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The Voyager

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Truth Exposed
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The Scenic Route

H-F teacher prepares for bicycle trip across America

DONALD GOENS
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When many people think of summer break they think of just that, a break. However, for English teacher Kevin Thomas, this summer break will involve one of the most physically challenging tasks of his lifetime. Thomas will be taking part in The Big Ride Across America from June 26 to August 12. This is no ordinary trip, as it will cover 3,300 miles across the U.S. with only one method of transportation: a bicycle.

"I needed to do something to define myself and do it in such a way to benefit others," said Thomas regarding his motivation for the trip.

The Big Ride Across America is sponsored by the American Lung Association of Washington (ALAW), and is a bicycling trip that begins in Seattle, Washington and ends in Washington, DC. The funds raised from the ride go

towards research for finding cures for lung diseases and providing educational programs to aid children with asthma. In addition to doing something out of the ordinary, Thomas also has personal reasons for participating in the ride. "It fits with me because I am asthmatic, and the American Lung Association has done a great deal of work

and research. Actually, if it were not for their research and other research like it, I would not be able to ride to school, much less across the country," said Thomas.

The overall trip takes 48 days and passes through 12 states. Forty days are spent actually riding, while the other eight days

are reserved for rest and sightseeing. An average day of biking will begin at dawn, covering approximately 83 miles a day, which takes as long as six to ten hours depending on terrain. Riders will travel through different road conditions, from mountains to plains, while passing through national landmarks which include Mount Rushmore and Gettysburg, Pennsylvania.

An extensive amount of training and experience goes towards long

"Long distance riding is something that you have to build up to. You do not just go out and ride 100 miles. You have to go out and ride ten miles, then 20 miles, then 30, and then 60. I have done week-long rides before so I know what to expect," said

carry on their backs while riding. One difference in lifestyle that Thomas has been training for is the amount of food and water intake that takes place during long distance biking.

"I will be eating probably five thousand calories a day, which is twice [what] the average person [consumes]. You have to bring in a lot of water [while riding]: 20 ounces of water an hour in heat. Drinking that much water is not something you naturally do, so that is something I have learned over the years," said Thomas.

Thomas will be traveling along with approximately 40 other riders during his trip.

Although the riders are allowed to go at their own pace, teamwork is also used to improve performance. "We will do what is called draft, which is when one person is in front with the wind, and one person is behind for a period of time, and then you switch [the positions] back and forth. It can help you add an extra mile or two an hour, which over a hundred miles will actually add quite a bit," said Thomas.

While Thomas continues to prepare for the ride, he looks ahead to continue to gain from the experience as a whole. "To cross the country will be one of those things you take with you to the grave... I am probably in the best shape I have ever been, lost quite a bit of weight, and [hope to gain the experience] of just doing something that not everybody does," said Thomas.

Thomas is currently fundraising to raise a minimum of 5,500 dollars for the ALAW. For more information about The Big Ride Across America or to sponsor Thomas, see alaw.org/big2006/KevinThomas or contact Thomas in A-5.



Photo by Donald Goens

distance biking. Thomas has been biking for 27 years and has been a serious biker for his entire adult life, averaging a couple thousand miles a year. For Thomas, the trip planning began a year ago, but the physical preparation for this trip has been a lifelong adventure.

Thomas.

Daily meals, maps, hot showers, washing facilities, and rest stops are provided by the ALAW. Nevertheless, riders still must undergo general life changes that include sleeping in tents and limiting their use of personal belongings to an amount they can

Turnabout venue changed, offers new, closer location

LIZ PALMER
STAFF WRITER

The 2006 Turnabout dance, sponsored by the Sophomore Class, will be held February 25 from 8 pm to 11 pm at Villa De Bruno, in Lynwood.

The Sophomore Class officers chose the theme "In the Still of the Night", most recently sung by Boyz to Men, from an assortment of different song and theme ideas.

Unlike previous Turnabout's, which were held at Dinolfo's Banquets, in Mokena, this year's Turnabout will be held at a different venue because of scheduling difficulties. Villa de Bruno is a banquet facility which has been used by H-F in the past for dances. "We chose to use Villa de Bruno because Dinolfo's was not available February 25. It is just as big as Dinolfo's and it is closer to H-F which will make it easier for the students to get there," said Sophomore Class Sponsor Ted Haldeman.

The Sophomore Class has been working on fundraising for Turnabout throughout the year, most recently through the computer match surveys. With the computer matches they were able to raise money for the dance, and the price for single

tickets was lowered one dollar and lowered two dollars for a couple.

The ticket price includes hot and cold appetizers, refreshments, and a party favor available at the end of the night. Some of the appetizers that will be served are egg rolls, vegetable trays, cold cut and cheese trays, and cookies. There will also be pitchers of different drinks at all the tables. "The ticket price includes food, so there will be plenty available. If some students are running late and did not get to go out to dinner, there is no need to worry because there will be plenty of food," said Haldeman.

To get into the dance, all students must have their student ID and must arrive by 9 pm. The Goodnight Rule will be in effect and no students will be able to leave the dance and re-enter. Students must also follow the H-F dress code which can be found in the H-F student handbook or on the H-F website.

Tickets are on sale now in the South Campus Bookstore, for 26 dollars for a single and 52 dollars per couple, through February 23.

"This Turnabout should be a success. Most students look forward to a semi-formal dance, and will be guaranteed a fun night at Villa de Bruno," said Haldeman.



In the Still of the Night This year's Turnabout dance will be held at Villa De Bruno in Lynwood, on February 25 from 8 to 11 pm. Tickets are on sale now in the South Campus Bookstore, for 52 dollars per couple and 26 dollars for a single ticket.