

Shane's Ride – San Diego to Phoenix – 437 miles/703 kms

DAY 1 – Thursday, May 5th 2011 - San Diego to Ramona California - 47 miles/76 kms

4.45 am - final prep then off to the airport. Plane landed in San Diego right on time - 8.05am. Told there could be a delay due to fog this time of year, which would have caused timing problems.

Had the bike unpacked and set-up in about 20 mins. Changed into my "extra bright" fluoro bike gear and headed for Point Loma by 9am to dip the rear tire in the Pacific Ocean. From there to the Ikon Mission Valley office, to stock-up on water, get my bike glasses (long story) and see some good friends.

Leaving Mission Valley at 10.30am it was the start of navigating the route with bb torch while watching for traffic. Took a nice bike trail before coming on to Hwy 67 to Ramona. At the Mission Trails Visitors Center got some great information and insight for what was ahead of me. A retired San Diego County Sheriff who had lived in Julian (top of the mountain) and had cycled the route many times - thanks for the advice Ed & Ruth.

Stopped for lunch about noon at a nice Circle K 16 miles from Ramona. Although I'd climbed a few hills to this point I was still at 400ft above sea-level.

The climb to Ramona was slow and hot - like 102 degrees at 5 to 9 miles per hour. Half-way through it was time for a break in the shade. I hadn't got off the bike yet but noticed an 8 ft diamond back snake sliding along next me... this might be a good photo...to hell with that keep going.

Cresting at 2100 ft then an enjoyable few downhill miles into town.

Grabbed the only hotel in town and cleaned-up. I'm not carrying too much weight but have some cold weather gear so posted (mailed) it home.

Enjoying a great Mexican feed and a few Coronas - happy Cinco de Mayo.

Met lots of interesting and helpful people today.

DAY 2 – Friday, May 6th 2011 – Ramona to Brawley, California – 95 miles/153 kms

I thought that roosters crow at daybreak? (long story)... Started out today at 5.30 am in the cool and dark – 42 degrees. After a 21 mile climb to 4,300 ft, through some beautiful country, I arrived at the top of the Mountain (Julian) at 8.00 am for a well deserved breakfast.

The pain of the hill gave way to a 10 mile downhill run with speeds at 30-38 mph. The green country side soon gave away to high desert views and not much longer to the sandy remote Anza Boreggo Desert. This was pretty much to view till about 1pm when the Salton Sea appeared after cycling to the next hill. It was hot day - 95 in the shade and extra hot on the road. There's nothing out here to shelter under unless you want to share a 3ft salt bush with a rattle snake.... Say no more. At one stop I managed to get shelter under the shadow of a 65 mph sign post.

It's was 8 hours riding time today and over 90 miles closer to Phoenix. Five rest breaks to cool and eat. Safely arrived in Brawley at 3.20pm.

Blyth CA tomorrow – 100 miles. Hope it's a little cooler.

To hear my daily update and see pictures go to: <http://www.roiprintmanager.com/see-ride-details/> ... the phone interviews are pretty funny. I'm smiling as I type this....

The donations are climbing and I want to thank everyone that has contributed we are at \$3,500 plus today. Thank you.

DAY 3 – Saturday, May 7th 2011 – Brawley to Blythe, California – 100 miles/161 kms

After a good night sleep I was on the road at 4.30 am and cycling in the cool.... Different to yesterday's heat.

The green fields of Brawley are behind me and the terrain turns to sandy desert. This area is known as the Imperial Sand Dunes and this time of year is silent. In the winter months it's a popular off-roading spot.

Enjoying the site of another sunrise through the sunlight coming toward me is someone riding a bicycle. Who would be out here this time of day (or year)? As we get closer I hear: Good'ay - where you heading mate? How funny meeting another Aussie.... Richard has been on the road for 80 days starting in Saint Augustine, Florida and is 3 days from completing his trans-continent crossing. Good job Richard!!

Quick stop at Glamis Beach store then 16 miles to the boarder check point station. This area is called the Chocolate Mountains - (looks like chocolate cake - really) and has some great scenery.

At about 8.00 am a nice sow-westa (south-west wind) increased my speed making it to Palo Verde at 9.30am for a well deserved break and a Klondyke bar.

I arrived in Blythe at 11.30 am - just as the heat was starting to kick-in ... This was the longest miles day so far and it was a good decision to leave early.

DAY 4 – Sunday, May 8th 2011 – Blythe to Salome, Arizona – 61 miles/98 kms

Happy Mother's Day - Mom!

On the road at 5.30am and Blythe behind me.. Today included 35 miles of Interstate 10 and mostly up hill.... Again another good tail wind helped push me east. For a Sunday there was still plenty of truck.

On the last hill encountered another rattle snake. Similar to day 1 yet this guy was stretched across the shoulder. I only noticed it at the last minute - I had my head down - at this point I stopped and started backing up. He was attempting to cross the road but each passing truck made him coil - like ready to strike! He eventually turned and headed away. After taking some video of the situation I took a wide-berth around him and cycled on.

Finally getting off the Interstate I moved on to the US 60 - what a great road - hardly any traffic and generous shoulder.

Fifteen miles out of Salome I see another biker heading my way. 77 days on the road, with a trailer and eager to get to San Diego. He was concerned about climbing the mountains into San Diego. He looked fit enough.

All in all - a good day finished around 12 noon in Salome, Arizona.

The donations are climbing and I want to thank everyone that has contributed we are at \$3,200 plus today. Thank you.

DAY 5 – Monday, May 9th 2011 – Salome to Wickenburg, Arizona – 62 miles/100 kms

Up and at it ... the local rooster in Salome Arizona was right on time today.

It's 5.45 am and thinking about a nice coffee in Wenden, the next town about 5 miles down the road. I breezed through this ghost town and would have to wait another couple hours for that coffee.

Coming into Aguilla around 7.40 am here's a bloke coming toward me pushing a loaded cart. He says: "Any food places open down the road?" - reply - "yes, about 30 miles back". Turns out Tony is running around the world. He's been on the road for 192 days and averages 35 miles a day!! Started in Ireland then the top of the US and eventually San Diego. From their Mexico, etc. Check his web-site out: www.theworldjog.com

He said he will buy me a pint of Guinness in Ireland when he finishes in 6 years. Good luck Tony - safe travels mate.

Next stop Wickenburg and a nice tail wind pushed me into town around noon.

I've pitched the tent and looking forward to a bbq cookout under the stars for my last night of this great adventure.

DAY 6 – Tuesday, May 10th 2011 – Wickenburg to Phoenix, Arizona – 72 miles/116 kms

396 miles cycling from San Diego I arrive in Wickenburg, a small cowboy and prospector's town about 65 miles from Phoenix. An unexpected cold snap (42 degrees) certainly made it a long night in the tent.

Prior to turning in for the night I met Bill the prospector. He had just finished dinner and was preparing to work his claims in the mountains near the town. What an interesting guy and a wealth of information for a potential amateur prospector... at \$1,400 an oz. why not!!!

Leaving Wickenburg in the dark this was the coldest morning so far and it took a few good up hills to get the blood circulating. The stretch from the camp site to first coffee was about 30 miles so half-way along

I stopped and brewed my own. What a pleasant morning sipping a hot coffee while taking in the quietness of the surrounding bush and saguaros.

Not long before hitting the city the wind again helped speed my travels. By 11.30 am I was at the office collecting my laptop. Then lunch at the coffee shop and one last stop at REI to thank the mechanic that had tuned my bike prior to the ride. Kind of a small victory lap.... finally arriving home before 2pm.

This was a great experience and if you ever have the chance for your own personal adventure... go ahead and do it!! Yes, the hills were tuff... but the downhill's and scenery were incredible. I didn't expect to meet so many people and yet I probably spent 95% of the time alone. The BlackBerry attached to my handle bars was invaluable for navigating and keeping in contact. On some of the steepest climbs I would hear "bing-bing" coming from the phone, meaning an email from Paypal – another donation. These emails always came at the right time - helping to encourage me to push on.... Thank you all.

Although "solo & unassisted" there were a lot of people that did assist with planning and encouragement. The long list will be put on the web-site at: www.roiprintmanager.com/see-ride-details/

Although this 437 miles of my cycling is complete I'm still collecting donation for Japan Earthquake & Tsunami Victims. Please keep the donations coming. Any aches and pains that I experienced on this ride pale in comparison to what these people are experiencing.

All proceeds raised will be given to the Red Cross to support Japan Earthquake & Pacific Tsunami Fund. To donate use Paypal on the web site link above or if you prefer a check email me for details.

Thank you

Shane Hannan

ROI Print Manager | Print Control Software, Inc.

Office 480 538 5919 Cell 602 684 5871

Shane.Hannan@ROIPrintManager.com