Orinda Cyclist goes Cross Country

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By Cathy Dausman

(Our readers first met Greg Thomas in our March 16 issue; if you missed it, you can read the article in our archives, www.lamorindaweekly.com/archive/issue0501/Pedaling-for-a-Greener-Tomorrow.html)



Greg Thomas and counterparts on the way to Lolo Pass (northern Rocky Mountains)

mer, but he isn't flying and he find my bed!" But on August 2 isn't driving. Thomas is biking he responded: "We are having a across the U.S. with a group of infantastic time and are getting reternational Velomobile cyclists on ally good coverage from the local a trip called Roll Over America media. The local bike clubs are (ROAM).

The adventure began in Portland, Oregon on July 28 and riders expect to reach Washington, D.C. on August 24. In between, a group of 22 Europeans and 25 North Americans will cover nearly three thousand miles 1500-mile halfway point. He ad-(5,000 kilometers). Tour Captain mitted, "It was a little hard to get All this food is washed down Josef Janning describes the Velomobile group as, "Passionate bikers [and] bike commuters, [who] have experienced the many benefits of cycling for health, the environment and the family budget."

Thomas'counterparts live in Ohio, Southern California, Texas, Florida, Michigan, Mississippi, Oklahoma, Pennsylvania, Oregon, Washington, Minnesota, Connecticut and Kentucky and Canada. The overseas contingent is from Germany, The Netherlands, Austria, the U.K. and Denmark. They must be a just little bit tired by now, as they reach the midway point. They expect to be in Chicago about the time you receive this issue.

When we asked Thomas if he'd blog about this trip his initial response was, "I will probably be The group campsite

reg Thomas is taking a so tired at the end of each day that well so far." cross country trip this sum- I will barely be able to eat and also giving us welcome parties. The mayor of Portland [Oregon] proclaimed July 28, 2011 'Velomobile Day!""

> We heard from Thomas again on August 11, after the group reached Minnesota – passing the out of bed this morning after riding 570 miles in four days. A year ago I had never ridden more than am still losing weight." 30 miles in a day so I have made some progress. My body and pounds the hard way. equipment seem to be holding out

How does he fuel up? "When you ride so many hours a day it is amazing how much you need to eat," Thomas continued, "The other day I had a bowl of cereal for breakfast with raisins, banana and blueberries and a cup of coffee. While riding I ate two bananas, a peach, a plum, two Clif bars, two Fig Newton bars and an energy gel. At the coffee break I had a hamburger and coffee. Then a Subway sandwich for lunch and soup and sandwich for dinner. with three to five liters of water, soda, beer, V-8 and juice! And I

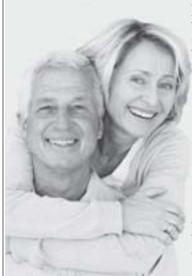
Photos provided

Talk about dropping a few



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Lamorinda Weekly

is an independent publication, produced by and for the residents of Lafayette, Moraga and Orinda, CA

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Photos: Tod Fierner, Doug Kohen, Jordan Fong, Ohlen Alexander

Circulation: 25,200 printed copies; delivered to homes & businesses in Lamorinda.

Layout/Graphics: Andy Scheck, Jonas Scheck, Amanda Griggs. Printed in CA.

Lamorinda Weekly,

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