

May 20, 2000

ODYSSEY 2000® THE ROADIE RAG

Odyssey 2000® is coming up on 5 months old. We have eaten our way through eighteen countries and pedaled 12,000 kilometers. The staff and most cyclists have settled into the gypsy life and look forward to each new day and each new adventure.

This is a truly amazing event. We can't believe how fast the time has flown. It can't be nearly five months since we slowly made our way down the Tournament of Roses Parade route. Living on Odyssey has given us an opportunity to meet folks we never normally would, both on and off trek, see awesome vistas, experience adventures that most people only read about and have a one year blast.

We are coming up to yet another segment of Odyssey - back to Europe, Great Britain and Scandinavia. Soak it up – sorrrrry.

The staff of Odyssey need special accolades. They are a remarkable group of gals and guys who have banded together to make up one of the most supportive and workable teams ever. Big hugs and bigggggggg thank yous.

Odyssey vendors need cheers as well. Taking Odyssey to each overnight town is a major event for our vendors, requiring many to step way outside their comfort zone to accommodate our needs. They have rallied to the cause, many going the extra mile (kilometer) to help us on our way.

REKS (FOLKS WHO HAVE RIDDEN EVERY KILOMETER) aka REM, EFM, EFI

CONGRATULATIONS TO THOSE MAGNIFICENT RIDERS ON THEIR FLYING MACHINES. Awesome going. Keep up the great work. All of us are cheering for you. Here they are: Bill Bliss #218, Trueheart Brown #132, Bill Huseman #179, Marc Palumbo #186, Dan Oshop #219, and Ruth Watson #45. Hopefully we haven't missed anyone.

FUNDRAISING FOLKS

Some of you are still raising money for charities. Please give Brit-Simone the information and we will publish it. Good going you guys.

GEAR TRUCKS & TRAILERS - WHERE IN THE WORLD ARE YOU???

Welllllllll, we expected to see 'em in DC. But they are being used as ransom at the moment by the company who shipped them to us in South Africa. After giving us a quote for the trip back and being paid in full the company now tells us that they won't release our trucks and trailers until we give them a further \$10,000.00.

We feel that this situation needs more work so they are the proud sitters of our rigs at the moment and we are working on their release.

ODYSSEY 2000® MARVELOUS MASSAGE

Rachelle, Kim, Marie and Randy are having a blast keeping your bodies kinkless and riding ready. As you know, they set up each day, excluding unusual circumstances – e.g. fly/sail/bus days.

For the “all day trekkers” the Massage Team have set up morning appointments on lay over days so those folks have an opportunity to get pummeled.

Don't forget to sign up for your free massages.

Thanks Randy for the following:-

Okay, since you've asked (pleaded?), here are some great on-the-bike stretches that can help you avoid "cycling rigor mortis". I *do not* recommend that you do these while riding fast, in a group, in traffic or other potentially unsafe conditions. Remember to drink plenty of water, too. And call your mother. She worries.

(Excerpts from "Serious Cycling" by Edmund Burke, PhD)

- 1 Shoulders and Neck – Lift your shoulders toward your ears until you feel some tension. Hold for five seconds, then slowly lower to the original position. A related neck stretch is to shrug your shoulders slowly, then gradually tilt your head toward one shoulder as far as you can. Hold for five seconds then do the other side. You should always do a slow shoulder shrug before and after a neck stretch.
- 2 Face and Neck – To minimize facial tension, resist the urge to clench your teeth while riding. To stretch your face and neck, turn your chin toward your shoulder for a few seconds. Open your mouth slightly as if to make an "O" sound, then move the opposite corner of your mouth toward your shoulder as you turn your head further.
- 3 Back – Staying seated with your hands on the handlebar, round your back and lower your head slightly. Hold for five seconds, then straighten your back, lifting up your breastbone and looking slightly upward to extend the spine. Hold for five seconds. Then stir briskly. Let sit until cool. Enjoy with mashed potatoes and gravy*.
- 4 Lower/Middle Back – While keeping one hand on the bar near the stem, reach around and place the back of your hand and forearm across your lower back. Twist your upper body towards the trailing arm. Hold for five seconds. Repeat several times on each side.
- 5 Fingers and Forearms – Place one hand on your hip with the fingers pointing upward. Gradually straighten the arm until a stretch is felt. Hold for ten seconds, then do the other arm.
- 6 Calves and Achilles' Tendons – While coasting, move slightly forward on the seat and straiten one leg. Drop the heel of the straight leg below the ball of your foot. Hold for 10 seconds, then do the other leg.
- 7 If you have questions about what these stretches should look/feel like, or would like additional ways to stretch on your bike see Randy, or any of the other massage therapists. * See Randy for more specific instructions on this maneuver.

ODYSSEY 2000® MAGIC MECHANICS

A special thanks to Dave and Merlyn for keeping us on the road for the first third of Odyssey. It's been a tough job with lots to do.

We are delighted to welcome two new mechanics to the Odyssey Team, Mac Vorce and Jason Bender. Mac and Jason are super workers, super mechanics and super guys. We are looking forward to sharing our Odyssey adventure with these two super dudes.

Our mechanical crew will gladly set up morning appointments on days off for the folks who arrive later in the day.

VERY IMPORTANT PEOPLE

From time to time we have wonderful folks join us for short spurts. At the moment we have Dean Weller from Seattle. He and his lovely wife are long time TK&A trekkers, fab volunteers, big supporters and super friends. Kelly McLaughlin from California, is a long time family friend, past TK&A staffer, volunteer and supporter. Heather Preis is, not only the love of Merlyn's life, but a very supportive TK&A volunteer and new friend.

These guys are on trek for awhile to staff Odyssey, spend some quality time with us and have a blast.

Dean will be leaving on Sunday to drive some equipment and boxes of Odyssey "stuff" back to our office. We would love Dean to stay with us the whole way BUT his wife wants him too.

Heather will be leaving us at the Canadian border. Hopefully, we will see her again later in Odyssey. Merlyn knows how to marry good Odyssey staff.

Kelly departs tomorrow as well, boo hoo. Kelly is a special friend of Brit-Simone and T&K-A. Not only will her help be missed but we will miss her bones.

Jonathan, another special person who we consider part of our family, left his photography business to come out and join Odyssey for a couple of weeks. Jonathan has been trekking with us for years and is a wonderful staffer and buddy. Hopefully, he will be able to organize biz so he can make it again at a later date. Dave and Merlyn loved having his help.

Aymeric has gone to Peru on a mission of love. He will return in gay Pareeeee.

Expect to see a couple of new staff faces join Odyssey over the next few weeks. The new staff always mention how great it is to be so warmly welcomed by the group.

Stan has gone to California to rest. His work and support is missed.

Big thanks to you guys. Having your support and friendship is much needed and appreciated.

OWEEEEES-OLD AND NEW

Dave Porterfield, yeah, he's here. Congrats and welcome to Odyssey. Dave is a great guy with a big smile and an awesome attitude.

Priscilla Spencer is back on trek for awhile. Priscilla is going through chemo treatment hence the new "do". She has a big hill to climb to win her battle. She loves Odyssey and all the support she has from all of us. She WILL be back. She has 250 trekkers and staff supporting her battle and she is winning. Big hugs, Priscilla.

Tom Rail returned with great news. He has a ticker as good as a 45 year old.

Dennis Anderson brought his big smile back to Odyssey. Dennis is part of the TK&A team and owns bike tag #1.

Dan Bridge and Susan Weider are also back on trek. Welcome back guys.

Else cracked a few ribs on Friday, which in turn collapsed her lung a bit. She should be outta the Lancaster General Hospital and back with us tomorrow.

Dickie busted a couple of ribs on Saturday and dislocated bits in his shoulder but he will be OK.

I know both these folks would love help with their bags and other upper body tasks if folks would like to pitch in.

NEW STOCK

See the Mechanics for new "to die for" wheels, and lots of other tantalizing bits.

We also have long sleeved fleece and helmets arriving in a few days.

Watch for another TK&A brand spanking *orgasmic* jersey. A pic and order form will be out shortly. Our deadline for ordering is Montreal. We should be receiving the order in Great Britain.

STAFF ON BIKES

The staff are looking forward to jumping into the saddle again. Watch for some huge smiles coming up behind you as a staffer "goes for it".

HELPING THE STAFF

Lots of folks want to help the staff. Staff love help. Here are a few suggestions:-

- 1 When a staffer is “off” or eating a meal or having a shower or doing other bathroom thingies, please wait until another time to approach them about Odyssey stuff.
- 2 Look after your bikes and gear so staff won’t end up lugging your stuff.
- 3 Sign off and on trek at breakfast (half an hour before end of breakfast) so we can organize the vehicles and the staff. This also prevents us from wasting time needlessly looking for you during the day.
- 4 When it’s necessary for staff to cut into a line, please let them do it with your approval and a smile. Please remember they need to get on their way to do their tasks.
- 5 Please remember the basics. Wait your turn to speak to staff, avoiding the temptation to break into their conversations with other staff, riders, vendors and media. An “excuse me” is always appreciated!
- 6 Staff always appreciates a “Good Morning” or “Hi” as much as you do.
- 7 A smile, a hug and/or thank you helps a staff person through the day.

BIG THANK YOU FOR ALL YOUR SUPPORT

The staff would like to thank all those riders who offer support, have a cheery word, a hug or take the time to share their adventures with us. Staff Appreciation Day was well received...thanks.

GROUP MEETING

We will have a group meeting the night before leaving New York. We hope to have a meeting every two weeks.

MAIL STOPS

We have made a change in TK&A policy and decided to post the new mail stops at www.odyssey2000.com. Hopefully, this will make it easier for families and friends to keep in touch. We are working on the list now and it should be posted in a few days. We will also furnish a hard copy for your use.

Please remind your loved ones that the mail is much slower than it is in the USA. Depending on the content, mail can easily be held up in customs, requiring a tax to be paid, or at the Post Office, requiring the recipient’s signature. We suggest FedEx or another shipper who uses a tracking number for anything important.

ID TAGS

Please help us with this. You must have your ID badge, and front and back numbers on your bike, placed so that they are clearly visible to our road staff. Wrap-around, cut-up or hidden numbers won’t work. Please see Heather to order replacements.

Please write your number on your bike. We cannot identify bikes without numbers and when bags with tags are removed, they turn into mystery bikes.

PLEASE...CAMP ETIQUETTE

Please use the toilets in camp, even at night. It is not fun to walk or put a bag down into someone’s puddle.

RIDER DICTIONARY

Lemon heads	Official alternative name for Odyssey 2000® bicyclists
Odyssey gray	New color

TRAVEL TIDBITS

A zip lock baggy of wet ones can be a treat on the road when you are greasy, icky or sticky – a bath in a bag.

A reminder – The USA is the place to replace/repair glasses, contacts, meds, ATM cards, driver’s license, etc. easily.

ODYSSEY WEATHER FORECAST

There will be weather, whether you’re here or not.

The weather is here, wish you were fine.

Whether the weather is hot,
 Whether the weather is not,
 Weather the weather,
 Whatever the weather
 Whether we like it or not.

<u>Bruce's Weather Stats for Upcoming Citys</u>							
Date	City	Daylight		Temperature		Rain	
		Sunrise	Sunset	Monthly Ave Low/High	Monthly Record Low/High	Inches Per Month	
5/23	New York City	5:30 AM	8:16 PM	53/68	34/95	3.2	12
5/30	Ottawa	5:17 AM	8:13 PM	54/66	33/94	3	12
6/5	Quebec	4:53 AM	8:34 PM	52/72	31/94	3.7	12
6/7	Paris	5:50 AM	9:51 PM	55/73	42/104	2.3	12

COLLECTABLES – STUFF CYCLISTS HAV-TA-HAV

Barb #27 – “I’m collecting maps. After the year is over I’m going to a wall at home with the maps I’ve found.

Bill #149 – “Christmas ornaments. Pretty much anything we can hang from the tree.”

Bruce #7 – “The prettiest coin I can find from each place.”

Rod #65 – “License plates. I may open a restaurant with them as the theme so I’m collecting as many as I can. I have over 50 from this trip so far and over 200 at home.”

Michael (Staff) – “Hickeys. I’ve gotten at least one from each country.”

Brit-Simone – Collects stamps.

SING’N IN THE RAIN

Al Young, #95, has put together a choir. They are rockin’. They have a song under their belts already. New members are welcome. Al is hoping to organize rehearsals on “short” days, usually after dinner. Any questions or comments should be directed to Al Young.

GOSSIP

Hot off the press!!!! Ask Elbert WHY he was late yesterday. He will probably tell you that he got himself lost. BUT, riders and staff witnessed Elbert tootling into camp late last night WITH **two very cute twentyish local ladies**. Go Elbert, some of us are truly jealous.

PEOPLE SAY THE DARNDEST THINGS

Available at EOD (end of day) you will find plastic pouched books with the public writings posted on the web by Odyssey riders. We thought you would like to see what the world is reading about your Odyssey.

NORTH AMERICA DRGS

See EOD (and breaky) for a look at the book with the DRGs from here to Québec.

Will whoever is doing that damn rain dance each morning, cut it out. Gore-Tex my #\$\$%, we will be requiring feathers and webbed feet soon.

Hope you enjoy our first Odyssey 2000® on-the-road Newsletter. Thanks to the contributors – Tim, Bruce, Randy, Jeff, Michael and night support – Brit-Simone, Sue and Kelly and wee small hour support – Dean.

Karen-Ann signing off with a big yawnnnnnnnnnnnn.