



RACE ACROSS AMERICA OCEANSIDE, CA TO ANNAPOLIS, MD START: JUNE 9TH 2010



WHAT IS THE RACE ACROSS AMERICA (RAAM)???

RAAM is a non-stop, non-drafting 3,021 mile bicycle race. It's rated "The Toughest Bicycle Race in the World" by Outsider Magazine and the second "Toughest Sporting Event in the World" by National Geographic Adventure Magazine. To be an official finisher a solo racer must finish in less than 12 days. Over 50%

of the solo starters don't finish. Riders face challenges beyond the bike: scorching heat, violent winds, thunderstorms, tornadoes, altitude, the dark of night, sleep deprivation, muscle injuries, crew coordination, navigation, and mental acuity. Austrian adventurer Wolfgang Fasching who has won both solo RAAM and

climbed Mt. Everest said, "Everest is more dangerous, but RAAM is much harder." Once the clock starts, it doesn't stop until you cross the finish line. RAAM is 30% longer than the Tour de France and racers finish in half the time with no rest days. **"This ain't no Tour, it's a Race of Truth."**

COME OUT AND SUPPORT ME!!!

Over 3000 miles, the route crosses 13 states (CA, AZ, UT, CO, NM, KS, MO, IL, IN, OH, WV, PA, MD) and climbs over 108,000 feet. Riders descend to 170 feet below sea level (Mecca, California) and climb to 10,800 feet above sea level (Wolf Creek Pass, Colorado). This elevation range exceeds two vertical miles. The northernmost point of the route is just outside Urbana, Ohio. Racers never get farther south than the start on the Oceanside Pier. RAAM crosses the five longest rivers that are entirely in the US:

Mississippi, Missouri, Rio Grande, Arkansas and Ohio. Details of the exact route are on the RAAM web site along with projected arrival times, based on the rider's speed, at the 54 Time Stations each rider has to pass through. If you can get out and support me along the route or be at the start or finish it would be much appreciated! The race starts June 9th and I hope to reach Annapolis in 11 days. The RAAM web site also has details on accommodation at the finish. See you out there!!!

If you can't get out along the route please follow my progress through my web site, the RAAM web site, Twitter or Facebook. Details below.



Contact Me

Email: sponsor@ultraracer.net
Twitter: [pjucuk](#)
Facebook: Paul Carpenter
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LOGISTICS & PLANNING

Solo racers finish in 9 to 12 days, averaging 250 to 350 miles per day. Solo racers have the challenge of balancing a few hours of sleep each night against race deadlines. I plan on taking a 90-minute sleep break every 12 hours of riding. Each rider needs at least two support vehicles and a crew of 4 or more peo-

ple. Eleven friends and family have committed to the adventure. You can read about the crew on my web site. Preparations are well underway and training progresses. Equipment has been acquired, accommodations are in progress, and race plans are being formulated.

BUY A T-SHIRT

To help defray the cost of RAAM (\$20,000), we are selling t-shirts with our race logo (see top of the page). A number of individuals and businesses, acknowledged right, have generously supported my race fund. Please contact me if you would like to support my RAAM attempt by buying a t-shirt (\$15, S, M, L, XL).

BY THE NUMBERS:

- 22,160 (miles ridden in 09).
- 62 (rides 100+ miles in 09).
- 3 (24-hour races in 09).
- 5 (age group wins in 09).
- 20,717 (miles ridden in 08).
- 20 (number of hours I will be in the saddle each day).
- 10—11 (number of days I hope to complete RAAM).
- 300 (miles I hope to ride/day).

CONTRIBUTORS:

- Scott Sheen of Sheen Associates
- Tim Petsche of Fox Valley Orthopedics
- Tobie DePau of North Central Cyclery
- Roger Albrecht of Mid-Continent Capital
- Prairie Path Cycles, Batavia
- KNPE Majors Club
- Turin Cycles, Evanston
- PJs Courthouse Tavern, Sycamore
- ADM Haulage
- KNPE Office Staff
- Garden Coaches of the Fox Valley
- St Charles Celtics
- Norm & Caroline Stahl
- Connie Fox
- Beryl & John Carpenter
- Ron Hauston
- Julie & David Hawkyard
- Alan Carpenter