing that I can possible imagine.

Life is good.

As I move further east, the map scales get larger. This has been fooling me. I look at the map of Wisconsin and fail to realize the distance depicted is about ½ of what I experienced in Montana.

...LEE SOMEWHERE ON LAKE MICHIGAN...

#: 1408 (C) S0/CompuServe Mail 14-Aug-96 20:41:07
Sb: ON THE LAKE
Fm: Lee Kreider
To: Jerry & Leslie Cooper 72764,24
August 14, 1996 (4:24pm Eastern Daylight Time)

You notice that it says Eastern! Crossing Lake Michigan at this very moment.

I wasn't planning to cross until tomorrow, because I thought that there was no way that I could catch the ferry today. However, I had a nice tail wind this morning and a bit flatter terrain and I was in Manitowoc by 10am...plenty of time for the 1pm sailing.

Gorgeous day and just enough swell to really relax.

Life is good.

I sure hope you can find it possible to ride a few miles with me. I have no idea when I'll get in your neighborhood. Hope to weekend somewhere beyond Grand Rapids. Maybe next weekend very close to home.

I'll keep in touch. Check often.

Appleton area gorgeous and flat.
...LEE SOMEWHERE ON LAKE MICHIGAN...

#: 1409 (C) S0/CompuServe Mail 14-Aug-96 20:41:10

Sb: ON THE LAKE!!!

Fm: Lee Kreider

To: Big Ben Foulk in Baltimore, Ohio

August 14, 1996 (4:30pm Eastern Daylight Time)

Aboard the Badger

Crossing the lake even as I type.

Hope you might find it possible to ride with me 1, 5, 50 or 500 miles when I come through Ohio.

Keep Watch.

...LEE SOMEWHERE ON LAKE MICHIGAN...

#: 1413 (C) S0/CompuServe Mail 14-Aug-96 20:41:23

Sb: DAY 050

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 14, 1996
TRIP DAY: 050
WEATHER: Partly cloudy and threatening rain. 66F & 74F. Strong winds. 50%
quartering tail, 50% quartering head
MILES: 46.85
TOTAL: 2,368.7
AVERAGE: 47.37
CLIMBING: 820
TOTAL: 45,310
ROUTE: (WI 55) (CR Z) (CR W) (CR G) (CR K) (CR R) (US 151) (Badger Ferry)
(US 10)
TOWNS: Kaukauna, Wayside, Menchalville, Kellnersville, Francis Creek, Rockwood,
Manitowoc, WI, Ludington, MI
LODGING: Day's Inn

PEOPLE I MET: Wayne Huske, husband of the owner of the K City Cafe in Kellnersville. When I told him that I was going to try to make it to the ferry today, but had to do some tall biking to get there. He ran to his truck, brought in county maps and showed me the best way into Manitowoc.

We also calculated that at that point I only had about 16 miles to go rather than the 30 I had figured.

THINGS I LEARNED: Wisconsin drivers are the least courteous I've had so far. Well, I must be fair. Most are fine. Just a higher percentage of jerks. I think jerkdom increases as one goes east.

COMMENTS: It is good to be in Michigan!

#: 1433 (C) S0/CompuServe Mail 16-Aug-96 15:44:28

Sb: DAY 051

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 15, 1996
TRIP DAY: 051
WEATHER: Cool. 63F & 72F. Cross winds.
MILES: 59.18
TOTAL: 2,2427.9
AVERAGE: 47.61
CLIMBING: 1,020
TOTAL: 46,330
ROUTE: (Old 31) (66th Ave) (Hammet Rd) (Bus. 31) (Oceana Drive)
(Hart/Montague Bike Trail) (Bus. 31) (Whitehall Rd)
TOWNS: Ludington, MI, Pentwater, Hart, Shelby, New Era, Rothbury, Montague,
Whitehall, Dalton, North Muskegon
LODGING: Causeway Motel

PEOPLE I MET: JUDY who ran the convenience store in Shelby. I had been struggling with the terrible rough roads through Shelby. She pointed out that there was a paved bike trail about 100 feet behind the store that went to Whitehall...just where I was headed. I could have taken it from Hart. I asked several persons in Hart about routes, but none mentioned the bike trail.

AMBER who was riding with her aunt on the bikeway. I'd guess her age at 8. I asked her aunt to take my picture riding down the trail and Amber wanted to ride with me.

COMMENTS: The only way into Muskegon is across a 3 mile causeway. It is under construction and traffic is reduced from 4 to 2 lanes. There was this inn right at the causeway and I decided that 3 more miles wasn't worth it. I decided to stay here and cross the causeway tomorrow morning before traffic gets started.

First Marathon station of the trip (2,423.8) at Dalton, MI. It is starting to feel like home.

#: 1437 (C) S0/CompuServe Mail 16-Aug-96 16:25:24

Sb: DAY 052

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 16, 1996
TRIP DAY: 052
WEATHER: Fair. 61F & 75F. Very light tail winds

MILES: 45.79
 TOTAL: 2,473.6
 AVERAGE: 47.57
 CLIMBING: 510
 TOTAL: 46,330
 ROUTE: (Airline Rd) (Apple Rd) (Leonard Rd) (Linden Rd) (Wilson Rd) (28th Ave)
 TOWNS: N Muskegon, Muskegon, Muskegon Heights, North Shores, Fruitport,
 Nuncia, Eastmanville, Lamont, Grand Rapids, Grandville
 LODGING: Lands Inn

PEOPLE I MET: DAVE ANDERSON, a retired teacher. He was having breakfast in a little coffee shop in Muskegon. I was wondering around the back streets trying to find a way that avoided the heavier traffic when I ran into the place. He had a million questions.

After a bit he said, "I've been looking at your physique. You seem to have well developed legs, but is that a bit of belly that I detect?"

At least he gave me a great route from Muskegon to Grand Rapids.

THINGS I LEARNED: North Shores, Michigan is the world's capitol of tacky cement lawn decorations.

COMMENTS: While trying to get my bearings here in Grandville, I happened across a Schwinn Shop. As always, I borrowed a floor pump to top off my tires. My light tights were about to fall apart and they had some on sale. Serendipity.

#: 1451 (C) S0/CompuServe Mail 17-Aug-96 17:42:53
 Sb: DAY 053
 Fm: Lee Kreider
 To: Daily Report Mailing List
 DATE: August 17, 1996
 TRIP DAY: 053
 WEATHER: Fair 51F & 80F. Winds SE<10MPH. Head winds.
 MILES: 77.25
 TOTAL: 2,550.9
 AVERAGE: 48.13
 CLIMBING: 1,650
 TOTAL: 48,550
 ROUTE: (Various streets through Grand Rapids) (Whitneyville Rd) (State Rd)
 (Weston Rd) (MI 50)
 TOWNS: Grandville, Wyoming, Alaska, Middleville, Hastings, Vermontville,
 Charlotte [shar LOT]
 LODGING: The generous family of) Steve, Marie, Radie (7) Maizie (3) & Zephie (2 mo
 Kineman, members of Lawrence Avenue United Methodist Church,
 Charlotte, Michigan.

COMMENTS: In the process of trying to find a place to stay, I was referred to this wonderful family. I called them out of the blue and there was absolutely no hesitation in taking me in.

#: 1457 (C) S0/CompuServe Mail 17-Aug-96 19:36:37
Sb: LOVE FROM CHARLOTTE
Fm: Lee Kreider
To: Sonia B! Kreider in Dayton, Ohio
August 17, 1996 (7:12pm Eastern Daylight Time)
At the Kineman house near Charlotte, MI

I certainly have been well cared for. I offered to take everyone out, but they had a cookout. I had a burger, chicken and corn on the cob and I am stuffed.

I have been showered and they have given me the basement where they have a bed and a TV.

We will go to the 9:30 service tomorrow morning and then come back here. The route to Jackson leaves from their house. Indeed, I have done 2.5 miles of that by riding from downtown to their house.

Radke calls me either "Biker dude" or "Biker Lee."

Steve is a traffic manager for Meijer...their headquarters are in Grand Rapids. Marie teaches developmentally disabled in the local school system. However, she is on a year's maternity leave.

They were married 8 years before they had children. The first 3 years of their marriage they lived on Mackinac Island. Steve was night manager of the Grand Hotel and Marie taught.

Have I told you lately that I love you?

It is supposed to get hot for Monday and Tuesday. This may slow me up a bit, but I do plan to make it to Dayton by next weekend.

I had an e-mail from Mike Rose. He said that a lot of people are asking about my day of arrival. They would like to ride with me. OK, but it'll have to be during the day.
...YOUR LOVER, LEEKER...

#: 1458 (C) S0/CompuServe Mail 17-Aug-96 19:36:39
Sb: PLANS FOR NEXT WEEK??
Fm: Lee Kreider
To: Mike Rose: The Bicycle Shop in Findlay, Ohio
August 17, 1996 (6:18pm Eastern Daylight Time)
Charlotte, MI

You can guess as good as I can about my time of arrival in Findlay. Here's the data. I am now just about 150 miles from Findlay...perhaps a bit more as I try to stay on the county roads. Tomorrow, I plan to go to Jackson...just 35 miles. I will go to church here tomorrow and try to get on the road about 11pm.

I may lay over on Monday in Jackson. It is about 80 miles to Maumee and I plan to stay with the Coopers there. I would hope to make that on Tuesday with one fly in the ointment. The weather forecast for Tuesday is HOT and I don't do well in hot. Thus, I might make it a two day trip to

Maumee. Therefore, I'm looking at arriving in Findlay either Wednesday or Thursday. Don't hold me to that.

One mental thing going on with me is that the closer I get to home, the further it seems and the harder I want to push. I learned from my hard push to get to the ferry, that I pay for that the next several days. Without any down time, I'm still feeling the effect of all that.

The stupid thing is that I got there 3 hours before it departed. I could have mellowed out and still made it.

...LEE

#: 1453 (C) S0/CompuServe Mail 17-Aug-96

17:43:01

Sb: WEEK 08

Fm: Lee Kreider

To: Weekly Report Mailing List

LEE'S PILGRIMAGE

Weekly Summary - 08

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	8/11	047	Wausau, WI	2,201.2
Mon	8/12	048	Shawano, WI	2,264.7
Tue.	8/13	049	Kaukauna, WI	2,319.2
Wed	8/14	050	Ludington, MI	2,368.7
Thu	8/15	051	N Muskegon, MI	2,427.9
Fri	8/16	052	Grandville, MI	2,473.6
Sat	8/17	053	Charlotte, MI	2,550.9

TOTAL CLIMBING: 48,550

WHAT I LEARNED: In Wisconsin, there's a dance hall about 3-5 miles out of every town, no matter how large or small the town. That is 3-5 miles out of every direction. A few are closed, but most are still open. They must do a lot of dancing in Wisconsin.

I like Water Babies sun screen best...I'm on my third bottle. It makes a nice thick base to which bugs and nuts stick readily.

PEOPLE I MET: AL & MELANIE FISCHER of Grandville. I met Al on the Cycling Forum of CompuServe. We had a delightful dinner together on Thursday evening.

THE GENEROUS FAMILY OF STEVE, MARIE, RADIE (7) MAIZIE (3) & ZEPHIE (2 MO) KINEMAN, members of Lawrence Avenue United Methodist Church, Charlotte, Michigan. They provided lodging when I was left out in the cold...well out in the heat. I called them on a referral from the vacationing pastor's daughter and they, without hesitation, said, "Come on by." As I rode up to their house there was a big sign outside that said, "Welcome, Biker Lee."

DUMBEST QUESTION OF THE TRIP: I'm standing with Dave, who was once a crew member on the Badger. He was taking my picture in front of the ship. There I stood. Bike, 5 bags hanging on it. Tent and sleeping bag on top, wearing bike helmet, bike shorts, bike jersey, etc. etc. etc. This crew member comes up and asks, "Do you have a bike?"

The Ninth Week - Home Sweet Home

#: 1473 (C) S0/CompuServe Mail 18-Aug-96 17:22:59

Sb: DAY 054

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 18, 1996
TRIP DAY: 054
WEATHER: Hot. 75F & 85F. Head winds. Not terribly strong in the open but a lot of wind tunneling on the tree lined roads
MILES: 34
TOTAL: 2,584.9
AVERAGE: 47.87
CLIMBING: 640
TOTAL: 49,190
ROUTE: Brookfield, Narrow Lake, Spicerville, Kinneville, Onondaga, MI 50, Minards, Springport & County Farm Rds.
TOWNS: Charlotte, MI, Eaton Rapids, Onondaga, Tompkins Corners, Jackson, MI
LODGING: Bugetel

PEOPLE I MET: BERNEY & MARGARET SHAW of Charlotte, I met them at church. They will leave on Aug 28 (Arriving 8/29) for Glasgow, Scotland, and a bike tour of the western islands. I was bold enough to give them the phone number of my favorite triker, Aedan McGhie, who lives near Glasgow. I told them to give him a call. Maybe they will.

They have a tandem, but are not taking it to Scotland. They don't belong to MUTS (Michigan United Tandem Society). They claimed, "They're too social."

THINGS I LEARNED: Six days of riding are enough. This was my seventh and I really felt it today. I'm anxious to get to Ohio, Findlay and home, but I need a rest and will take it tomorrow.

Michigan gravel trucks have 46 wheels. I don't know where they are hauling all that gravel...certainly not to fix their roads.

#: 1475 (C) S0/CompuServe Mail 18-Aug-96 17:23:04

Sb: UNITED METHODIST REPORT

Fm: Lee Kreider

To: Clergy Mailing List

United Methodist Church Report

August 18, 1996 (5:04pm Eastern Daylight Time)

Jackson, Michigan

L awrence Street United Methodist Church, Charlotte, MI. The real story of this church is not the building nor the service, but again the wonders of the connectional system.

As is my plan, I wanted to get a motel for Saturday and Sunday, rest, do my laundry and go to church. I've discovered that on weekends it is best to have a reservation. I called about and there

was nothing. I've since learned that there was a large race this weekend here in Jackson which fills the motels for more than 100 miles around.

What to do? I called the West Michigan Conference Office in Grand Rapids and got the name of the pastor in Charlotte. I called and found that he and his wife were on vacation. I talked to his daughter who was leaving to join them on Saturday.

I explained my plight and she gave me the name of Steve & Marie Kineman who she described as "adventurous types."

They certainly were. Picture this guy calling them out of the blue, claiming to be a United Methodist minister and giving them this cock and bull story about riding coast to coast and needing a place to stay.

Well, in about 1 minute, they invited me to their house and offered me the bed in their basement.

It was a long hard ride to their house and I arrived hot, tired and just a little bit disgruntled. No reason...just not in the best mood.

As I rode up to their house, there was a sign posted on the mail box which read:

WELCOME

Biker Lee

Sanctuary



Not only did they refuse to let me take them out to eat, they had a fabulous cookout planned, Marie did my laundry, they fed me breakfast this morning and filled my almost empty food larder for the road. Also their daughters (7, 3 & 2 months) entertained me.

When I left this afternoon, the two older girls rode their bikes down the road with me for about a block and their mum took our pictures with my camera.

The Church is a classic county seat facility. The building had been newly restored to its original decor and the job was absolutely beautiful.

As I said, the pastor was on vacation and they had a service led by the laity. Steve, my host, played the violin. He is a member of the Methodist Marvels, a musical group that according to their card offers "Good Time/Old Time/Hymn Time/Memory Mak'in Music.

There was nothing remarkable about the service. The laity read the scripture and they sang mostly choruses. One lady read a meditation.

As always, I was welcomed in a very friendly fashion.

#: 1478 S0/CompuServe [MAIL] 18-Aug-96 20:49:12

Sb: Visit to Findlay

Fm: Cheri Holdridge (Christ Church) in Findlay, Ohio

To: Lee Kreider

Hi Lee, Could you tell me when you expect to come through Findlay? What is your exact route through town? Any chance you'd want to take time for supper with some friends at CCUM? (If not, we want to invite you to come back when your trip is over -- or maybe we'll do both.) Cheri Holdridge

#: 1485 (C) S0/CompuServe Mail 19-Aug-96 10:21:31

Sb: ON PEEING

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

When I was out in the plains, there were no trees, bushes, buildings or anything to hide behind. However, there were no cars, or houses nearby.

Now I have plenty of trees, bushes, buildings and other stuff to get behind, but when I get behind them, there are more people on the other side.

...LEE...

#: 1488 (C) S0/CompuServe Mail

19-Aug-96 11:36:31

Sb: RAIN & LOVE IN JACKSON

Fm: Lee Kreider

To: Sonia B! Kreider in Dayton, Ohio

August 19, 1996 (11:32am Eastern Daylight Time)

Boy is it raining hard outside. I'm glad I decided not to move today. There is a 40% chance on the list for tomorrow. Maybe it'll get itself out of the system today. I'm not going to any mall till this stops. If it doesn't stop soon, I might call a cab and go over.

I love you.

...YOUR LOVER, LEEKER...

Attached file to follow: 0819.ZIP

#: 1490 S0/CompuServe [MAIL] 19-Aug-96 12:11:10

Sb: GLAD TO SEND THE INFO

Fm: Tom Slack, West Ohio Conference, United Methodist Church

To: Lee Kreider

John Wagner called a couple of days ago to ask when you would be through here. I understand he and Miriam have invited you to stay with them while you are in the Columbus area. If you want to call him to let him know, the number is (614) ***-****. If you want to call me to call him for you, the office is 1-800-437-0028 and I am at extension 229.

Congratulations on your dramatic accomplishments so far.

Tom Slack West Ohio Conference, United Methodist Church (written on Mon, Aug 19, 1996, at 10:58 am)

#: 214711 S5/Cycle Touring [CYCLING] 19-Aug-96 14:30:25

Sb: #214369-C2C WEEK 08

Fm: All Fischer in Grand Rapids, Michigan

To: Lee Kreider

Lee,

Melanie and I also enjoyed our dinner. Next trip across the country, you will definitely have to stay with us. Glad you made it to Charlotte okay. The wind I had Saturday morning was mostly from the west, with a hint of from the south. Log says it was 77 miles, guess we guessed about right.

Thanks again for a great evening.

Al

#: 1494 (C) S0/CompuServe Mail 19-Aug-96 16:05:24

Sb: ON TO FINDLAY

Fm: Lee Kreider

To: Mike Rose: The Bicycle Shop in Findlay, Ohio

I sure would like to ride with some folk through Findlay. Arriving on a weekday may make that hard.

I just asked AutoMap on my puter and it says that it is 138 miles from Jackson to Findlay. I'm still shooting for Wednesday, but maybe Thursday. I'll certainly stay overnight at my in-laws.

Head winds again tomorrow. So what else is new? I've done a bit of calculating and I figure I've had about 3.5 days of tail winds since Montana. So much for the westerly theory.

At least I can say that I didn't get any of this for free.

It rained very hard here in Jackson this morning. It was the right day to take a rest.

...LEE...

#: 214910 S5/Cycle Touring [CYCLING] 20-Aug-96 14:05:26

Sb: #214704-C2C WEEK 08

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

Lee,

>>As I get close to DC, I'll keep the forum updated more frequently.<<

Please do. The closer you get the more crowded my calendar gets. I hope to be able to take the time to ride with you.

Ken

#: 1507 (C) S0/CompuServe Mail 20-Aug-96 17:23:34

Sb: THE BUCKEYE STATE!

Fm: Lee Kreider

To: Weekly Report Mailing List

August 20, 1996 (4:25pm Eastern Daylight Time)

Wauseon, Ohio!!!!

I had lunch in Morenci, Michigan and got back on the bike. I was still inside the town when I looked around a curve and there it was. There was this big, beautiful sign proclaiming, "Welcome to Ohio."

Today at 1:20pm at 2,638.6 miles.

I could tell I was in Ohio. Immediately the roads straightened out, leveled out, smoothed out and the wind picked up.

...LEE IN WAUSEON, OHIO!!...

#: 1511 (C) S0/CompuServe Mail 20-Aug-96 17:41:07

Sb: Re: from Cheri Holdridge

Fm: Lee Kreider

To: Cheri Holdridge (Christ Church) in Findlay, Ohio

I plan to be in Findlay tomorrow. I'm in Wauseon and I think it is about 80 miles. The wind should be a 0 factor, if not a help.

I should make it by mid-afternoon. I haven't been able to get Rod Vernon on the phone. Rod has had some heart problems and he has slowed a great deal. I owe a lot to Rod and pacing with him will be a small price to pay for his friendship and support.

I'll be staying at Bob & Virginia's, but I'll pull into CCUMC before I go over there. It is sort of a part of the pilgrimage.

These landmarks along the way are great emotional events.

...LEE...

#: 214962 S5/Cycle Touring [CYCLING] 20-Aug-96 19:15:28

Sb: #214735-C2C WEEK 08

Fm: Kevin Brugman in Alexandria, Virginia

To: Lee Kreider

<<NEXT TIME?>>

How many times have you said "This is the LAST time I am doing TOSRV!!!"?

Do you have any idea when you will be in DC? If we are here, you have at least one place to stay and probably a couple. We are going on vacation starting Labor Day Friday. We will probably be in the area for the weekend if you will be here that weekend. Otherwise we will possibly be back in Chincoteague. Looking at places now.

Cheers Kevin & Kim

#: 1515 S0/CompuServe [MAIL] 20-Aug-96 19:21:14

Sb: Re: LOOKING AHEAD

Fm: Brian Bates in Lima, Ohio

To: Lee Kreider

If it fits into your trip, the spare room is ready. The way my schedule is going, if you hit here Thursday night, I probably could ride with you to Wapak early Fri. morn. Won't be able to go all the way to Dayton. Will call tonight--Tuesday to try to reach you in Wauseon. Also, you can call and leave a message at my office at 800-835-3973.

Sincerely,

Brian Bates in Lima, Ohio

#: 214966 (C) S5/Cycle Touring 20-Aug-96 20:08:17

Sb: #214962-C2C WEEK 08

Fm: Lee Kreider

To: Kevin Brugman in Alexandria, Virginia

August 20, 1996 (7:53pm Eastern Daylight Time)

Wauseon, Ohio

>>How many times have you said "This is the LAST time I am

>>doing TOSRV!!!"?

19 times.

>>when you will be in DC?

If I were going to guess, I'd say somewhere around September 15 give or take ??? days.

It is hard to calculate the distance given the zigs and zags a bicycle makes looking for back roads. I do have a good route through West Virginia, but I don't have the distances with me. I'll pick those maps up at home. I expect to be there this weekend and probably hit the road again on Tuesday or Wednesday. (27 or 28).

I think it will be somewhere between 550 & 600 miles from my home to DC. I will be making a short detour to visit the bishop...if she's in. I've been averaging a bit better than 300 miles per week.

I have no idea how the eastern mountains will go.

That's about as close as I can call it.

I do need a route from DC to Annapolis. I think some of you were working on it. I have no way of printing on the road. If there is any route hanging about out there, I'd sure like to get it sent to my home where I can print it out.

I think I know how to find the bikeway from Leesburg, VA into DC. Getting out to the bay is another matter.

I'd be willing to hang out a bit, or slow up a bit if it meant hitting DC on a weekend when some of you folk could lead me through the maze. Also, be great to meet some of you folk.

...LEE IN WAUSEON, OHIO!!...

#: 1530 (C) S0/CompuServe Mail 21-Aug-96 17:50:57

Sb: DAY 057

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 21, 1996 (4:51pm)

TRIP DAY: 057

WEATHER: Hot & Humid 70F & 88F. Wind negligible

MILES: 72.97

TOTAL: 2,723.3
 AVERAGE: 47.78
 CLIMBING: 130
 TOTAL: 49,260
 ROUTE: OH 108, CR H, CR 11, CR D, Jeffers, Long John, Liberty, Poe, Haskins,
 Bowling Green/North Baltimore Bikeway, CR 140, CR 95.
 TOWNS: Wauseon, Grand Rapids, Bowling Green, Rudolph-Boyhood home of Bob
 Evans, North Baltimore, Findlay
 LODGING: Bob & Virginia Brodine...parents-in-law.

PEOPLE I MET: JERRY COOPER, one half of our favorite tandem team and very good friends.
 We had arranged to meet at 9am in Grand Rapids. I had to do some tall biking and I got there at
 9:10am. Jerry has pulled a muscle in his back and decided not to ride. We had breakfast together.

WOOD COUNTY PARK RANGER. He was patrolling the bikeway and he took a lot of
 information about me and my trip. He is required to report on bikeway usage and anxious to justify
 the expense by the variety of uses.

MIKE ROSE, good friend and owner of The Bicycle Shop here in Findlay. Mike's technical skills
 and generosity to me has made this trip a lot more doable. Mike and I had a very pleasant visit.

THINGS I LEARNED: The farmers along the bikeway protested its development. They feared that
 it would bring out all kinds of undesirable types. The ranger reported that now that it was in, the
 farmers really liked it. He said several have gone out and bought bicycles and he sees them riding
 it on a regular basis.

#: 1537 S0/CompuServe [MAIL] 21-Aug-96 23:39:05
 Sb: Re: THE BUCKEYE STATE!
 Fm: J. Brien McGarvey in Athens, Ohio
 To: Lee Kreider
 Welcome home . . . I've enjoyed your trip!
 --
 Brien McGarvey

#: 1541 (C) S0/CompuServe Mail 22-Aug-96 15:32:30
 Sb: DAY 058
 Fm: Lee Kreider
 To: Daily Report Mailing List
 DATE: August 22, 1996
 TRIP DAY: 058
 WEATHER: Hot & Humid. 69F & 91F. Head winds @ 15 MPH
 MILES: 57.78
 TOTAL: 2,781.1
 AVERAGE: 47.95
 CLIMBING: 320
 TOTAL: 49,580

ROUTE: River Rd, LB School Rd, ??? Rd, CR 54, CR 79, CR 12, CR 303, OH 235,
OH 103, Dixie Rd, Hillview Rd, States Rd, Hofferbert Rd, Lincoln Hwy, OH
115, State Rd, Old Wapak Rd, Zumerly Rd, Yoakam Rd
TOWNS: Findlay, Rawson, Bluffton, near Cridersville
LODGING: Bates Motel...Home of Brian Bates co-worker in bike camp.

PEOPLE I MET: BRIAN BATES. He met me at the Denny's Restaurant in Bluffton and led me to his home near Cridersville. He left me to the house and returned to work. Won't he be surprised?

THINGS I LEARNED: It's a long way around Lima.

COMMENTS: It was a nostalgic journey today. I rode out River Road and by the cemetery to which Sonia and I rode on our first bike tour. I then rode through Rawson by her girlhood home and her first school.

I stopped by the Cory-Rawson Country Club for a Coke. It is just a little road house, but a Hancock County fixture.⁴

Last evening, I was interviewed by Tom Shindlecker a.k.a. Sheldon, the news director of WFIN Radio in Findlay. He will use the interview next week on his "Closer Look" program.

#: 1545 (C) S0/CompuServe Mail 22-Aug-96 16:11:00

Sb: THANKS

Fm: Lee Kreider

To: Mike Rose: The Bicycle Shop in Findlay, Ohio

I just want to thank you for all of your support...moral and otherwise. You've have been a great friend. I only regret that I wasn't able to get a plug in on the radio interview. The interview hit so quick that I didn't have time to think about all I wanted to say.

...LEE near CRIDERSVILLE AND HEADED TOWARD HOME...

#: 1549 (C) S0/CompuServe Mail 22-Aug-96 20:12:19

Sb: FROM CRIDERSVILLE

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

August 22, 1996 (7:34pm Eastern Daylight Time)

Bates Motel...Cridersville, OH

Actually, it is Brian Bates' bachelor pad...really a rather nice house...partly underground. Brian is a counselor on the bike camp that I work for. He's also a mackerel snapper, but we find him acceptable for a United Methodist program. We have rather high standards. "Are they breathing?"

We just got back from dinner. As in my report, he met me at Bluffton and led me west then south around Lima. His "about 20 miles to my house" turned into 33. The temp was rising and after two days of pushing I was ready to be here.

⁴Since this trip this great stop for cyclists has closed.

My plan is not to push on to home tomorrow, but to go to Troy. Sonia will drive out to meet me after work. I've picked out a real nice place to stay. Don't expect much of report about that.

The next morning, I will ride to West Milton to meet with my breakfast pals. I'll try to get there about 9am and surprise them. However, a few of my cycling friends know of this plan and I hope they might show up to escort me the last 12.5 miles from West Milton to home. If not, OK.

I wonder if the bug has bitten Sonia yet? Will she have a video camera when I get back. I've never really been interested. Can't carry them on a bike.

I just tried to Call Sonia. I got Kim instead. She said that her mom was at the Neon Theater...its an little art theater downtown...shows the movies not popular enough to put in the chrome and plastic places. I asked her to call when she got home.
...LEE IN THE BATES MOTEL...NEAR CRIDERSVILLE, OH...

#: 1553 S0/CompuServe [MAIL] 23-Aug-96 12:16:12

Sb: Re: DAY 058

Fm: Scott Kreider in Sunnyvale, California

To: Lee Kreider

> Last evening, I was interviewed by ...the news director of WFIN Radio in Findlay.

Is there any way I could get a tape of the radio program!!!

-scott

#: 1554 (C) S0/CompuServe Mail 23-Aug-96 15:21:55

Sb: DAY 059

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 23, 1996
TRIP DAY: 059
WEATHER: Hot and Humid. 70F & 91F. Heat index 98F. Head winds 10-15mph. In before the storms hit.
MILES: 54.85
TOTAL: 2,835.9
AVERAGE: 48.07
CLIMBING: 680
TOTAL: 52,060
ROUTE: OH 501, CR 25A, River Rd, CR 25 A, Troy Piqua Pike
TOWNS: Wapakoneta, Botkins, Anna, Sidney, Piqua, Troy.
LODGING: HI

PEOPLE I MET: JIM HEININGER, also a retired member of the United Methodist Church. We have worked on bike camp together for several years. He was waiting for me as I rode into Wapakoneta. We had a bit of breakfast together and chatted about conference scuttle butt since I had been on the road. Then he led me out of Wapak and immediately got me lost. He salvaged our friendship by getting me found and all without back tracking. He rode a few miles south of Wapak with me and then we shook hands and I waved as I rode off and he turned back toward the town. Jim is one of God's good guys.

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	8/18	054	Jackson, MI	2,584.9
Mon	8/19	055	Jackson, MI	2,584.9
Tue	8/20	056	Wauseon, OH	2,650.3
Wed	8/21	057	Findlay, OH	2,723.3
Thu	8/22	058	Cridersville, OH	2,781.1
Fri	8/23	059	Troy, OH	2,835.9
Sat	8/24	060	Dayton, OH (HOME!!)	2,859.1
TOTAL CLIMBING: 50,450				

WHAT I LEARNED: The best granola bars...most eatable...most digestible...are Little Debbie Sunbelt. Moreover, they cost about ½ of the others. The problem is that they are hard to find. They are often not with the Little Debbie display but with the granola bars and even stores that carry Little Debbie products often do not carry the granola bars.

Be it ever so humble, there's no bathroom like home.

The Tenth Week - Le Tour de Ohio

#: 216198 (C) S5/Cycle Touring 27-Aug-96 08:06:15

Sb: #216152-C2C WEEK 09

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

Humorous, but true.

I had negative thoughts this morning. Woke up and said to myself, "Self, why not just stop here. Home is so nice. My bed is so soft and my wife looks so good, etc. etc. etc.

However, she has had a good time while I was gone and she's throwing me out tomorrow am.

Headed for Columbus and the conference office...perhaps a visit with the bishop, if she's in. Then on to Westerville to stay with my good friend John Wagner. John had polio and was hoping to have a hand powered trike to ride a bit with me. I talked with him last night, but forgot to ask about the trike.

Onward to the sea.

To quote Irving Berlin who must have had a vision of my trip.

From the mountains,

to the prairies,

to the oceans...

...LEE IN DAYTON...

#: 1589 (C) S0/CompuServe Mail 27-Aug-96 13:09:00

Sb: Rest over/headed east

Fm: Lee Kreider

To: Weekly Report Mailing List

August 27, 1996 (12:28pm Eastern Daylight Time)

Dayton, Ohio

I'm back on the road tomorrow. (Wednesday) However, not with much enthusiasm. Head winds are forecast again. I won't kid you. I'm anxious about the mountains of West Virginia. I've ridden in WV enough to know what I'm facing.

I did get Sonia's Dog Dazer...an ultra sound generator...and I'm putting in a fresh battery. It really works on the canines who are numerous in eastern Ohio and the Appalachians. It works as long as I don't run into a deaf dog.

Fortunately, I will have vehicle support. Dave Hoffman will sag me till the weekend. He has to return on Sunday for a doctor's appointment. Wherever I get by then, I'll simply sit and wait until Sonia shows up to continue the sag. She can stay with me for 2 weeks.

I calculate that it is about 700-750 miles from here. I'd like to finish before she has to return, but that is doubtful. I should at least be across the mountains by then.

Onward.

...LEE...

#: 216270 S5/Cycle Touring [CYCLING] 27-Aug-96 15:23:23

Sb: #216198-C2C WEEK 09

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

Lee,

>> "Self, why not just stop here.<<

No no. Allez! Allez! The Atlantic beckons.

Ken

#: 1592 S0/CompuServe [MAIL] 27-Aug-96 16:18:09

Sb: Re: Rest over/headed east

Fm: Mark Kreider in Arvada, Colorado

To: Lee Kreider

Dad: Deaf dogs, what a night mare! Good to hear you have support. Kids Sarah and Matt will probably use Grandpa's trip for show and tell.

Seems more likely that you will finish the week of 9/16. Maybe I can work out the trip. When does Sonia leave to meet you?

Mark K

#: 216302 (C) S5/Cycle Touring 27-Aug-96 17:33:10

Sb: #216270-C2C WEEK 09

Fm: Lee Kreider

To: Ken Lyons in Alexandria, Virginia

I guess I'll have to get back on the road to get some rest. 4 nights at home has not brought any. Too many responsibilities press in.

I had hoped to catch up a bit. I had noticed for the last 3 weeks that my energy levels were gradually going down and even rest days did not restore them.

I'm sort of targeting the weekend of Sep 14/15 to come thru DC. It'll take some tall biking to make that.

Head winds tomorrow. For the last week I have traveled basically south with south west winds.

Tomorrow I turn east and guess what? NE winds.

...LEE...

#: 1595 (C) S0/CompuServe Mail 27-Aug-96 18:21:40

Sb: Re: Rest over/headed east

Fm: Lee Kreider

To: Mark Kreider in Arvada, Colorado

Sonia will either leave Labor Day or the day after. I will stop on Sunday and wait for her.

My AutoMap tells me that it is 253 miles from Parkersburg, WV to Leesburg, VA. By bike, that'll be at least 300 miles. I expect that stretch to take a minimum of 10 days.

She has to return on 9/13, but I'm going to try to convince her to go back when I get to the outskirts of Washington, DC. No need for her to deal with that mess.

Love, DAD

#: 216363 S5/Cycle Touring [CYCLING] 27-Aug-96 22:09:09
Sb: #216302-C2C WEEK 09
Fm: Bill Whetstone in Rhode Island (Section Leader, CompuServe Bike Forum)
To: Lee Kreider
Lee

When you know the approx route to DC please post. If it is possible for me, I would like to join you for a day or so, but it all depends on when and where. Keep us posted!

Bill Whetstone

Message Board Manager - CYCLING Forum

Helmets Save Lives

#: 1610 (C) S0/CompuServe Mail 28-Aug-96 21:24:07
Sb: DAY 064
Fm: Lee Kreider
To: Daily Report Mailing List

DATE:	August 28, 1996
TRIP DAY:	064
WEATHER:	Hot but not so humid. Heavy fog in the am. Head winds all day.
MILES:	98.75
TOTAL:	2,957.9
AVERAGE:	46.22
CLIMBING:	1,690
TOTAL:	52,140
ROUTE:	Freeport, Honeybrook, Garber, Main, Healthcliff, Meeker, Little York, Dog Leg, National, Fayette-Plain City, Amity, Rink, Frantz, Ohio 161, US 23, Galena-Worthington, Schrock, State.

TOWNS: Vandalia, Huber Heights, Phoneton, Donnelsville, Springfield, South Vienna, Sommersville, Lafayette, Amity, Dublin, Linwroth, Worthington, Westerville,

LODGING: John & Miriam Wagner

PEOPLE I MET: DAVE HOFFMAN, my Bagel Lover coffee drinking buddy, who is sagging me for a few days.

COMMENTS:

This was one tough day. The fog was so thick when I got to Vandalia that I had to hold up for almost 2 hours until it lifted a bit. Then head winds, then a bridge out which took us to a detour to a road which the map said went through, but wound up in a dead end. I got here at 6:45pm. Do not plan to start so early tomorrow.

#: 1614 (C) S0/CompuServe Mail 28-Aug-96 21:48:10

Sb: LOVE FROM WESTERVILLE

Fm: Lee Kreider

To: Sonia B! Kreider in Dayton, Ohio

As I told you, Miriam is not here. She's a good cook...John is a great warmer upper.

Tired and headed for bed.

...LEE...

#: 216573 (C) S5/Cycle Touring 28-Aug-96 21:48:27

Sb: #216363-C2C WEEK 09

Fm: Lee Kreider

To: Bill Whetstone in Rhode Island (Section Leader, CompuServe Bike Forum)

The route I have from Athens Ohio to Leesburg VA was sent to me by the state LAB rep in West Virginia. It follows close to US 50 across the state...actually uses it some of the way.

Will keep the forum posted on a daily or as near to daily as I can as I get to about Clarksburg. I want those DC dudes to keep alert.
...LEE IN WESTERVILLE, OH...

#: 216593 S5/Cycle Touring [CYCLING] 28-Aug-96 22:35:13

Sb: #216572-C2C WEEK 09

Fm: Diane & Mike Clingerman near Columbus, Ohio

To: Lee Kreider

Glad you made it safely via Rt. 161...in rush hour no less! I wouldn't characterize the drivers of Columbus as particularly courteous, but obviously you had a good experience. There's lots of cyclists in Cols, so the drivers are somewhat used to us (not usually on 161 though)

Sounds like Pataskala/Logan is a good route out. Be prepared for hills as I'm sure you're aware.

When your mind (and body) get weary, just think of all your "fans" on the Cycling forum, cheering you on in "cyberspace" (an overused term I admit).

Keep on pedaling

Diane

#: 1622 (C) S0/CompuServe Mail 29-Aug-96 15:50:31

Sb: DAY 065

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 29, 1996
TRIP DAY: 065
WEATHER: Fair. 63F & 81F. Lower humidity. Head winds.
MILES: 50.71
TOTAL: 3,008.6
AVERAGE: 46.29
CLIMBING: 740
TOTAL: 52,880
ROUTE: OH 3, County Line, Who knows...I had detours and one of the detours had a detour, Central College, Jug, Mink, OH 204, Molinor, Baskin, Carrol, US 33
TOWNS: Westerville, Central College, Pickerington, Carrol, Lancaster.
LODGING: Amerihost

PEOPLE I MET: Ben Foulk...more in weekly summary.

THINGS I LEARNED: US 33, though busy, is a wonderful road to ride. The berm of this 4 lane road is so wide that Ben and I rode 2 abreast with room to spare. North Dakota, take note. The rest of the world, take note.

COMMENTS: The southern edge of the great glaciers is about 150 feet from where I'm sitting. Tomorrow I enter the Appalachians. It shouldn't be too bad to Athens. I will follow the Hocking River Valley through the first of the foot hills.

#: 1624 (C) S0/CompuServe Mail 29-Aug-96 15:50:38

Sb: JOHN'S TRIKE

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

August 29, 1996 (3:43pm Eastern Daylight Time)

Lancaster, OH

I have photos of John's trike and will send. It has a low but conventional wheel chair. The cranks can be offset to either 0 or 180 degrees. John uses his at 0. It is a three speed hub. He could get it in a conventional 21 speed bike config, but he is happy with this.

His arm muscles have begun to deteriorate from all their use with his sticks from 50 years. This is called Post Polio Syndrome...overuse of compensating muscles. However, he does move right along.

...LEE IN LANCASTER, OH...

#: 1635 S0/CompuServe [MAIL] 29-Aug-96 22:19:11

Sb: Place and riding partner in DC.

Fm: Kevin Brugman [100332,1477]

To: Lee Kreider

Lee,

I am looking for routes through DC and so is Ken. I am going on vacation 2 September and will not be returning until 9 September but will be back at work on 10 or 11 September. Actually will be down at Chincoteague. Cheers Kevin

#: 1637 S0/CompuServe [MAIL] 30-Aug-96 13:39:15

Sb: Place and riding partner in DC.

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

To Lee,

I'm looking forward to riding with you.

Ken

#: 1640 (C) S0/CompuServe Mail 30-Aug-96 15:48:20

Sb: DAY 066

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: August 30, 1996
TRIP DAY: 066
WEATHER: Beautiful. Fall like in the am. 50F & 75F. Cross winds to Logan and then gusty head winds. Am I surprised?
MILES: 48.62
TOTAL: 3057.2
AVERAGE: 46.32
CLIMBING: 760
TOTAL: 53,640
ROUTE: US 33
TOWNS: Lancaster, Logan, Nelsonville, Athens
LODGING: Amerihost

PEOPLE I MET: MIKE THE TRIKER. I met him as I entered Athens. Mike was injured in an auto accident and limps quite noticeably. He has a basket on the back of his trike where he collects aluminum cans. Attached to the side is a can crusher. When I took his picture, he made sure that I got the can crusher in the photo.

That's the second triker I've ridden with in as many days. Can this be Scotland and I don't know it? The terrain is getting to be like Scotland.

COMMENTS: During the night my sag driver, Dave Hoffman had a bronchial attack...subsequently diagnosed. When I awoke he was gasping for breath and I was about to call 911 when it subsided. He had two more episodes during the night, but they didn't awake me. This morning I sent him packing home and to see Dr. Lucente. I called his wife, Lilly, and she told me that he had stopped to see the doc on the way home and was feeling much better.

Dave gave me a really hard time making noises about how he had let me down. I told his wife that he did me more good getting home and getting care. I had enough things to think about given, the traffic on US 33. I didn't need him to worry about as well. Besides, I need him to listen to my lies...err I mean tales...of the road.

Entering the Appalachian foothills by way of the Hocking Valley is the right approach. I am now deep into the hills and I've only had one significant climb so far. That will end soon, but it was nice.

For those asking, I'm guessing...guess aided by AutoMap...that I have just about 500 miles to go. When? That's the tough one. 2.5 weeks? Maybe 3?

Want to start a pool? Best not tell me the date you choose.

Taking a rest day tomorrow.

#: 1641 (C) S0/CompuServe Mail 30-Aug-96 16:27:12
Sb: Place and riding partner
Fm: Lee Kreider
To: Kevin Brugman in Alexandria, Virginia
 Ken Lyons in Alexandria, Virginia

Thanks to both of you.

I have put your numbers both in my puter and on paper...just in case.

I have planned that once I get to about Clarksburg, WV, I will msg my location every night that I can. I will certainly telephone from, let's say about Romney, WV...that's about 50 miles west of Winchester, VA.

My body is starting to complain a bit and I've decided to slow up and take in easier. I thought if I played my cards right, I might just hit Leesburg about Friday the 13th...I don't have a calendar...is that right? Thus, I could "do" DC on Saturday. I would guess that might be better.

In the past, I have grossly overestimated the time it would take me to get to a certain location. I might move faster than that.

I just asked AutoMap to give me an estimate of the distance I have left. (Estimate is the most generous term I can give AutoMap's results.) It says I have about 450 miles from Athens, OH to Rehoboth Beach. I add 10% for error and the zigs and zags of back roads, making about 500.

I have problems as I go east. I'm still looking at maps as though they were Montana. The map scales increase as the states get smaller and denser. What looks to me like 2 days of riding now turns out to be one.

...LEE IN ATHENS OHIO...JUST INSIDE THE APPALACHIAN RANGE...

#: 1645 (C) S0/CompuServe Mail 30-Aug-96 20:00:57

Sb: FROM ATHENS

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

August 30, 1996 (7:34pm Eastern Daylight Time)

Athens, OH

If you have read today's log, you know that I had quite a scare last night. I thought I was going to say bye bye to my friend, Dave Hoffman.

In hospital, I've seen people gasping for breath...some made it, some didn't. However, I've never seen anyone gasping like Dave. He had to be within minutes, if not seconds of passing out.

I had known that bronchitis can be fatal. I had never seen it like this.

I talked to his wife today, and he seems fine. My doctor, Julia Lucente, diagnosed and fixed him up. He was home in bed before noon.

Dave had not been feeling too well for sometime and he had no family doctor. I talked him into going to see Julia. When I got home last week I discovered that he had some liver chemistry problem...hemochromatosis...too much iron in the blood. He's supposed to have a biopsy on Wednesday.

I think the extra rest is much needed.

Of course, a new fly is in the ointment. Edouard the hurricane is headed right for where I'm at & Fran the tropical storm is right behind him. Of course, they won't be hurricanes when they get here, but they can cause a lot of rain and flash flooding in the hollers ahead of me.

West Virginia is has a bad rep for flash flooding...killing people every year.

I'm glad I'll have Sonia and her red steak. We'll watch the weather carefully. These things shuck and jive as they ross the Atlantic and the best can only guess their exact tract.

It's amazing how little of a town you see when you travel by bike. Tomorrow I'll walk up to the campus of Ohio University which is located here. No, not that big Ohio State University of infamy. It's down in Columbus. This school has always had the reputation of being the party school. I don't know if it is deserved.

There are big hills all around me, but I've been following the Hocking River and so far only one climb and a few little blips here and there.

I'll follow the Hocking all the way down to the Ohio River and then upstream along the Ohio for a few miles to the bridge to Parkersburg, WV. Most of the way will be off of the busy US 50. I'll get out early and be over the bad section before much traffic gets going.

Monday is Labor Day and the traffic will be awful. A good day to stay in.
...LEE IN ATHENS, OHIO...

#: 1653 (C) S0/CompuServe Mail 31-Aug-96 16:08:51
Sb: WEEK 10
Fm: Lee Kreider
To: Weekly Report Mailing List
LEE'S PILGRIMAGE
Weekly Summary - 10

<u>Day</u>	<u>Date</u>	<u>Trip</u>	<u>Today's</u>	<u>Destination</u>	<u>Total</u>
		<u>Day</u>			<u>Miles</u>
Sun	8/25	061		Dayton, OH (HOME)	2,859.1
Mon	8/26	062		Dayton, OH (HOME)	2,859.1
Tue	8/27	063		Dayton, OH (HOME)	2,859.1
Wed	8/28	064		Westerville, OH	2,957.9
Thu	8/29	065		Lancaster, OH	3,008.6
Fri	8/30	066		Athens, OH	3,057.2
Sat	8/31	067		Athens, OH	3,057.2
TOTAL CLIMBING:			53,640		

WHAT I LEARNED: I always read that when you start an extended trek like this, you should not expect to get in shape on the road. I can testify to the wisdom of this advice. I assumed that as I traveled my strength and endurance would increase. It is very subjective, but I perceive that neither has happened. As I looked back over my logs, I have concluded that my strongest days were the first couple of weeks (BGF...Before Great Falls). Since that time, I can now observe a gradual, but noticeable decrease of both strength and endurance.

Earlier I reported that I had no aches and pains. However, the last few days my joints and muscles have started to complain a bit. They have said to me, "When on earth are you going to stop this foolishness?"

I have had a long talk with my body and I said, "Body, I know I have been rough on you, but I promise I'm going to slow up now. If you'll just hang in there until I get across West Virginia, I'll give you a nice salt water bath."

PEOPLE I MET: DAVE HOFFMAN, my Bagel Lover/coffee drinking/New York Times Reading buddy. He offered to sag for me from Dayton until Sonia catches up with me. His little white pickup began following me on Wednesday as I left home.

JOHN WAGNER my clergy colleague and good friend. I stayed over night at his house. His wife, Miriam, was in Dayton and had left the frig well stocked. John is a good warmer upper. In the

morning, John showed me his new hand powered tricycle and he and I rode from his house to the nearby highway together.

BEN FOULK, clergy colleague and bike camp co-worker. Ben met me in Pickerington and led me to Lancaster. Ben is a good guy and a strong rider.

DARYL FOURMAN, clergy colleague and bike camp co-worker. Daryl was going to ride with me on Friday, but time and tides prevented that. Since I was taking an extra rest day on Saturday, he drove down to Athens where we enjoyed a long lunch and many laughs.

COMMENTS: For weeks I have focused my mind on one thing...getting home. As I rode along, hour after hour, I would sing a little ditty I made up, "Closer and closer to Ohio, closer and closer to Ohio. Closer to Ohio and my sweetie pie." I sang it to the tune of "Jacob's Ladder" in time with each stroke of the pedal. I envisioned that each time I pushed my left foot down, I was 64 inches closer to home...or whatever gear I was in at the time. The miles just seemed to melt away. The Atlantic Ocean became an after thought. Now I'm headed away from home and I haven't been able to change my focus. BH (Before Home), every day I knew I was closer. Now, AH, every day I feel further away. I can't seem to get the new objective fixed in my mind and it is causing me a real struggle.

BTW, Dave did not like to be called a "sag driver." Both Ben and I tried to convince him that in the world of cycling this was an honored title and not to be demeaned. Ben thought there was a French word for this responsibility, but neither of us could think of it. In the UK, they called it "vehicular support."

The Eleventh Week - Hurricanes and Hills

#: 217017 S5/Cycle Touring [CYCLING] 31-Aug-96 17:16:04
Sb: #217008-C2C WEEK 10
Fm: Andy Tejral in Alaska
To: Lee Kreider
>>I assumed that as I traveled my strength and endurance would increase.

What kind of food are you eating? Not veggie?

The first half of my cross-country trip I ate predominantly veggie and noticed the same effects you mention. I started riding by myself and eating hamburgers for lunch and soon noticed I was getting stronger.

This could have been psychological: I didn't have to measure up to my partners and did what I wanted.

In the mountains of Virginia, I had to stop every 50 feet or so it seemed. By the time I got to California, I could stand on the pedals on a hill as long as I wanted to. I was a lot stronger after 4000 miles...

Good luck!
Andy

#: 217031 (C) S5/Cycle Touring 31-Aug-96 19:40:00
Sb: #217017-C2C WEEK 10
Fm: Lee Kreider
To: Andy Tejral in Alaska
August 31, 1996 (7:11pm Eastern Daylight Time)
Athens, Ohio
>>What kind of food are you eating?

Dead animals...as my veggie friend Aedan would say.

Actually, I always leaned toward fish and fowl. However, on this trip I've found myself actually craving beef...especially burgers.

Breakfast is my big problem. I have to force myself to eat first thing. I've tried every thing I can think of, but nothing really interests me. I try to have some fruit of some kind.

After 10 miles or so, I try to find a restaurant. Here, I don't usually have any meat or eggs. Cereal, potatoes, toast, etc.

Then by late morning, I want that burger.

>>could have been psychological: Probably here also. Without some type of measuring equipment, physical performance is hard to evaluate. It is impossible to have identical road

conditions against which we can test ourselves. Road surfaces, terrain, wind & weather, load variations, etc. etc. etc.

I do think that my heart/lung system is stronger. Perhaps this is allowing me to put more demand on the muscle/skeleton systems and pushes them harder.

I did have a complete physical before I started. I should have asked my doc to do some assessments for the record and then when I finish .
...LEE...

#: 1668 (C) S0/CompuServe Mail 01-Sep-96 17:31:31

Sb: FOG BOUND IN ATHENS

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

September 1, 1996 (8:27am Eastern Daylight Time)

Athens, OH...McD's

Well, here I sit cooling my heels. The weather service predicted dense fog this morning. My alarm went off at 5:30am as per usual. I got up, looked out and went back to bed.

I had a leisurely breakfast and watched the fog situation. By 8am, it was clear enough to leave. I got on my steed and started out. I got one mile. At the edge of town, where it got a bit cooler, the fog closed in.

Fortunately, there was a McD's right here. Even as I write, it is beginning to lift a bit, but not enough to ride. Moreover, I'm headed down into the Ohio River Valley and it could be worse there. This seems like a good place to hang out for a time.

What to do? Well, why not do some writing?

The restaurant has CNN on and I'm watching that Edouard is headed north and away from our area. It also looks like there is trouble brewing in Iraq. We sure could save ourselves a lot of grief if we didn't need all that oil.

I just looked out and the wind is beginning to move a bit. That should lift the fog faster, but, guess what? You guessed. Its a head wind again. It looks like it will be right on the nose.

I guess I can expect some fog right now as we get cooler morning temperatures, but still have the summer humidity hanging around.

Ah ha...I can now see something across the street. I can just barely see some cars that appear to be about 100 yards away. The sun is out very bright so I should expect to get moving soon.

I'm headed for Parkersburg, West Virginia today...just over the Ohio River. I'm going to take another rest day tomorrow as I await Sonia.

When I talked to her last night I told her that I hoped to ride through Washington on Saturday (14) which would make traffic much easier. It is about 350 miles from Parkersburg to Washington. That would give me 10 days to make that distance.

That would mean that on Monday morning (16) I would have less than 150 miles to the ocean. These would be mostly across the DelMarVa peninsula (Shared by Delaware, Maryland and Virginia). Given that crossing the Chesapeake Bay will cost me a half day at best, I would arrive at the ocean Wednesday...Thursday latest.

I didn't say anything at the time, but, except for her help in West Virginia, I've done this thing by myself and I'll finish it when it is time to finish.

Sonia will have to head back home about Sep 12.

September 1, 1996 (8:53am Eastern Daylight Time) Fog still lifting. I think another 15-20 minutes. I'm in no real hurry. I only have 50 miles today and I don't think there are any real big hills until I cross the river. I know there will be a tough climb from the river through Parkersburg to our lodging.

I have a little cord attached to the end of my flag pole. When I'm in close quarters or taking my bike into a room, I pull the pole down and attach it to the down tube shift lever.

Sometime during the night, the flag slipped off and the cord slipped off and the flag flipped into its upright position. I had two handkerchiefs attached to the pole.

I awoke this morning and half awake looked over at the bike. I saw this dark shape hover in over my bed. My first reaction was that I was not alone. It gave me quite a start.

September 1, 1996 (8:59am Eastern Daylight Time)

I can now see some trees about 200 yards away...time to go.
...LEE LEAVING ATHENS...HEADED FOR WEST VIRGINIA...

#: 1669 (C) S0/CompuServe Mail 01-Sep-96 17:31:36
Sb: DAY 068
Fm: Lee Kreider
To: Daily Report Mailing List
 DATE: September 1, 1996
 TRIP DAY: 068
 WEATHER: Foggy causing 2.5 hour departure delay. Warm 63F & 86F. Light head
 winds.
 MILES: 50.36
 TOTAL: 3,107.6
 AVERAGE: 45.70
 CLIMBING: 930
 TOTAL: 54,570
 ROUTE: Old US 50, US 50, OH 329, OH 144, OH 124, US 50.
 TOWNS: Athens, Canaanville, Stewart, Hockingport, Little Hocking, Belpre OH,
 Parkersburg WV.
 LODGING: Red Roof

PEOPLE I MET: JANE & DAVE BEATTIE. Jane is pastor of Stewart United Methodist Church which I just happened upon at 10:12am. The fog delay had blown my church going plans and I arrived at Stewart UMC just in time to stop sweating for the 10:30 service.

COMMENTS: The ride down the Hocking then up the Ohio Rivers via Ohio 329, 144 & 124 was some of the most scenic roads of the entire tour.

I had intended to leave at 6:30am and get to Belpre, Ohio, in time for a worship service. I left at 8am when it seemed the fog had lifted. I rode one mile and ran into very dense fog. Fortunately, McDonald's had decided to put a restaurant right where the fog began...good planning. I drank coffee, watched CNN and did some writing until the fog lifted enough to continue on at 9am. Then I stumbled onto Stewart United Methodist Church and worshiped with the other 11 folk who attended this morning.

I crossed into West Virginia at the Ohio River at 3:10pm...3,100.8 miles. That makes Ohio the second longest state...longer than North Dakota. Of course, I went from the northwest to the southeast corner and did a bit of zigging and zagging.

#: 1670 (C) S0/CompuServe Mail 01-Sep-96 17:31:41

Sb: STEWART (OH) UMC

Fm: Lee Kreider

To: Clergy Mailing List

September 1, 1996 (5:10pm Eastern Daylight Time)

Parkersburg, West Virginia

UNITED METHODIST CHURCH REPORT

Stewart United Methodist Church (Stewart, Ohio; Athens District)

As you know, I normally don't ride on Sunday and get myself located close to some United Methodist Church. However, my schedule had been thrown into a cocked hat the last few days and I felt I needed to get moving today.

My plan was to get up at 5:30am and get on the road from Athens, Ohio, at 6:30am. This would get me to Belpre, OH or possibly even Parkersburg, WV, in time for a 10:30 or 11am service.

When the alarm went off, I looked out and saw fog so thick that I couldn't see the cars in the other side of the parking lot. I went back to bed until 6:30am.

At 7:30 I considered riding back into Athens to attend Athens First's 8am service...John Petrie and company...I think John is still there?

However, at 7:30 it was still too foggy to ride and I sure hate going back when traveling on a bike. I hate going back when traveling in a car.

At about 8:15am, the fog seemed to lift and so I headed out thinking I would find some church along the way. I got less than a mile and ran into a thick fog bank that brought me to a stop. I stopped right at McDonald's. I drank coffee, watched CNN and did some writing until the fog lifted enough to get going at 9am.

Off I went looking for a church. I rode down US 50 and saw nothing. I turned onto Ohio 329 and headed for the village of Stewart. Around the corner I saw a church which turned out to be Stewart United Methodist Church. I arrived at 10:12am and the board said services started at 10:30am. That gave me just enough time to stop sweating before the service began.

The pastor is Jane Beattie who also serves Canaanville Church. We had 11 for worship. The pianist didn't show up so Jane played the piano. The special music didn't show up, so Jane played the piano and sang a solo.

We sang two hymns that I hadn't sung in many-a-year..."Whosoever Meaneth Me" and "Work for the Night Is Coming." I never noticed before, but there is not one reference to God, spiritual values or anything remotely religious in that latter hymn. It is there by implication for the religiously inclined. (Have you ever noticed that the chorus "Deep and Wide" has no religious content?)

At prayer time, they prayed for me. I'm always moved when total strangers pray for my journey. We had communion. That's the third time on my trip.

The members told me that the little store just around the corner had great foot long hot dogs and I'd better stop because I wouldn't find anything until I got to Belpre some 35 miles away. They were right about the dogs.

At every church on the trip, I have received some helpful information that has aided me.

This is the first little country church I had attended on my journey and added significantly to my tasting the great variety of experiences. My string of churches grows ever longer.

...LEE IN PARKERSBURG, WEST VIRGINIA...

#: 1673 (C) S0/CompuServe Mail 01-Sep-96 18:17:57

Sb: Foolishness?"

Fm: Lee Kreider

To: Jerry Morton in Englewood, Ohio

September 1, 1996 (5:42pm Eastern Daylight Time)

>>What is your planned route for the rest of the trip?

US 50 to Clarksburg and then back roads to the south through Nestorville and Thomas, rejoining US 50 about 10 miles west of Romney. Then US 50 & VA 7 to Purcellville, VA. Then the W & OD bike trail to Arlington. DC to Annapolis and then back roads..as backish as I can find...to Rehoboth Beach, Delaware.

I have AutoMap on board this puter. It helps with mileage guesstimates...while coming up with some rather unusual routings. I find it is accurate to at least +/- 30%. <g>

>>bike path that follows an old canal that goes to Washington, DC.

C&O Canal along the Potomac. I looked for the closest transit between the Ohio River and this canal, thinking to avoid the mountains or most of them. I have been advised by my DC/Va friends on the cycling forum that the canal is filled with tree roots, stones, etc., and is a disaster for an MTB much less a fully loaded road bike. (As you know, when I'm on board it is fully loaded.)

>>comments on the roadside dining establishments

Hmmm. Must catch up on that.

Worst place I've ever eaten...Lomo Cafe, Lomo, Montana. That includes this and all trips. They did something to hash browns that if Idaho ever heard about it, they'd send the National Guard.

Best French fries I've ever had...some little bar along the bikeway in Wisconsin...must look back and see the name of the town⁵. Never had any that worthy of comparison.

Little bars cook the best hamburgers, but I'm sure I wouldn't want to go watch them do it.

>>west and the Midwest?

As reported, there is no coleslaw in restaurants west of Poplar, Montana. Also, in the West, beef is cheaper than chicken and fish. Would not suggest walking into any Montana eatery and announce, "I'm a vegetarian."

...LEE IN PARKERSBURG, WEST VIRGINIA...

#: 1674 (C) S0/CompuServe Mail 01-Sep-96 18:18:01

Sb: HIGHER MATH REVISITED

Fm: Lee Kreider

To: Weekly Report Mailing List

September 1, 1996 (6:03pm Eastern Daylight Time)

Parkersburg, WV

Well, some of you caught a big error. I said that with each pedal stroke I envisioned myself 64 inches closer to home.

You rightfully noted what I had failed to calculate for the last 10 weeks. When riding in a 64 inch gear it refers to the a virtual wheel with a DIAMETER of 64 inches. However, each pedal stroke would put me the CIRCUMFERENCE of the virtual wheel closer to home. (For those not into the esoteric art of multi-speed bicycle gearing, please don't stay awake trying to figure it out. We who do calculate gear ratios down to the 4th decimal point really don't understand it as much as we would like you to think.)

Hmmm.

$64 \times 3.1416 \text{ (approx)} = 201.06$ inches.

However, I can't fit 201.06 inches into my little mantra. It does me good to realize that I am moving 3.1416 times faster than I thought. (Or is pi 3.1614? I forget. I never had too much use of it in United Methodist Church administration.)

⁵Bowler, Wisconsin

...LEE IN PARKERSBURG, WEST VIRGINIA...

#: 1676 (C) S0/CompuServe Mail 01-Sep-96 19:45:42

Sb: ONE MORE THING

Fm: Lee Kreider

To: Jerry & Marcia Morton in Englewood, Ohio

Red Roof Inns have the best set up for computer users. They have this neat desk with undershelf lighting...at the right height for typing...an outlet for the power supply and a phone right with a data port. All this conveniently located with the fone next to the desk and the bed.

Other places could learn from them.

AND

I still like the old fashioned motel style, where you park your car right in front of your door. However, why to they have an ash tray right next to a big sign which reads, "This is a non-smoking room?"

Also, why do you never get a catsup bottle in a restaurant that is 7/8, 3/4, 2/3 full. They are all full. Do they toss the bottle away after each customer? Explain please.
...LEE...

#: 1684 (C) S0/CompuServe Mail 02-Sep-96 10:10:54

Sb: THOUGHTS

Fm: Lee Kreider

To: Daily Report Mailing List

Thoughts while waiting for Sonia and resting the "trick" knee.

The weather situation that has frustrated me the last few days is the fog. It has delayed my departures every day since Dayton.

Although the temperatures have been in the mid 80's it doesn't seem as hot as a few weeks ago. Perhaps the humidity is not quite so high, but I also notice that the sun angle is declining every day. If I could reset my biological clock, which has been tuned to go to bed at 8pm and get up about 1.5 hours before sunrise...given the changes of sunrise and time zones. I could get going about 9am and ride on into the late afternoon. That kind of change is as much a psychological problem as it is biological. I feel that I'm frittering the day away.

RE: the sun angle. I started this ride just a few days after the summer solstice. As I approach the equinox, I do notice changes. In June, the sun would pop up and be in my eyes for just a short time as it climbed high into the sky. Now I notice that the sun stays closer to the horizon for a longer time. It is in my eyes for a long time. I guess a later departure would change that as well.

As I have traveled east and watched the sunrise times reported on the local weather, I have generally kept pace with the later sunrises. Ever since I entered Michigan the local sunrise has been about 6:58am EDT. Each day the sunrise gets later, but I have moved further east to compensate.

OTOH, last night I was surprised when I looked out and it was already dark.

Moving east with these changing times then the periodic change of time zones has been interesting. When I started in Oregon, I got up at 4am and then departed at 5am with a sunrise about 5:30. ...LEE IN PARKERSBURG, WEST VIRGINIA...

#: 1688 S0/CompuServe [MAIL] 02-Sep-96 14:10:18
Sb: Global Position System
Fm: Jerry & Leslie Cooper, Toledo, Ohio
To: Lee Kreider

Lee,

What kind of maps you are using ? Do they show longitude and latitude? If I recall the maps of the Northern Route was essentially from Bike Centennial with a Kreider twist. Are these topo maps? I know you said you were using Auto map for extra help. Do you use a compass with the maps or a mileage measurement gauge?

I have been thinking about buying a GPS for some time and ordered one a few days ago. I believe this would help in a strange area that I had not ridden before. I have on occasion had to really think about direction and on hazy days sometimes wondered if I was traveling in the right direction.

Leslie wants to do some hiking and light backpacking and I thought I would practice my orienteering and maybe improve my sense of direction.

What is your projected finish date of your trip ? This is probably the hardest part of your trip and I'm sure you will be glad when it's over. The accomplishment will be worth all the effort that went into it. Just planning a trip and have things go without a hitch is something to be extremely proud of. I would not have gone home on the trip as I wouldn't have wanted to leave ! Sonia will be glad you are reaching the end and looking forward to your time together.

Leslie and Jerry

#: 1689 (C) S0/CompuServe Mail 02-Sep-96 18:55:06
Sb: Global Position System
Fm: Lee Kreider

To: Jerry & Leslie Cooper, Toledo, Ohio
September 2, 1996 (2:26pm Eastern Daylight Time)
Parkersburg, WV

Taking another rest day and trying to get that right knee feeling better before I take on the great state of West Virginia.

Sonia just arrived a few minutes ago and her lift of my gear will be a great help.

>>What kind of maps you are using

Anything I can find. I met a cyclist today who was headed my way, but had to get to DC by Friday. No chance to keep up with that pace. He was from Brisbane, Australia. He said that he had been hearing about me ahead of him.

For WV, I have a map created by the LAB rep for WV. It goes from Athens, OH, to Leesburg, VA...just where I want to go. However, for tomorrow, I heard about a bike trail between here and Clarksburg. Must try to find out more.

The Australian and I agreed that the AC routes left something to be desired. It sort of depends upon your objectives and time. I also found them in error. That and many roads under construction and bridges out, etc., etc. I've found that the AAA maps are minimal and that the maps you buy at a gas station are usually better. In the West, you don't even need a map...there's only one road and that's that.

The county road maps help, but often do not tell you if the roads are paved. Then there was the road I took to get around a bridge out in Madison County. The county map showed it going through to another road. However, it got to Little Darby Creek and disappeared into the bushes.

I guess that's part of the adventure.

>>Do you use a compass with the maps

I carry a compass and got it out once. I was lost in Minnesota and I used it to confirm the fact that the sun rises in the east. <g>

>>measurement guage?

Use my fingers. I've finally concluded that you can measure all day and it is still the same distance.

>>GPS

Not much use on a bike, but great if you have topo maps. I think the present ones give you long and lat and can be transferred. I believe there are new hand held, but very expensive units on the way that allows you to load in the area you plan to visit and give you a graphic display.

The one thing that would have helped, but too bulky for a bike is the DeLorme CD-ROM.

>>projected finish date of your trip ?

Hope to get through DC on Saturday 9/14. About 150 miles after that. Much depends upon West Virginia and the weather.

>>wouldn't of wanted to leave !

You got that right.

>>looking forward to your time together.

She tries to tell me that she's enjoyed having the place to herself. That's until something goes wrong.

Sonia says hello.

...LEE IN PARKERSBURG, WEST VIRGINIA...

#: 1698 (C) S0/CompuServe Mail 03-Sep-96 17:30:14

Sb: DAY 070

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 3, 1996
TRIP DAY: 070
WEATHER: Fair 69F & 78F. Winds calm.
MILES: 38.05
TOTAL: 3,145.6
AVERAGE: 44.94
CLIMBING: 2,310
TOTAL: 56,880
ROUTE: US 50
TOWNS: Parkersburg, Ellenboro, Greewood
LODGING: Greenwood Motel

WHAT I LEARNED: So far, West Virginia has the most glass on the road. Even if the rest of the state is clear, what I've seen so far has the other states beat.

#: 1699 S0/CompuServe Mail [MAIL] 03-Sep-96 18:29:24

Sb: FOG BOUND IN ATHENS

Fm: Aedan McGhie near Glasgow, Scotland

To: Lee Kreider

>>first reaction was that I was not alone

Told you before, you have never been alone on this trip.

>>worshipped with the other 11 folk who attended this morning.

Did any of them ask "Who is that masked man?"

>>resting the "trick" knee.

I don't remember you saying anything about that on your trip. Has it been trouble?

>>frittering the day away

Have you looked at a map to see how far you have gone?!?!? I wish I could fritter that well. BTW do you get fritters? They are like big fat chips/fries and you get them in chip shops.

Aedan

#: 1703 (C) S0/CompuServe Mail 04-Sep-96 17:26:05

Sb: DAY 071

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 4, 1996
TRIP DAY: 071
WEATHER: Partly Cloudy. Fog delaying start in the morning. 68F & 78F. Winds calm to slight head winds.
MILES: 37.45
TOTAL: 3,183.1
AVERAGE: 44.83
CLIMBING: 2,140
TOTAL: 59,020
ROUTE: US 50
TOWNS: Greenwood, Clarksburg
LODGING: Knight's Inn

PEOPLE I MET: The owner of this inn who lives in Columbus and knows Ron Williams whom I used to have coffee with in Findlay.

THINGS I LEARNED: You remember all those bolts that I found back in the West? Well, the cars they came from are here in West Virginia. I haven't caught up with them yet, but the parts are starting to fall off of them and they are scattered all over the road.

COMMENTS: I was interviewed by Channel 5 TV here in Clarksburg. The manager here called them.

The berm of US 50 deteriorated for about half of today's ride, making the descents really hairy. I don't like going down hill to begin with and this just added stress. On road that I might have rolled free at 27-30 MPH, I was braking down to 8-9MPH. However, as I approached Clarksburg, I ran into the best berm I've had so far. That is except for the scattering of the aforementioned car parts.

#: 1704 (C) S0/CompuServe Mail 04-Sep-96 17:26:10

Sb: HURRICANE DELAY

Fm: Lee Kreider

To: Weekly Report Mailing List

September 4, 1996 (5:01pm Eastern Daylight Time)

Clarksburg, WV

For those of you following my progress and wondering about Hurricane Fran: We are safe and sound in Clarksburg.

FYI, Sonia joined me in Parkersburg and is sagging me for the next few days.

From here our route takes us down into the deep river valleys. At this writing, the storm is headed right toward us, and heavy rain is projected.

As most of you know, West Virginia is notorious for flash flooding and we do not want to find ourselves in some holler when the rain hits. We are watching The Weather Channel carefully.

We are parked on top of a hill, there are 3 shopping malls nearby, several theaters, etc. We will probably just sit tight until the storm passes over.

We had a bit of culture shock yesterday when we stayed in the town...I think it was a town...of Greenwood. I was a unique experience. Delightful as that episode might have been, Sonia made it clear that she didn't want to spend several days in a place such as Greenwood.

#: 217957 S5/Cycle Touring [CYCLING] 05-Sep-96 14:41:35
Sb: #217844-C2C & FRAN
Fm: Ken Lyons in Alexandria, Virginia
To: Lee Kreider

Lee,
Good schedule...might give Kevin & Kim a chance to get back to town before you blow in like a hurricane from the West.
Ken

#: 1710 (C) S0/CompuServe Mail 05-Sep-96 16:34:28
Sb: DAY 072
Fm: Lee Kreider
To: Daily Report Mailing List

DATE: September 5, 1996
TRIP DAY: 072
WEATHER: Cloudy and threatening rain all day. 68F & 85F. Head winds 10MPH, but protected somewhat by trees and hills.
MILES: 32.32
TOTAL: 3,216.1
AVERAGE: 44.67
CLIMBING: 1,700
TOTAL: 60,720
ROUTE: US 50, WV 76, US 119, CR 6, Gravel Road along Tygart River, CR 10, WV 92
TOWNS: Clarksburg, Bridgeport, Rosemont, Flemington, Arden, Moatsville, Nestorville
LODGING: Back at Knight's Inn in Clarksburg

PEOPLE I MET: Kaslo the golden retriever at the River Expeditions and Metal Work shop at Arden. He was much more friendly than the owner. He gave me accurate directions...Kaslo's master, not the dog...but he overstated the conditions of the gravel road and the distance.

COMMENTS: My daily mileage has shortened, but I just figured that 10% of the climbing of the entire trip has been done in the last 3 days. I had two climbs today that were the steepest of the trip. They were not long, but they brought out the best.

Probably the most beautiful road of the entire trip was the gravel road along the Tygart River. The road was an old railroad grade turned into a road. It was quite rough, but well worth the hassle.

FYI, my route across West Virginia was supplied to me by Bill Foster, the League of American Bicyclist's state representative here in Clarksburg. It has been most helpful.

Not knowing exactly what the weather is going to do, including Fran the Hurricane, I rode out and Sonia picked me up and brought me back to Clarksburg. Tomorrow will be decided based upon the forecast. I rode along roads that would easily flood. They are already running quite full.

The heavy rain is scheduled to hit on Saturday, but rains preceding Fran are predicted for tomorrow (Friday).

#: 218009 (C) S5/Cycle Touring 05-Sep-96 21:02:53

Sb: #217957-C2C & FRAN

Fm: Lee Kreider

To: Ken Lyons in Alexandria, Virginia

It is a real good time to have Sonia driving. I did 32 very tough miles today and she picked me up and brought me back to Clarksburg. This is a far better place to sit out bad weather than some places I have been. <g>.

Current forecast for tomorrow is very nasty with the aftermath of Fran getting here on Saturday. This is frustrating, but I did progress to Nestorville today.

...LEE...

#: 1719 (C) S0/CompuServe Mail 06-Sep-96 08:56:47

Sb: FRAN IS COMING THIS WAY

Fm: Lee Kreider

To: Daily Report Mailing List

September 6, 1996 (7:37am Eastern Daylight Time)

Clarksburg, WV

It started to rain about 30 minutes ago. The wind is out of the SE. The center of Fran is predicted to pass over Clarksburg about 2am tomorrow morning. We are sure glad we are here rather than the area to which I rode yesterday. That part of the state is expecting 4-6 inches of rain and has had a flood watch in place since last night. The prediction for here is 2-4.

Hoping to get back on the road tomorrow...perhaps later in the day. I want to get at least one more mountain range behind me...maybe two.

I need to adjust my front derailleur. I have twice thrown the chain to the inside when going into granny. I think I'll work on that and test ride it before it starts to rain harder.

September 6, 1996 (8:39am Eastern Daylight Time)

Derailleur tweaked and tested. Seems to be working just fine. Raining a bit harder.

Left out of yesterday's report: As I was riding through Rosemont, there was a guy standing in his garage. As I went by, he yelled, "I saw you on TV."

I have had an e-mail from Compaq indicating some interest in a story about carrying their puter across the nation on a bike. They seem especially interested in my description of the abuse it got on North Dakota roads. Of course, I don't think they would want to annoy the North Dakota Highway Department by telling how much jarring their roads delivered.

...LEE COOLING HIS HEELS IN CLARKSBURG, WV...

#: 218129 S5/Cycle Touring [CYCLING] 06-Sep-96 10:02:45
Sb: #218104-C2C NESTORVILLE, WV
Fm: Dave Allwain in Washington
To: Lee Kreider
Lee,
>>Will wait this thing out. <<

Yup, sounds like a plan to me. We've all got a vested interest now in seeing you finish!

#: 218154 (C) S5/Cycle Touring 06-Sep-96 11:57:32
Sb: #218129-C2C NESTORVILLE, WV
Fm: Lee Kreider
To: Dave Allwain in Washington
It is really hard just waiting here. I'm am getting itchy to get these mountains behind me and on to the coast.

It started raining here about 7:30am and now it is raining hard. Not much wind. According to The Weather Channel, the center of Fran will pass over here about 2am tomorrow morning.

Whether I can get moving tomorrow depends on how fast this thing moves over and the flooding that may or may not exist ahead of me.

Watching closely in West Virginia.
...LEE...

#: 1728 (C) S0/CompuServe Mail 07-Sep-96 17:19:55
Sb: DAY 074
Fm: Lee Kreider
To: Daily Report Mailing List
DATE: September 7, 1996
TRIP DAY: 074
WEATHER: Light Rain. 63F & 70F. Tail and cross winds.
MILES: 26.99
TOTAL: 3243.2
AVERAGE: 43.83
CLIMBING: 2,240
TOTAL: 62,960
ROUTE: WV 38, WV 92, CR 1, CR 7
TOWNS: Nestorville, St. George, Lead Mine
LODGING: Tucker Inn, Parsons

COMMENTS: A lot of evidence of flash flooding.

#: 1729 (C) S0/CompuServe Mail 07-Sep-96 17:19:57
Sb: Week 11
Fm: Lee Kreider
To: Weekly Report Mailing List
LEE'S PILGRIMAGE

Weekly Summary - 11

<u>Day</u>	<u>Date</u>	<u>Trip</u>	<u>Today's</u>	<u>Total</u>
<u>Day</u>	<u>Date</u>	<u>Day</u>	<u>Destination</u>	<u>Miles</u>
Sun	9/1	068	Parkersburg, WV	3,107.6
Mon	9/2	069	Parkersburg, WV	3,107.6
Tue	9/3	070	Greenwood, WV	3,145.6
Wed	9/4	071	Clarksburg, WV	3,183.1
Thu	9/5	072	Nestorville, WV	3,216.1
Fri	9/6	073	Nestorville, WV	3,216.1
Sat	9/7	074	Lead Mine, WV	3,243.2

TOTAL CLIMBING: 62,960 (13.4% of the Climbing on this entire trip was done in the last 4 days of riding.)

WHAT I LEARNED: The last train robbery east of the Mississippi River happened when the mail train was robbed in Greenwood, WV. This was the steepest grade of the B&O Railroad between Cincinnati, OH, and Baltimore, Maryland. It has now become a bike trail, but it cannot be ridden by a road bike.

PEOPLE I MET: TIM STEELE from Brisbane, Australia. I took a day off on Monday and walked over to the Subway for a sandwich. Tim rolled in on his Mountain Bike. He had come from Seattle, WA. He was on his way to Washington, DC to catch a train on Friday. He has some hard biking ahead of him. He said, "You're the guy I've heard about who is ahead of me. They say he's riding a red bike with a flag." That's me.

BOB & IMOGENE LYNCH. Met them at the Outpost Restaurant in Greenwood, WV. He said that he was headed for Greenville, OH, and his wife was stopping to visit her sister, Pauline King in West Milton. He said that Pauline goes to the Pearson House almost every morning for breakfast.

Bob worked as a Chemical Engineer/Salesperson for Allied Signal and traveled extensively.

SANDY FORTH who was a student at United Theological Seminary at Dayton and attended a class I taught at the Fort. Sonia and I were eating at a restaurant in Clarksburg when Sandy came up to us and introduced herself. She had spotted us.

COMMENTS: I got a sandwich at Hammock's Car Wash and Grocery near Flemington, WV.

Businesses in West Virginia seem to have a propensity to tape hand written signs giving directions and instructions. Examples: On the scales in the drug store: "No bouncing or jumping on scales."

On the door of the County Clerk's office, "No Slamming of door." So why were we in the County Clerk's office? Trying to get a post card depicting the beautiful court house in West Union.

On the parking meters, "Head in only."

Leeson's Restaurant seems to hold the record for hand written signs.

"No one is allowed in the kitchen or behind counter except employees ONLY."

“Please do not touch the controls, only management.”

“No checks cashed except for amount of food only. This includes employees unless approved by Virgil Leeson.”

“15 minutes limit on phone.”

“No checks will be cashed unless made out to Virgil Leeson NOT Leeson's Restaurant. Thank you.”

On the outside of the drug store door, “Do not enter without shoes, shirts, pants (or shorts).” We're not sure about ladies wearing dresses, or, for that matter, men wearing dresses. Would Aedan McGhie get thrown out if he wore his Scottish kilts?

On the mailbox outside the Greenwood General Store: “No turning from outside of mailbox. Turning from inside of mailbox only. - The Owners.” Sonia and I mulled that over for sometime and couldn't figure out what we were supposed to do or not do.

Some have asked about the mileage data. It is taken from my on board computer. It counts the wheel revolutions and is programmed with the wheel circumference. It checked it along the highway in Oregon on two different 10 mile stretches. I used the mile posts for a standard. I got readings of 10.23 and 10.19. Thus, my computer is probably running 2% long. Try your car odometer and I'll wager you won't come nearly this close.

Every time a coal truck passes, I get a snoot full of coal dust. It is also on the roads and it sticks to my Water Babies sun screen on my legs. I'm quite dirty by the end of the day.

Crossed the Eastern Continental Divide (From Mississippi to Atlantic Coast watershed at 11:21am on 9/7...3,225.7 miles. That was 2,467 miles across the Mississippi/Missouri River basin.)

The Twelfth Week...The Finish

#: 218399 S5/Cycle Touring [CYCLING] 07-Sep-96 17:45:05

Sb: #218388-C2C WEEK 11

Fm: Larry Gray in Alabama

To: Lee Kreider

Lee,

Like everyone else, I'm following your continuing saga with enthusiasm and admiration. Also with considerable jealousy. One of these days, boy, one of these days ...

Lar

#: 1732 (C) S0/CompuServe Mail 07-Sep-96 18:40:58

Sb: Add you to Daily

Fm: Lee Kreider

To: Kevin Brugman in Alexandria, Virginia

Ken Lyons in Alexandria, Virginia

To keep you informed of my progress, I'm adding you to my daily log mailing list that I send to my immediate family.

As I've reported, I don't like to count chickens, but, looking ahead, the following seems doable.

Sunday Scherr, WV

Monday Romney, WV

Tuesday Winchester, VA

Wednesday Leesburg, VA

This puts me on the edge of the DC metro area much sooner than I had planned, Fran not withstanding.

Again, I've been nursing my skiing knee a bit and I may need to take a day off. I'm not having any real problems, but I know this old knee well enough to listen when it squeaks.

Doesn't it make sense to go from Leesburg to a motel on the northeast side of the city? Then, the next day, she could transport me and bike over the Chesapeake.

Here's the rub. I left my Maryland and Delaware maps at home. How could I do that?

...LEE HEADED YOUR WAY...SLOW BUT SURE...WELL, SLOW...

#: 218439 S5/Cycle Touring [CYCLING] 07-Sep-96 23:16:53

Sb: #218422-C2C WEEK 11

Fm: Andy Tejral in Alaska

To: Lee Kreider

>>As you can see, the hills in West Virginia have slowed me considerably. The Rockies were a snap compared to these dudes.

Man, tell me about it! I didn't go through West Virginia but through Virginia and Kentucky. They were absolutely the hardest part of the trip.

You should have it a little easier, having put all that distance on your legs (I started on the East coast and the mountains of Virginia). Maybe you don't believe that your strength has increased but I can't believe it hasn't!

Good Luck!

Andy

#: 1737 S0/CompuServe [MAIL] 08-Sep-96 01:24:20

Sb: A Long week for both of us? (Hi Sonia)

Fm: Mark Kreider from Dulles International Airport

To: Lee Kreider

Dad,

Sound like you are up against the hills, climbing, and the weather. I bet it is nice to have Sonia there.

The climbing you are into sounds incredible. I imagine by now you are very strong.

Will be calling both grandmas and Scott tomorrow.

Love All, Mark

#: 1741 (C) S0/CompuServe Mail 08-Sep-96 16:18:41

Sb: DAY 075

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 8, 1996
TRIP DAY: 075
WEATHER: Fair with some very light rain. 59F & 80F. Tail wind at a time and place that could do some good.
MILES: 33.33
TOTAL: 3,276.5
AVERAGE: 43.69
CLIMBING: 2,450 (1,500 feet came in the fist 4.5 miles of the day.)
TOTAL: 65,410
ROUTE: CR 7, US 219, WV 93
TOWNS: Lead Mine, Thomas, Davis, Bismark, Scherr⁶
LODGING: Budget Host in Davis (304) 259-5551 x29

THINGS I LEARNED: Bill Foster, the West Virginia LAB representative has done a wonderful job with a route across this state. I don't know how I would have made it without his guidance. His route through this area takes a steep climb to this plateau and then goes 21 miles without a hill and thus avoiding 5 major climbs.

COMMENTS: We spotted 4 deer this morning who were quite curious about us.

⁶It turns out that my colleague while I served at First Church in Dayton, Bill Fetter, served the United Brethren Church, a part of a seven church circuit, early in his career.

IRONY: Today is the Hancock Horizontal Hundred in flat, flat, Findlay, Ohio. I did more climbing in the first 10 minutes of the day than any HHH rider did on the entire 100 miles.

#: 1742 (C) S0/CompuServe Mail 08-Sep-96 16:18:45
Sb: HHH REPORT
Fm: Lee Kreider
To: Mike Rose: The Bicycle Shop in Findlay, Ohio
September 8, 1996 (4:03pm Eastern Daylight Time)
Davis, WV
How did the HHH go? How was the weather?

2 more days should get me to Winchester, Virginia. Then I have only the Blue Ridge to cross. It is coming slow, but I'm getting it one nibble at a time.

In West Virginia, distance means nothing. It's the feet up that make the day. As you know, this is far more climbing on a daily basis than I ever did in the Rockies.
...LEE...

#: 218529 (C) S5/Cycle Touring 08-Sep-96 16:49:15
Sb: #218439-C2C WEEK 11
Fm: Lee Kreider
To: Andy Tejral in Alaska
Thanks for the good wishes.

I think I have about 3 more days of mountains. I could probably make it in two, but I'm old.
...LEE...

#: 1744 (C) S0/CompuServe Mail 08-Sep-96 19:26:12
Sb: UMC REPORT
Fm: Lee Kreider
To: Clergy Mailing List
Sunday, September 8, 1996 (5:19pm Eastern Daylight Time)
Davis, WV

UNITED METHODIST CHURCH REPORT

I don't have much to report except that I tried to go to church. First, Hurricane Fran disrupted my schedule and I found myself in one of the most remote places of the trip, Lead Mine, West Virginia. Finding the place required getting lost, climbing 300 unnecessary feet and asking a lot of questions.

The Lead Mine United Methodist Church has services every other Sunday and this was the wrong Sunday.

This morning, I left Lead Mine as soon as the fog let me and the first 4.5 miles was a 10%, 1,500 foot climb which took 1.25 hours. It was 8 more hilly miles to Thomas. By the time I got to Thomas United Methodist Church, services were over and done.

The Lord rewarded me for making an effort and gave me a great tail wind for the rest of the day.

I might report that my route through West Virginia was given to me by the Bike League rep for this state. He has sent me down small roads which few outsiders ever see. He did not plan this for the scenery so much as the easiest and safest way through the mountains. However, it has taken me through small towns that exist on no maps. With rare exception, these towns have a United Methodist Church. Some are very well kept and maintained.

One was Bailey United Methodist Church. It is located between Flemington and Galaway. It is set on a hill and has attractive signs welcoming visitors. It was an inspiration just to ride by. I can imagine that persons who come by on Sunday would feel drawn to stop and worship.
...LEE...

#: 1745 S0/CompuServe [MAIL] 08-Sep-96 20:58:00

Sb: Add you to Daily

Fm: Ken Lyons in Alexandria, Virginia

To: Lee Kreider

Lee,

I must leave for Richmond, Virginia on Friday, 9/13, so I hope you DO get in to town a little early. I may be able to ride on Thursday from Leesburg if your schedule holds up. A Friday ride instead is a possibility, but I would need to drive out of town around 7:00pm.

>>Doesn't it make sense to go from Leesburg to a motel on the northeast side of the city?<<

Sure. We have a cue sheet from Greenbelt, Maryland (on the northeast side of DC) to Annapolis. The problem seems to be getting from the monument area in downtown DC to Greenbelt. We'll see what we can do.

Ken

cc: Kevin Brugman/VA

#: 1749 S0/CompuServe [MAIL] 09-Sep-96 13:47:02

Sb: Re: DAY 075

Fm: Mark Kreider in Arvada, Colorado

To: Lee Kreider

Dad,

Wow 1500ft in 4.5 miles! That is more than 6%! That is a harder climb than Lookout Mtn here in Golden (1500ft. in 5 miles). At this point you've ridden your bike from sea level to the top of Everest twice.

I definitely would like to meet you at or close to the end.

The whole family enjoyed the trip to Minnesota to ride with you. Sherri said how she enjoyed again last night.

Love, Mark

#: 1750 (C) S0/CompuServe Mail 09-Sep-96 17:44:59

Sb: DAY 076

Fm: Lee Kreider

To: Daily Report Mailing List

FOLLOWING THE FLOODS

DATE: September 9, 1996
TRIP DAY: 076
WEATHER: Fair and warmer as I descended from the mountains. 59F & 88F. Tail winds early, then some light cross.
MILES: 44.65
TOTAL: 3,321.2
AVERAGE: 43.70
CLIMBING: 1,540
TOTAL: 66,950
ROUTE: CR 33, Patterson Creek, US 50
TOWNS: Scherr, Melody, Burlington, Romney, Augusta
LODGING: Koolwink Inn in Romney (304) 822-3595 x25

PEOPLE I MET: Trucker in Romney. He lost his brakes on the last downhill. He has a Cannondale Mtn Bike. Lives in Alpena, Michigan where he can really use it. One trucker thinks my trip is great.

THINGS I LEARNED: Davis, West Virginia is the highest incorporated town in the state. 3,000 Feet ASL.

COMMENTS: Following in the wake of Fran and floods, the route I planned to take was reported under 20 feet of water. This required about 400 feet of extra climbing, but only about 2 extra miles. I was fortunate that there was a road construction crew right at the decision point who warned me. There were lots of places where the water had been over the road and some places there were wash outs. A couple of places required some close attention.

When we got to Romney, we found that the city water supply had been knocked out in the flood and the town had no water. Almost all of the restaurants were closed. I bought some bottled water at Rite Aid which was enough to get me on to Augusta.

Sonia picked me up and brought me back to Romney. The Burger King was open using bottled water. We bought some more water at the grocery...a hot item.

When we got back to our motel, we found that the water was on for bathing, etc. However, it is loaded with chlorine and we need to use our bottled water for drinking. I showered in the stuff, but I feel just like you do when you've been swimming.

One of the most beautiful stretches of road of the trip was the ride from Scherr down through Greenwood Gap. (CR 33).

One of the most fun rides was the gentle but constant descent down Patterson Creek Road. 18 miles losing about 1,000 feet. If I didn't have other fish to fry, I'd have Sonia take me back up and I'd do it again.

#: 1753 (C) S0/CompuServe Mail 09-Sep-96 20:36:08
Sb: Add you to Daily
Fm: Lee Kreider
To: Ken Lyons in Alexandria, Virginia

I made it to Augusta, WV today. barring the unforeseen, I should be in Leesburg by Wednesday.
I'll call you from there.
...LEE...

#: 1756 (C) S0/CompuServe Mail 09-Sep-96 20:36:12
Sb: Plan to the Ocean
Fm: Lee Kreider
To: Mark Kreider in Arvada, Colorado
September 9, 1996 (6:20pm Eastern Daylight Time)
Romney, West Virginia.
You'll note that I'm trying to put our phone number on each night.

>>I definitely would like to meet you at or close to the end.

As you well know, it is very hard to project. However, I'm planning to keep on riding and I'm not planning to take any rest days from now on out. Here's sort of what I have in mind. Like weather forecasts, the further out you project the more iffy it becomes.

Tuesday	Winchester, Virginia
Wednesday	Leesburg, Virginia
Thursday	Greenbelt, Maryland (through DC)
Friday	Over the Chesapeake to eastern MD. I don't have a definite location for that.
Saturday	Rehoboth Beach!!!!!!

Every thing has to click to make that sked. If it slips, it could be Sunday, but I'm shooting for Saturday.

Also, having Sonia with her car will solve the problem of the Chesapeake Bay Bridge. The bridge authority no longer assures you of hauling your bike over. They'll take you if they happen to have a pickup going that way. Otherwise it is tough luck.

According to the route map I'm following, I have three climbs tomorrow. If they were like the last two I did today, they are steep, but not terribly long. However, you never know. US 50 is not very pleasant to ride, but it is OK. All of the climbs have passing lanes.

I'm told that when I get to the Virginia border, I have it made. East of Winchester, I cross the Blue Ridge and the Appalachian Trail.

A couple of guys are planning on riding with me through DC which will be the tricky part. Getting into DC is no problem. There is a bikeway from Purcellville, through Leesburg to the Memorial Bridge.

>>unlikely that we would bring our bikes

Twood be nice, but it is so much hassle and so costly. I don't know about your budget airline, but TWA charges \$50 each way.

It would be cheaper to drive into Rehoboth Beach and rent an ATB...I'll bet they have them...and ride out to join me. Maybe the bike part is just too confusing and complicated.

I don't know exactly where in RB I'll hit the ocean. I'll just ride into town and look for a lot of sand bordered by blue.

Not only have the hills and the hurricane conspired to slow me up. It has been foggy every morning since I left Dayton. This morning, I couldn't get going until almost 10am.
...LOVE, DAD...GETTING CLOSER EVERY DAY...

#: 1757 (C) S0/CompuServe Mail 09-Sep-96 20:36:17

Sb: WRESTLING OVER!

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

September 9, 1996 (8:09pm Eastern Daylight Time)

Romney, West Virginia

Water, water, everywhere.

And not a drop to drink.

You never realize how critical water is until you can't go to the tap and turn it on.

The water supply has been turned on, but it is unsafe for drinking. As reported, we bought some bottled water to get us by.

As you know, I sing to myself as I ride along. I have found that Rogers and Hammerstein make for good singing. Indeed, the *King and I* has offered me some of the best.

"Shall We Dance?"

"Getting to Know You."

They work well with a cycling cadence.

I don't know if you are familiar with "God Bless America." Irving Berlin was a fierce patriot. He was a Jew and foresaw what was going to happen in Germany. I think it was about 1938/39 when he wrote the song. It was written in response to the dark clouds gathering over Europe. No one wanted it, until he took it to a popular radio singer, Kate Smith, who took it and made it popular.

The last few days, I've started thinking about the end of the trip and thinking back over the miles and country I have seen. Without thinking, I've found myself singing "God Bless America." Well, the chorus. That's all I know.

The lyrics tell the story of my trip. Please don't spread this around, but, as I sing it to myself, my eyes seem to get a bit wet. I think a Scottish patriot would understand.

God bless America,

Land that I love.

Stand beside her,

And guide her,

Through the night,

With a light,

From above.

From the Mountains,

Through the prairies,

To the ocean white with foam.

God bless America;

My home sweet home.
God bless America;
My home sweet home.

I told you before I started that I planned to wrestle with this land and not let it go until it blessed me.

Today, as I cruised down that beautiful Patterson Creek Valley, a gradual downhill that even I could let roll, with a pleasant tail wind, I realized that I have been blessed.

Two more days of mountains and on to the ocean white with foam.
...LEE...

#: 1760 S0/CompuServe [MAIL] 09-Sep-96 20:55:07

Sb: Trip

Fm: Ron Kuczynski

To: Lee Kreider

Hi, Lee.

Just a note to wish you the best of luck on the remainder of your trip. I found out about you and your trip from Mike Rose in Findlay. We did the Hancock Horizontal this past weekend, which is the only time I see Mike (and buy stuff from him!).

My wife and some of her friends are planning a cross country trip next year. They rode approx. 620 mile test trip this year from IL/IA border back home to the Cleveland, OH area. So, your trip info is invaluable. Look forward to meeting you some day...maybe in Findlay.

Good luck and Godspeed.
Ron Kuczynski

#: 1762 (C) S0/CompuServe Mail 09-Sep-96 21:12:46

Sb: MORE FROM ROMNEY

Fm: Lee Kreider

To: Aedan McGhie near Glasgow, Scotland

September 9, 1996 (8:50pm Eastern Daylight Time)

Romney, West Virginia

You cannot believe the remote places we've been. We've been in little hollers that people in West Virginia couldn't find, much less flatlanders like Sonia and me.

Tonight we met Jim Close who owns the Alpine Restaurant here in Romney. He is from Lead Mine. When I told him that I had ridden through that settlement...calling it a village would be going too far...he was dumbfounded. He said that he had given local folks directions to Lead Mine and they couldn't find it.

Today's ride through Greenwood Gap was like going back to forest primeval. If it weren't for the road, I'd think we were the first persons ever there. In fact, the road entrance is so obscured by foliage, etc. that I was really hesitant to enter. However, I plunged ahead and what a site. Sadly, it is one of those places that you don't even bother to try to photograph. You just can't "capture" it on

film. Isn't that a strange use of the word "capture?" As if you can catch some beautiful place or beautiful person and hold it inside a camera and on film.
...LEE...

#: 1771 S0/CompuServe [MAIL] 10-Sep-96 11:55:10

Sb: Re: Plan to the Ocean
Fm: Mark Kreider in Arvada, Colorado
To: Lee Kreider
Dad,

Wow Saturday! I'll start planning today. I will plan on bringing riding clothes and accessories. If we can find a bike for rent that probably would be cheaper than bringing, but I'll investigate. Step 1: airline flights. I'll send email as soon as I know.

Love, Mark K

#: 1772 S0/CompuServe [MAIL] 10-Sep-96 13:24:19

Sb: Planning for Saturday
Fm: Mark Kreider in Arvada, Colorado
To: Lee Kreider

Dad: Hope you had a good day of riding, and missed the flooding if any.

My plans: Leaving
11:45 am Friday from COS on West Pacific
4:45 pm arrive Washington-Dulles, rent car
7:30 pm - 8:30 pm meet you at your hotel, stay nearby

Love, Mark

#: 1773 S0/CompuServe [MAIL] 10-Sep-96 13:52:17

Sb: Add you to Daily
Fm: Ken Lyons in Alexandria, Virginia
To: Lee Kreider

Lee,

The W&OD should be fine...it is not near the Potomac River. Now the Mt. Vernon trail, on which I ride to work has been under water for two days. Your route into town should be the W&OD to the Custis, which also is not near water, to Key Bridge and through town. One option was to take the Mt. Vernon on the Virginia side of the river until the 14th Street Bridge instead of going through Georgetown. That's out now. Even if the water subsides the GW Parkway people are not good about removing the mud and debris from the trail.

I'll make plans to ride on Thursday. If you start late enough (11:00am) I could take Metro out and meet you on the W&OD. If not, I'll have to ride towards you and meet you somewhere between Leesburg and the Beltway. It takes me an hour to get to the Beltway on the W&OD from my house.

I'm attaching one of the cue sheets for the route from New Carrollton (a Metro stop on the NE side of DC) to Annapolis.

Ken

cc: Kevin Brugman/VA

#: 1777 (C) S0/CompuServe Mail 10-Sep-96 16:18:25

Sb: DAY 077

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 10, 1996

TRIP DAY: 077

WEATHER: Foggy again. Warm and very humid. 65F & 88F. Cross winds. Rain in the afternoon, but it missed me somehow.

MILES: 35.11

TOTAL: 3,357.6

AVERAGE: 43.59

ALTITUDE GAIN 2,360

TOTAL:: 69,310

ROUTE: US 50

TOWNS: Augusta, Capon Bridge WV, Winchester VA

LODGING: HI

COMMENTS: Total Altitude gain for West Virginia: 13,800 feet.

#: 1778 (C) S0/CompuServe Mail 10-Sep-96 16:18:27

Sb: Getting Close 9/10/96

Fm: Lee Kreider

To: Weekly Report Mailing List

As I get close to the Atlantic Ocean, I'm going to give you a daily brief update about my progress.

Tuesday, September 10: Winchester, VA

Estimated distance to the Atlantic: 230 miles.

...LEE...

#: 1779 (C) S0/CompuServe Mail 10-Sep-96 16:34:44

Sb: Re: Plan to the Ocean

Fm: Lee Kreider

To: Mark Kreider in Arvada, Colorado
Scott Kreider in Sunnyvale, California

I had a tough day today and to make it Saturday will mean 8 straight riding days. I have a tough climb tomorrow, but that should be that.

I'm doubting that I'll make it by Saturday. Might be too much of a stretch.

Will stay in touch.

DAD

#: 1780 (C) S0/CompuServe Mail 10-Sep-96 16:50:30

Sb: Add you to Daily

Fm: Lee Kreider

To: Ken Lyons in Alexandria, Virginia

I have the file, but no way to print it out. I'll go down to the desk and see if they have a printer I can borrow.

However, could you bring a hard copy...preferably 2...with you?

I would prefer getting going a bit earlier. Meeting you somewhere on the bikeway seems a good plan. Perhaps, you can identify a place that I should not pass before meeting.

Hmmm.

I guess I'll call you and Kevin tonight.

One other question? Do I need to bring total snacks or will we have access to some eatery along the way.

Sonia is contemplating driving around and beginning to believe she can do it.
...LEE...needing a snooze bad...

#: 1781 S0/CompuServe [MAIL] 10-Sep-96 17:54:31
Sb: WOW! COUNT 'EM DOWN!
Fm: Tom Slack, West Ohio Conference, United Methodist Church
To: Lee Kreider

Count those miles down! And you don't have to worry whether your odometer program is off by two percent or not . . . you will know you're there when your feet get wet, you splash a lot, and you need a PFD (personal flotation device) on your bicycle!

Tom Slack West Ohio Conference, United Methodist Church (written on Tue, Sep 10, 1996, at 5:03 pm)

#: 1786 S0/CompuServe [MAIL] 10-Sep-96 21:34:15
Sb: ON TO THE ATLANTIC
Fm: Bill Whetstone in Rhode Island
To: Lee Kreider

Lee

I was hoping kismet would shine and I would be able to run down, that it would be more weekend and all that, but this week is a bear at work and I won't be able to come down. Here is to your finish, I bet you are as relieved as wishing you were back in Montana signing into a grocery store.

Best of luck in crossing DC, I am sure the KKK will welcome you. (don't worry, it is just Kevin, Kim and Ken)

Bill Whetstone

Message Board Manager - CYCLING Forum
Helmets Save Lives

#: 1789 (C) S0/CompuServe Mail 10-Sep-96 22:18:05
Sb: FROM WINCHESTER
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
September 10, 1996 (9:54pm Eastern Daylight Time)
Winchester, VA

My last mountain range comes tomorrow when I cross the Blue Ridge at Snickers gap. I've never been over it, but it can't be as hard as what I've done.

Talked with Kevin Brugman tonight and made plans to meet. Tried to call Ken Lyons, but without success. Left my number to call. Bill Whetstone had hoped to come down and ride, but he has to work. (Work? What's that?)

...LEE IN WINCHESTER...

#: 1796 (C) S0/CompuServe Mail 11-Sep-96 16:32:34

Sb: DAY 078

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 11, 1996

TRIP DAY: 078

WEATHER: Cloudy and threatening rain and raining just ahead of me. 67F & 71F.
Winds negligible.

MILES: 38.58

TOTAL: 3,394.9

AVERAGE: 43.52

CLIMBING: 1,190

TOTAL: 70,500

ROUTE: US 50, Sulphur Springs, Sensenry, CR 636, VA 7, W & OD Bikeway

TOWNS: Winchester, Berrysville, Purcellville, Leesburg

LODGING: Comfort Inn in Harper's Ferry (nearest we could find.) (304) 535-6391

PEOPLE I MET: DEPUTY SHERIFF. Sonia was parked at the top of Snicker's Gap waiting for me when he stopped to see if she was OK. She told him that I was biking from Astoria, Oregon and she was waiting for me. He asked her, "How long have you been waiting here?"

COMMENTS: Crossed the Blue Ridge this morning...MY LAST MOUNTAIN!!!!

Began the W & OD Bikeway at Purcellville. Tomorrow this will take me into Arlington and the DC area.

When I crossed the Shenandoah River, I was at the lowest point I had been since Oregon.

#: 1797 (C) S0/CompuServe Mail 11-Sep-96 16:32:38

Sb: 9/11

Fm: Lee Kreider

To: Weekly Report Mailing List

Ended in Leesburg, VA.

Crossed my last mountain today...Snickers Gap on the Blue Ridge.

#: 1802 (C) S0/CompuServe Mail 11-Sep-96 19:17:33

Sb: Tomorrow

Fm: Lee Kreider

To: Kevin Brugman in Alexandria, Virginia

Ken Lyons in Alexandria, Virginia

Better bring your rain gear. <g>

LODGING: Red Roof in Lanham

PEOPLE I MET: KEN LYONS & KEVIN BRUGMAN. I met Ken and Kevin on the cycling forum. Last spring I sought help to find a way through Washington, DC and onto Annapolis, Maryland. Not only did they offer me a route, but they agreed to escort me.

I started out on the W & OD bikeway and as pre-arranged, Ken came riding toward me. He said that he would be riding a yellow bike and have a beard. The person approaching had a beard, but was on a black bike. However, there was little doubt that this was my DC escort.

A few miles later, Kevin met us as he too was riding west toward us. From there we rode the twists and turns of the bikeways and through the maze of the DC metro area.

Although they did get lost a time or two, I can't imagine how I could have made it through this complex without their help.

Meanwhile, Kevin's wife, Kim, a United Methodist minister in Virginia Conference, drove around to the motel on the east side of town. When the three of us arrived, she and Sonia had met and gotten acquainted.

To make the day complete, Ken, Kevin and Kim took Sonia and me out to dinner.

Thank you for all of your remarkable help. What a joy to finally meet these electro-friends.

COMMENTS: What a remarkable day. It was moving to ride across Memorial Bridge and see the Lincoln Memorial, Washington Monument and the Capitol.

#: 1812 (C) S0/CompuServe Mail 12-Sep-96 20:40:57
Sb: 09/12
Fm: Lee Kreider
To: Weekly Report Mailing list
Thursday, Sept. 12
Near Greenbelt, Maryland, east of Washington, DC.
...LEE...

#: 1814 S0/CompuServe [MAIL] 12-Sep-96 22:02:19
Sb: Re: DAY 079
Fm: Mark Kreider in Arvada, Colorado
To: Lee Kreider
Dad: I am making final arrangements for my trip out. Sounds like you are on schedule for now. I will take my computer, but may not be able to check email once I leave COS at 11:30 AM MST. Why don't you leave a message on our home phone (303.425.0548) and I will call Sherri to find out the details of where you are staying.

Please make a hotel arrangement for me at the hotel you will be staying at on Friday night, no smoking room. If you get in early tomorrow and you think we can work out the logistics, please rent me a bike (mountain bike is fine), I'd love to ride with you. I am bringing all my biking stuff,

clothes, helmet, and rain gear, but not my bike. If it looks like it won't work out that's fine. I have a 35 inch inseam.

Look forward to seeing you both, and being with you Dad at the finale.
Love, Mark

#: 1816 S0/CompuServe [MAIL] 12-Sep-96 22:42:05
Sb: 09/12
Fm: Earl Crosby in Dayton, Ohio
To: Lee Kreider
GO MAN, GO!!!!!!!

#: 1823 (C) S0/CompuServe Mail 13-Sep-96 19:44:31
Sb: DAY 080
Fm: Lee Kreider
To: Daily Report Mailing List
DATE: September 13, 1996
TRIP DAY: 080
WEATHER: Rain in the morning. 69F & 72F. Tail winds.
MILES: 31.93
TOTAL: 3,484.2
AVERAGE: 43.55
CLIMBING: 440
TOTAL: 72,000
ROUTE: Cipriano, Good Luck, Greenbelt, MD 450, MD 8, MD 18, US 50
TOWNS: Lanham, Bowie, Kent Narrows, Grassonville, Queenstown
LODGING: Comfort Inn (301) 827-6767.

COMMENTS: My bad luck for Friday the 13th came early and I was glad to get that out of the way. I check my tires every morning and pump every other day. This morning my front tire was very low and I found that I had a minute puncture that was a slow leaker.

From there I rode down Good Luck Road. It rained hard in the morning and we delayed our start. It cleared quickly and when I left the sun was shining while the rain was still falling.

Sonia met me at the juncture of 450 & 50 and we loaded the bike for the trip over the bridge.

We had a logistic glitch this afternoon which cheated me out of more miles. We had a rendezvous point and, as always I put my bike by the road where Sonia can see it. However, a pickup truck pulled up in front of the bike and as I walked out of the convenience store, I saw her go by. She couldn't see the bike and I waved but it was too late.

I decided to wait until she returned and eventually she did. She went to the post office and waited...a prearranged plan and I waited where I last saw her. Sonia's cell phone wouldn't work in this area. I put a message on the answering machine at home and Sonia said she was about to call there. We decided that we would be sure to do that if this ever happened again.

Thus, we lost about 2 good hours of riding time.

#: 1824 (C) S0/CompuServe Mail 13-Sep-96 19:44:36
Sb: 9/13
Fm: Lee Kreider
To: Weekly Report Mailing list
Friday, September 13.
Queenstown, MD...about 75 miles to go.
Tail winds forecast for tomorrow.
...LEE...

#: 1827 (C) S0/CompuServe Mail 13-Sep-96 20:07:12
Sb: FROM KENTS NARROWS
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
Much to reply to, but must get to sleep tonight. BBBBIIIIGGG day tomorrow.

Wish you were going to be here.
...LEE AT SEA LEVEL...

#: 219541 (C) S5/Cycle Touring 13-Sep-96 21:13:18
Sb: #219512-C2C escorts
Fm: Lee Kreider
To: Kevin Brugman in Alexandria, Virginia
The pleasure and honor was all mine.

Without Ken and Kevin, I'd still be trying to figure out how to find Sonia at the Red Roof Inn in Lanham.

Sonia said that she would never be able to negotiate the DC Beltway, but made it there in record time...more than I can say for the 3 cyclists.

I must say that my escorts did get a bit disoriented a time or two, but with the aid of a scripture quoting cab driver, we were never very far from our track.
...LEE ON MARYLAND'S EASTERN SHORE AND INTENDING TO FINISH TOMORROW...

#: 219580 S5/Cycle Touring [CYCLING] 14-Sep-96 09:45:20
Sb: #219512-#C2C escorts
Fm: Daniel L. Stripes 76474,1514
To: Kevin Brugman in Alexandria, Virginia (X)

I am green with envy...and to think that I work in Arlington and had my bike in the car that day. :(

#: 219626 S5/Cycle Touring [CYCLING] 14-Sep-96 17:39:29
Sb: #219541-C2C escorts
Fm: Ken Lyons in Alexandria, Virginia
To: Lee Kreider
Lee,

Well, the pleasure wasn't ALL yours, because I felt honored to be able to accompany you for a portion of your trip. I trust by now you are swishing your toes in the Atlantic Ocean, having completed that final leg. My thoughts were with you today.

Just remember that one turn on the cue sheet was right on the fold and illegible, so it wasn't my fault we missed it.<g>

Ken

#: 1832 (C) S0/CompuServe Mail 15-Sep-96 17:33:46

Sb: DAY 081

Fm: Lee Kreider

To: Daily Report Mailing List

DATE: September 14, 1996
TRIP DAY: 081
WEATHER: Greatest ever. 57F & 71F. Clear skies and fantastic tail winds.
MILES: 71.51
TOTAL: 3,557.7
AVERAGE: 43.92 (This average includes all rest days.)
CLIMBING: 220
TOTAL: 72,220
ROUTE: US 50, MD 404, DE 404, DE 1, DE 1a
TOWNS: Queenstown MD, Delton MD, Bridgeville DE, Georgetown, Rehoboth Beach and right into the Atlantic Ocean!!!!!!
LODGING: Driftwood

PEOPLE I MET: MARK KREIDER, who flew in yesterday and met us on Friday night. He and Sonia drove into Rehoboth Beach where Mark rented a beat up mountain bike. They put in on the back of Sonia's car and drove back to Georgetown. Then Mark rode with me to the finish.

RUTH & ALLEN BARTLEY, HOWARD ANDERSON, JERRY ANDERSON, BEA LAW & TIM WOLF. All of these folks are from my former parish and they surprised me by waiting at the waterfront in Rehoboth Beach.

ABOUT 500 PEOPLE AT THE BEACH who watched and wondered at the strange goings on and then waves of applause swept through the group as the word spread about what was happening and as I ran out into the surf with my bike over my head. Some came running with their cameras and one family insisted that their 2.5 year old boy have his picture taken with me. He was somewhat unimpressed.

DOZENS OF PEOPLE who came up and shook my hand and asked a million questions. (How long did take? How many miles a day did you do? Etc. etc.)

It was my 5 minutes of fame.

#: 1833 (C) S0/CompuServe Mail 15-Sep-96 17:33:50

Sb: WEEK 12

Fm: Lee Kreider

To: Weekly Report Mailing List

LEE'S PILGRIMAGE

Weekly Summary - 12

THE ATLANTIC!!!!

<u>Day</u>	<u>Date</u>	<u>Trip Day</u>	<u>Today's Destination</u>	<u>Total Miles</u>
Sun	9/8	075	Scherr, WV	3,225.7
Mon	9/9	076	Augusta, WV	3,321.2
Tue	9/10	077	Winchester, VA	3,356.3
Wed	9/11	078	Leesburg, VA	3,394.9
Thu	9/12	079	Lanham, MD	3,452.2
Fri	9/13	080	Queenstown, MD	3,484.2
Sat	9/14	081	Rehoboth Beach, DE	3,557.7

TOTAL CLIMBING: 72,220

CLIMBING FOR THE STATE OF WEST VIRGINIA: 13,800 FEET.

WHAT I LEARNED: Pain is temporary. Pride is permanent.

The ox is slow, but the earth is patient. The Atlantic was still waiting for me when I got here.

PEOPLE I MET: THE TRUCKER AT THE MOUNTAIN TOP RESTAURANT ON TOP OF BEAR MOUNTAIN IN WEST VIRGINIA. We got to discussing the hills of West Virginia and he concurred that they are much harder to cross than the Rocky Mountains. He said, "If they flattened this state out, it would be as big as Texas."

THE WOMAN AT PURCELLVILLE MOTORS (Purcellville, VA). The last couple of days I got to thinking that I'd like an American flag to fly from my safety pole. I was just starting out after lunch when I rode by Purcellville Motors and saw these American flags over the radio antennas. I stopped and asked the lady who ran the place and she gave me one for my bike.

COMMENTS: Flooding from Fran has given us a number of challenges. We have had roads under water, detours and water systems out of service. Bottled water has kept us moving. Many roadways are seriously eroded with washouts of the berm. Some areas the washouts next to the white lines are as much as three feet deep...no place for a bike to go. In several areas, the washouts had undermined the edge of the pavement and it was falling over the edge into the chasms created by the flood. You don't dare take your eyes off the road ahead for an instant.

#: 1831 S0/CompuServe [MAIL] 15-Sep-96 04:36:05

Sb: HURRAH!

Fm: Aedan McGhie near Glasgow, Scotland

To: Lee Kreider

YEAH YEAH

YEAH YEAH YEAH

YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH YEAH

YEAH YEAH YEAH

YEAH YEAH !

How does that Atlantic taste?

Aedan

I Get Mail

#: 1834 (C) S0/CompuServe Mail 15-Sep-96 17:53:28

Sb: congratulations?

Fm: Lee Kreider

To: Early Crosby in Dayton, Ohio

For the first Saturday night of the trip, I couldn't get a phone line.

There was no one in the office of the motel...no phone in the room and the tattoo parlor next door tossed me out when I asked.

Yes, it was great...more later. Probably, more and more and more and more until you get sick of it.
...LEE ON THE WAY HOME IN FREDERICK, MD...

#: 1835 (C) S0/CompuServe Mail 15-Sep-96 17:53:30

Sb: C2C LATE

Fm: Lee Kreider

To: ALL

I'm sure sorry I wasn't able to share my joy with you last night (Saturday). It is one of the few times that I wasn't able to find some phone line, somewhere.

First, the motel we finally found did not have phones.

Second, when I went to the office to try to find a phone, the lady wasn't there and some poor soul who seems to have had a stroke answered the door. I couldn't get the idea across to him.

Third, the only business nearby that was open was a tattoo parlor. I went in and asked the lady and she at first thought about it and then got rather testy and suggested that if I didn't want a tattoo to bug off.

I looked over her art and the only "bike" I saw was a Harley with a nude woman, so I left. I did offer to show her my crank set, but that didn't help either.

Fourth, I thought I would try to use my wife's cell phone...I have a cell modem that works sometimes. However, I seem not to have had the cell cable.

Ah well, you all needed to be kept in suspension.

It was great! I went back down to the beach today and while Sonia shopped, I just sat and looked at what I had been thinking about for 3 months...no 30 years.

More later.

LEE ON HIS WAY HOME IN FREDERICK MARYLAND...DRIVING SONIA'S RED STEAK...

#: 1836 S0/CompuServe [MAIL] 15-Sep-96 19:33:16

Sb: AAAAAH HOME

Fm: Earl Crosby in Dayton, Ohio

To: Lee Kreider

Be it ever so humble or whatever. Maybe you should have gotten a tattoo as a remembrance. I won't say where. I doubt that I will tire of hearing about this. I wonder what kind of motel you had. No phones and next to a tattoo parlor. No bars? Don't forget the screen door. You are in the real world again.

Earl

#: 1837 S0/CompuServe [MAIL] 15-Sep-96 20:32:16

Sb: Atlantic!!!

Fm: John Christensen, Columbus, Indiana

To: Lee Kreider

Congratulations on your successful cross country tour! I assume you will now ride home - probably by car though since Sonya was there! I knew you could do it! My meager 1500 miles to date this year is pretty puny by comparison; however, I'm not retired yet!

See you enjoyed tour 5 minutes of fame! You've got a lifetime of memories from the trip. Now you COULD plan a North to South ride. IF you start immediately, you can beat the winter weather (Starting at the Canadian border, that is) <G>.

Best Regards,
JRC

#: 219814 S5/Cycle Touring [CYCLING] 15-Sep-96 20:58:28

Sb: #219781-C2C WEEK 12

Fm: Cal Kutemeier 72257,3522

To: Lee Kreider

I just caught this post. It is very interesting and has re-kindled my interest in such a tour. Could you re-post all of the weeks thoughts and comments. It would be interesting to me and probably to many other armchair C2C'ers.

#: 1838 S0/CompuServe [MAIL] 15-Sep-96 21:21:24

Sb: The Atlantic

Fm: Cliff Schmidt near Phillipsburg, Ohio

To: Lee Kreider

It was great to hear from the Dayton gang that you had made it to your goal. I know that many times you must of thought why did I start this trip, It's not worth it, etc. but now you have the satisfaction of completing a difficult task that took many days and much effort to complete. Also I now have a speaker for one of my programs at Rotary. Congratulations. We'll be looking forward to seeing you back in the area with your many stories.

Marilyn & Cliff

#: 219819 S5/Cycle Touring [CYCLING] 15-Sep-96 21:27:15

Sb: #219781-C2C WEEK 12

Fm: Diane & Mike Clingerman near Columbus, Ohio

To: Lee Kreider

Congratulations!!! I think you got more than your "five minutes" of fame. You've gained quite a following on CIS. Us vicarious adventurers really looked forward to your postings and were pulling for you (metaphorically speaking, of course <g>)). I agree with the next post suggestion: is

there a way to collect your weekly missives into one spot, as many of us missed a few, especially in the beginning.

#: 219825 S5/Cycle Touring [CYCLING] 15-Sep-96 22:04:56

Sb: #219781-C2C WEEK 12

Fm: Don TRUE \KS 72322,2163

To: Lee Kreider

Congratulations Lee.

Thank you for sharing your trip with us. I have followed your post the whole way.

I really enjoyed your write up of the man pulling the coffin. That sure was strange.

Which part of the country were the people the most friendly?

Which part of the country was the prettiest?

What was your best day like?

You did real Good Lee.

#: 219831 S5/Cycle Touring [CYCLING] 15-Sep-96 22:14:42

Sb: #219781-C2C WEEK 12

Fm: Bill Whetstone in Rhode Island (Section Leader, CompuServe Bike Forum)

To: Lee Kreider

Lee

Congratulations on your ride! We all enjoyed going along with you on the trip, thank you very much for including us. I have enjoyed your format immensely, and have read it to my wife as time went on, hopefully planting the seed that in 15 years or so sprout, so she is ready for me to pack and pedal off. How long will you check out the beach before packing back off to Ohio? Enjoy the ocean, have some clams, some crabs and an oyster or two. They will refill your body.

Bill Whetstone

Message Board Manager - CYCLING Forum

Helmets Save Lives

#: 219832 S5/Cycle Touring [CYCLING] 15-Sep-96 22:14:43

Sb: #219781-C2C WEEK 12

Fm: C. C. Winslow/NC 73145,1750

To: Lee Kreider

Thanks for writing about your trip. I enjoyed reading your posts more than I can say. What a great ending.

#: 219843 S5/Cycle Touring [CYCLING] 15-Sep-96 22:49:50

Sb: #219781-C2C WEEK 12

Fm: Dante Lanzetta in Michigan

To: Lee Kreider

Once again, congratulations! We're all proud of you. BTW, go back; you're entitled to FIFTEEN minutes of fame -- NOT five. They owe you ten more.

#: 1839 S0/CompuServe [MAIL] 15-Sep-96 23:04:24
Sb: Re: WEEK 12
Fm: Brian Bates in Lima, Ohio
To: Lee Kreider

My heartiest congratulations on reaching your goal!!!

I wish I could have been there to watch.

Have a safe trip back to Ohio... You're riding back, right?

Ha. Ha. Just kidding. Again, GREAT JOB!!!

Sincerely, Brian Bates in Lima, Ohio

#: 1841 S0/CompuServe [MAIL] 16-Sep-96 02:20:09
Sb: Re: WEEK 12
Fm: Brien McGarvey in Ohio
Congratulations Lee!

Someday . . . someday I may have a chance to take the trip of my life. In the meantime I will continue to enjoy yours vicariously. Your notes made good reading. Remind me to lend you my book, "Let Us Build Us a City." I think that you will resonate with the observations of the author.
Brien McGarvey

#: 1842 S0/CompuServe [MAIL] 16-Sep-96 07:47:00
Sb: Re: DAY 081
Fm: Mike Rose: The Bicycle Shop in Findlay, Ohio
To: Lee Kreider

Congratulations! ! ! I never had any doubts that this would be the conclusion of your fabulous trip. In fact, you have inspired me to actually think about the possibility of doing a CTC trip myself. Another 8 or so years. Anyway, I'm very happy for you. It must be an incredible feeling to have completed such an undertaking. Good job! Mike
Mike@TheBicycleShop
"Ride a bicycle. It's good for both of us"

#: 1843 (C) S0/CompuServe Mail 16-Sep-96 07:52:14
Sb: FROM FREDERICK
Fm: Lee Kreider
To: Aedan McGhie near Glasgow, Scotland
September 15, 1996 (6:25pm Eastern Daylight Time)
Frederick MD
On the way home.

I'm having a bit of trouble dealing with it all. I sort of keep reliving the scene at the beach over and over.

I didn't think I would, but I did the conventional thing.

My surprise guests had made a finish line of paper towels which told in large letters the trip. The signs said no bikes on the beach. Oh Yeh? I'd like to see them stop me.

At any rate, two of my former flock held up the "finish line," I broke through and ran with my bike over my head into the surf. I didn't believe I did that. I was planning on being real taciturn about the whole thing.

I turned around and heard applause. At first, it was just Sonia, Mark and friends. However, apparently word was spread up and down the crowded beach and the applause grew. It sure was different from the start...just my cousin, Bob Mellinger, giving a little wave.

Then there was a line of persons wanting to shake my hand and take my picture. Parents had their kids picture taken with me.
...LEE IN FREDERICK MARYLAND..

#: 219895 S5/Cycle Touring [CYCLING] 16-Sep-96 07:57:08
Sb: #219781-C2C WEEK 12
Fm: Larry Gray/AL 71620,3344
To: Lee Kreider

Lee,

I've only the same word for you that you've already heard and read a million times: congratulations! As one who came in during the middle of the movie, I too hope you'll collect all your posts and put them into a forum library file so all of us armchair tourists can relive, if only spirit, your wonderful adventure.

Yours,

Lar

#: 219928 S5/Cycle Touring [CYCLING] 16-Sep-96 10:52:31
Sb: #219781-C2C WEEK 12
Fm: All Fischer in Grand Rapids, Michigan
To: Lee Kreider

Hey Lee,

Congratulations. What an achievement. I especially found truth in the comment

"Pain is temporary. Pride is permanent."

Ride with Pride, you deserve it.

>>ABOUT 200 PEOPLE AT THE BEACH who watched and wondered at the strange goings on.

While there were only 200 at the beach, there were many more all over thinking, praying, and cheering you. I assume that your bottle of Pacific water has joined the Atlantic?

Congrats once again,
Al, Melanie, Avery and Clark Fischer
Grandville MI

#: 1846 S0/CompuServe [MAIL] 16-Sep-96 11:27:22

Sb: FROM FREDERICK
Fm: Aedan McGhie near Glasgow, Scotland
To: Lee Kreider
>> trouble dealing with it all
Are you at a loose end? What is next?

>> I did the conventional thing

Awww heck, everybody would have been surprised if you didn't!

>>surprise guests

Ahhhh I did know about that but I was sworn to secrecy.
Aedan

#: 1847 S0/CompuServe [MAIL] 16-Sep-96 11:38:08
Sb: Re: WEEK 12
Fm: Richard Wolf in Atlanta, Georgia
To: Lee Kreider
Congratulations!!! We are all impressed and delighted with your accomplishment.
Rich

#: 1848 S0/CompuServe [MAIL] 16-Sep-96 11:47:09
Sb: DAY 081 -Reply
Fm: Chad Hazen in New York City
To: Lee Kreider
CONGRATULATIONS !!!

"You," as they say, "are the man." It must feel incredible to have completed your journey (both physically and emotionally). I can't wait to come home and see the photo albums (I assume there will be more than one)...

"Lee Kreider: you've just ridden your bicycle from coast to coast to coast. What are you gonna do now?"

Don't say you're going to Disney World; even though that's what's expected.

Again, congratulations.

#: 219960 S5/Cycle Touring [CYCLING] 16-Sep-96 13:21:12
Sb: #219781-C2C WEEK 12
Fm: Carol McKeough
To: Lee Kreider
Lee,
You must be so proud. You deserve to be. What an accomplishment. Thanks so much for sharing it with us.
Carol

#: 220003 S5/Cycle Touring [CYCLING] 16-Sep-96 18:10:02
Sb: #219781-C2C WEEK 12
Fm: Kevin Brugman in Alexandria, Virginia
To: Lee Kreider
Lee,

Congratulations!!!!

Glad Kim and I could be part of your trip. Now I am counting down the days to my retirement. (How many days in 16+ years.) That is when we will get to play. If you ever come back this way, stop on in and stay for awhile. Also if you ever plan a British expedition, let us know, we may request to join you with the tandem and trailer.
Cheers, Kevin

#: 220014 S5/Cycle Touring [CYCLING] 16-Sep-96 19:35:12
Sb: #219781-C2C WEEK 12
Fm: Ted Meisky near Columbus, Ohio
To: Lee Kreider
Lee,

Let me add my congratulations to the rest. Now when you come back to Ohio TOSRV will seem like a walk in the park. My family, the people I work with and my riding partners have all heard about your adventure. I haven't seen the riding partners since I read that you had finally gotten your feet wet, but we'll raise a toast on Wednesday's ride.
Ted

#: 220034 (C) S5/Cycle Touring 16-Sep-96 20:43:46
Sb: #219814-C2C WEEK 12
Fm: Lee Kreider
To: Cal Kutemeier 72257,3522
Tell you what. When I get home...I have about 450 miles to go...but I have my wife's Red Steak...actually Saturn coupe...to get me there.

When I get home, I'll collect all of the weeks and put it into a file which I'll upload to the forum library.

I think I have it well enough organized to do it quickly, but be patient. I'll let the forum know when it goes up.
...LEE HEADED FOR HOME...

#: 1855 S0/CompuServe [MAIL] 17-Sep-96 05:05:27
Sb: Congratulations
Fm: Cleo Jones at St. Augustine in Scotland
To: Lee Kreider
Dear Lee

I am an ex colleague of Aedan's who now keeps in touch over the net. He has told me all about your cross the U.S. cycle. Well done!!!! I am a school Librarian and into many things cycling unfortunately not being one of them. I imagine however that you must see many things on your travels by cycle. The U.S.A. is so enormous compared to Scotland that it must be virtually

impossible to run out of things to see. My own interests are in Archaeology and Scotland is amazing for that although I imagine that some of the native American sites must be quite amazing.

well done, good luck on your next venture
Cleo Jones

#: 220102 S5/Cycle Touring [CYCLING] 17-Sep-96 07:00:45
Sb: #219897-C2C OVER THE DELMARVA
Fm: Ken Munn in London, England
To: Lee Kreider

Lee,
As a non US reader, could I trouble you to let us know roughly (in relation to big cities with known names) where your start and finish points were. And your total miles run?
Thanks and CONGRATULATIONS.
Ken

#: 1862 S0/CompuServe [MAIL] 17-Sep-96 15:45:27
Sb: Community Life
Fm: Cliff Schmidt near Phillipsburg, Ohio
To: Lee Kreider

We received a copy of your picture and article in the Sept. 9th edition of the Community Life newspaper from a friend. Has anyone gotten any copies of the article to you? You probably can get a few hundred copies up in West Milton or from the publisher. Cliff

#: 220246 S5/Cycle Touring [CYCLING] 17-Sep-96 16:29:26
Sb: #219781-C2C WEEK 12
Fm: Snake Atwell in Louisville, Kentucky
To: Lee Kreider

Lee,
Wow!!! Congratulations on your trip. You must feel like a million bucks to be done. Remember to ride your bike a little when you get home so you don't forget how <G>.

Which do you think was harder, your son's AT trip or your C2C?
Best, Snake

#: 220269 (C) S5/Cycle Touring 17-Sep-96 18:23:55
Sb: #220246-C2C WEEK 12
Fm: Lee Kreider
To: Snake Atwell in Louisville, Kentucky
AT hands down.
...LEE in OH/USA...

#: 220313 S5/Cycle Touring [CYCLING] 17-Sep-96 21:50:23
Sb: #219898-C2C AFTERTOUGHT
Fm: Barb Reade in Western New York
To: Lee Kreider

Lee,
Congratulations on finishing your journey!

You know by now that we've all followed you with a mixture of awe and a little bit of envy. You've done something most of us would like to do, but are a little bit (okay...a lot) afraid of attempting. To some you've may have provided the courage.

BTW, I've printed out your journals--just in case. :-)

You are my kind of hero.

Barb

#: 1864 S0/CompuServe [MAIL] 17-Sep-96 22:13:29

Sb: Re: WEEK 12

Fm: Ben Foulk in Baltimore, Ohio

To: Lee Kreider

WOW!

Well done thou good and faithful servant! With all of Fran's distractions you finished just when you had planned, at least when I last saw you. And now for an encore?

#: 1866 S0/CompuServe [MAIL] 18-Sep-96 02:41:30

Sb: Gershwin?

Fm: Aedan McGhie near Glasgow, Scotland

To: Lee Kreider

I couldn't think of a Berlin song to end your ride with but how about Gershwin's "They Can't Take That Away From Me."

Aedan

#: 1872 S0/CompuServe [MAIL] 18-Sep-96 10:22:18

Sb: Re: trip

Fm: David and Nancy Scofield in Connecticut

To: Lee Kreider

CONGRATULATIONS! Quite an accomplishment on your part. Having done the east coast this spring we can somewhat relate. We just returned from a great trip to the Netherlands and Germany as I'm sure Rich has told you. Looking forward to fall in New England.

We're still novices at this game but trying...regards to Sonia.

Dave and Nancy

#: 220435 S5/Cycle Touring [CYCLING] 18-Sep-96 11:47:28

Sb: #220419-C2C THANK YOU 4 SUPPORT

Fm: Dante Lanzetta in Michigan

To: Lee Kreider

SIXTY-ONE! Goodness gosh, man, you're too OLD to be riding a bike! Better learn shuffleboard or Mah-Jongg.

#: 220496 S5/Cycle Touring [CYCLING] 18-Sep-96 19:39:50

Sb: #220419-C2C THANK YOU 4 SUPPORT

Fm: Grandma Ruth Doerr in Milford, Michigan

To: Lee Kreider

Lee,

I just came in on C2C 8 so glad you will get them all together.

Congratulations on your great adventure and achievement!! This was my dream since 1976--the year I intended to go. If there are any 70 yr. females out there who would dare to go, get in touch.

I am just sorry that I didn't get to meet with you as you came near Hell, MI. Maybe next May on TOSRV!

Also congrats to Sonia for suffering through a long summer with you gone. She must really be something to let you off the chain for 11+ weeks.

Ruth⁷

#: 220529 S5/Cycle Touring [CYCLING] 18-Sep-96 21:41:10

Sb: #219898-C2C AFTERTOUGHT

Fm: Michael Ostermeier in Nebraska

To: Lee Kreider

Lee,

I'm a mere lurker, who has followed your trip with great curiosity and interest. It has been a great experience to follow and adds fuel to the dreams of my friends and myself. I wanted to take this opportunity to thank you for letting us ride along, even if it was only in our mind's eye. You have truly been an inspiration to those of us, who have been allowed to tag along. Congratulations!! I wish you the best in your retirement!!

Happy Trails,

Michael Ostermeier, Lincoln, NE

#: 220722 S5/Cycle Touring [CYCLING] 19-Sep-96 23:45:57

Sb: #220419-C2C THANK YOU 4 SUPPORT

Fm: Andy Tejral in Alaska

To: Lee Kreider

>>I'll be frank.<<

And all this time you've been telling us you're Lee...

>>That's all that it takes to do this ride. You just have to get up every morning and go do it. If you put enough days together, there you are.<<

Good luck convincing people with this argument. Having done a similar tour, **I** know that its the truth, but nobody seems to believe me.

>>Now for my next trick...<<

I'm sure you're hooked now! At least you're old and can use that as an excuse to stop riding. I'm young and spend a lot of my time thinking about my next bike tour.

⁷A sad afternote. Ruth Doerr (age 70) had planned on stoking my tandem for me on TOSRV (a two day, two hundred mile tour from Columbus to Portsmouth to Columbus, on Mother's Day Weekend of 1997). About 10 days before the tour, she died suddenly of an aneurism. God bless you Grandma Doerr. You have been an inspiration to so many.

Be careful planning your next trip: I was wondering how to top my C2C trip. So I rode from MT to AK. Then how did I top that? I moved there!

Good Luck!

Andy

#: 1888 S0/CompuServe [MAIL] 20-Sep-96 02:36:02

Sb: WEEK 12

Fm: Terri Gorman in Los Gatos, California

To: Lee Kreider

Congrats!!!! Knew you could do it.

Terri in CA