

## 2011 California Costal Ride

San Francisco to San Diego, 7 days, 500miles, Tour of California you ask? Nope, how about the 10<sup>th</sup> annual HCC Costal Ride for Hemophilia. 2011 marked two new additions to CCHF's annual costal ride team, Burt Lo (rider) and Sean Hubbert (SAG Support).

Burt is a new recruit to the world of endurance cycling. A dedicated board member and dutiful dad, Burt undertook the mammoth task of riding 500 miles over 7 days with a whopping 45 days - or so - of training. Burt started out on a foggy, cold, and wet day in San Francisco with his faithful companion *Bruiser* (a friendly stuffed animal his kids gave him for the journey) to keep him company for the long run down the coast.

Now, before I boast any further about my teammate Burt, I would be remiss if I did not mention the help all of us riders get along the way. There are mechanics and SAG support, amongst many others who help so much during the week. It is just not possible to ride the distance and terrain we do without their support. That is precisely where our second CCHF all-star showed her true colors, Sean Hubbert. Whether it was a cold drink on the route, the kind wave to steer us in the right direction, a warm *Cup-o-Joe* at the finish, or the nonstop laundry she did for all of us (even non CCHF persons I must say), Sean was like having a second mother on the trip. She always made us feel safe, well fed, and made the week pass without even so much as a hiccup....just the way she always does....very well done!

Now you may think Burt spent time as a postal carrier for the USPS, because neither wind, nor rain, nor sleet or snow could keep Burt off the bike. He started off by gliding down the steep grades of San Francisco only to follow rolling up a 19% grade into Admiral Park in Monterey. He traversed the ups and downs of Big Sur to Ragged Point for 52 miles, climbing 5,500 vertical feet (and that was just the lunch spot). He did his first 100 miles or century in a day, a true bench marks in cycling endurance riding. Finally, Burt and Bruiser safely navigated Southern California traffic to lead the entire ride into Mission Bay Park in sunny San Diego. Man o Man, what a ride. Great work Burt, see you on the road in 2012.