

~~~~~

# RAAM Family Newsletter

February 15, 2008

~~~~~

In this issue

[Training Ideas from the UMCA](#)

[Spring Clinic at Texas Hell Week](#)

[Annapolis Update](#)

[RAAM Staff Announced](#)

[Crew Kit at RAAM Store](#)

[Team Type 1 and Wind Tunnel Testing](#)

[RAAM Racers in the News](#)

[Subscribe to the Newsletter](#)

Dear RAAM Family,

Finally, the [new RAAM website](#) is up! Check it out! Our website receives traffic from several distinct audiences seeking different types of information. So, whether you're a racer or crew member seeking logistical information, a spectator looking for the latest race update, or the press, we think you'll enjoy the ease of navigation and the ability to find relevant information.

We are approaching 300 racers in RAAM 2008! However, it's not too late to register. If you're still interested in entering a team in the 2008 RAAM, Race Across the West, or the RAAM 24 Hour Challenge, please contact us as soon as possible so we can reserve a spot for you!

director@raceacrossamerica.org

We know our racers are in the heart of their training programs. Here are a few ideas to help you get ready.

Training ideas from the UMCA

RAAM is sanctioned by the Ultra Marathon Cycling Association (UMCA). The UMCA offers a comprehensive array of programs to help "Challenge Cyclists to Excel!" The majority of solo RAAM racers have risen to the ranks of solo RAAM by virtue of participation in the UMCA programs. However, many RAAM team racers may not yet be aware of the benefits offered by membership, and participation, in the UMCA.

Please visit the [UMCA website](#) for information about the sanctioned programs and events offered around the world. Plus, get a sample glimpse of the invaluable articles published in the UMCA's journal, Ultra Cycling magazine.



One of the traditional programs that many RAAM racers have utilized as a training tool over the years, is the attempt at a state-crossing record prior to RAAM. The rules and procedures for a record attempt are nearly identical to the rules of RAAM. Thus, the critical elements of preparing a crew, a follow vehicle, and equipment, are all practiced PRIOR to RAAM. Additionally, the rules of the road are ingrained while under the watchful eye of an UMCA Official. Experience has shown that solos and teams that have "practiced" RAAM logistics with an UMCA record attempt, have experienced fewer logistic and rule-infraction delays in RAAM.

Here is the link to resources on the [UMCA Records website](#).

RAAM Presents a Spring Clinic at Texas Hell Week

~~~~~

Many of our RAAM participants have suggested that they crave a way to learn more about the logistics necessary to participate in RAAM. Most veterans will say, "getting to the starting line is the hardest part of RAAM."

Therefore, we are excited to host the very first RAAM clinic on March 15th and 16th in Fredericksburg, TX. We'll offer in-depth training on preparing for the logistics or crewing of RAAM or a RAAM Qualifier. We will teach you what we know, and put out all the tips and tricks we've learned over the years from experience and talking with our Racers and Crews



We will have talks, skits, demonstrations, and hands-on exercise. The clinic will be interactive; you will have to think and evaluate the same way you would have to during RAAM or a RAAM Qualifier. Saturday night we will plan a group dinner as well, where rookies and colorful veterans will exchange ideas and tell some inspiring stories.

The Spring Clinic is being held during Texas Hell Week, an annual event held in the Hill Country of Fredericksburg, Texas. This week-long "training camp," in its 18th year, draws several hundred riders to the spectacular roads in Texas Hill Country, to get a jump on their spring training. After the RAAM clinic during the first weekend of Hell Week, stick around and ride for a few more days or the entire week. Many a RAAM dream has been cultivated, and many insider secrets shared, by riding with RAAM veterans during this week.

To register for the RAAM Clinic, sign up at the [RAAM Store](#)

To learn more about Hell Week and Fredericksburg, Texas, visit their website [here](#)

## Excitement Builds in Annapolis

~~~~~

The final logistics for a downtown finish in Annapolis, MD have been finalized. In order to finish at the historic City Dock, RAAM had to have the support of the historic downtown community and a lease agreement with the City Council. Annapolis City Officials applauded RAAM on its diligence in establishing relationships and educating the local community about the impact of RAAM on their community.

RAAM Management staff visited Annapolis several times over the last 4 months to answer questions from City Council, and meet with affected city officials - fire, police, harbormaster, emergency, special events, etc. These stakeholders are now acquainted with RAAM, and anticipate a smooth week at the finish line.

The RAAM family owes a special thanks to the Annapolis Mayor's Special Consultant, Steve Carr,

and Capitol Bikes owner, Parker Jones, for their work on behalf of RAAM to ensure the community was educated about RAAM's needs. Thanks Steve & Parker for your work as RAAMBassadors!

Headquarters & Finish Line Managers Announced

~~~~~

RAAM is pleased to announce the appointment of Barbara Franklin and Paul Zbiek for two critical race management positions.

Barbara Franklin will assume the role of Headquarters Manager after serving for two years as Asst. HQ Manager. Barbara brings a long history of RAAM involvement because she was involved with the race back in the 1980s for several years. We are excited to have her historical perspective, skill, knowledge, efficiency, and enthusiasm returning in a critical management role. The sizable staff at Race Headquarters sometimes goes unnoticed by many; yet, the around-the-clock staffing and integrity under stress, is a critical piece of the infrastructure of RAAM. We'll try to provide a peek into the life at Headquarters during our race coverage.

Paul Zbiek is returning for the second year as Finish Line Manager. The new finish location in Annapolis, MD will undoubtedly provide some new logistical challenges for Paul, but we know he's a man that thinks fast on his feet to get the job done. Most importantly, Paul understands the massive accomplishment of our RAAM finishers, and knows how to warmly welcome every RAAM racer as a hero!

## Crew Kit now available at the RAAM Store



We are excited to announce the Crew Kit - the perfect beginnings of what Crew should bring to the race. It includes Official RAAM merchandise - a duffel bag which is the perfect size for crew, water bottle or coffee mug, fleece jacket, t-shirt, hat, socks, and an oval sticker for your car. Go to the [RAAM Store](#) to download the Crew Kit order form.

We also have a new shipment of women's fitted T's in addition to large duffel bags which are the perfect size for a crew person.

Go to the RAAM Store to check out the selection: [RAAM Store](#)

FYI - Due to our web site overhaul project, we're experiencing some problems with the shipping charge for our international customers. If you have trouble, please contact Rick at [finance@raceacrossamerica.org](mailto:finance@raceacrossamerica.org). We apologize for this temporary inconvenience.

## Team Type 1 and Wind Tunnel Testing



RAAM has always been a proving ground for new performance technologies, whether mechanical, nutritional, or mental. The degree of preparation that RAAM racers undergo is a testament to the professionalism of our competitors.

The defending eight-person Team RAAM champions, Team Type 1, were invited to the advance their knowledge with cutting edge technology by visiting the A2 Wind Tunnel in Mooresville NC. With fans capable of moving air at speeds up to 85 mph, and measuring pressure variances on the bike and body in grams, the testing here can yield drastic differences in efficiency with only minor changes in bike set up and position. Team Type 1, under the leadership of Team Sports, has committed to getting every advantage from technologies available to help all its athletes ride to their potential. Pro rider Chris Jones and Team RAAM rider Nathan Bartels were the subjects of this test session. Team Type 1 hopes the lessons learned from this valuable opportunity will help them defend their Team RAAM title in 2008.

Thanks to one of the great solo RAAM veterans, Terry Lansdell, for providing this report and great picture!

## RAAM Racers in the News

Several of our RAAM Family members are in the news. This serves as a great way to point you to the ["News"](#) section of the new RAAM website.

Gerhard Gulewicz, last year's third placed solo finisher, broke the cross Australia record, previously held by 2007 RAAM Rookie of the year, Richard Vollebregt. [Gerhard Australia Story](#)

Terry Zmrhal, RAAM Race Director, is in Vietnam for a footrace called Racing The Planet Vietnam. It's a 6-day, staged, 150 mile (250 kilometer) footrace where he'll need to carry all his gear. Ouch! [Terry Zmrhal Story](#) The race begins Monday, February 18. You can follow his progress [here](#).

Jeff Oatley, last year's first American finisher in the solo division of RAAM is racing next week in the Iditarod Trail Invitational. The Iditarod Trail Invitational is the world's longest, least supported winter ultramarathon for cyclists, skiers and runners (350 and 1100 miles). Jeff's previous experience in this race helped him get a glimpse of the demanding mental and sleep management challenges of RAAM. While we shudder at the thought of racing non-stop in the harsh elements of Alaska, Jeff openly confides that RAAM was far more difficult. Brrrr. Follow Jeff here - [Iditarod Trail Invitational](#).

## Ensure your Partners and Crew are on our E-Newsletter List

~~~~~

It's important that your partners, friends and family, and especially your crew, keep abreast of important updates with RAAM. We have been working to re-design our website and add content in a user-friendly manner. (Look for the new site any day!) The website will remain the source for authoritative content.

We know our racers are checking the website on a regular basis (wink, wink, nudge, nudge!) However, your circle of partners (that aren't eating & sleeping RAAM everyday like you) may not be as vigilant as you. Our newsletters will fill the gap and prompt everyone to link into the website regularly.

So, please consider forwarding this e-newsletter to those you feel would benefit. Also, please ask your friends, family and especially your crew, to subscribe to our e-newsletter mailing list. The sign-up is at the bottom of our [home page](#).

We send out a newsletter about every 3 weeks. This frequency should be acceptable for promoting your partners to check-in, and link to the website for RAAM updates.

You might also note the link to our newsletter archives, at the bottom of this newsletter.

Quick Links...

~~~~~

[Our Website](#)

[RAAM Products & Registration](#)

[Past Newsletters - News for 2008 RAAM](#)

[RAAM Photos & Video Reports](#)

## Contact Information

~~~~~

Race Director - Terry Zmrhal - director@raceacrossamerica.org

V.P. Sales & Marketing - Jeff Stephens - jeff@raceacrossamerica.org

~~~~~

