



Coast-to-Coast for Our Daily Bread: Riding the World's Toughest Two-Wheeled Tour *By Greg Conderacci*

If you've ever dreamed about riding across country, but figured that you didn't have the 45 to 60 days most people take, there's always The PAC Tour Elite Transcontinental. Billing itself as "The toughest two-week tour in the world," it rolls from San Diego, CA to Savannah, GA, almost 2800 miles in just 18 days, averaging about 150 miles a day.

At 66, I'm not getting any younger, so I'm planning to ride it, starting May 17, to raise money for my favorite charity, Our Daily Bread (ODB). I was part of the team that started ODB in 1981 in a tiny abandoned storefront in downtown Baltimore. At the start, it fed lunch to about 100 homeless and hungry a day. Today, ODB serves as many as 1,000 people a day.

Riding across country means hard days in the saddle, sometimes as long as 16 hours at a stretch, across deserts, mountains and plains. But that endurance is nothing compared to Our Daily Bread. In 34 years, it has never missed a single day of service. Last year, it provided more than 250,000 meals thanks to the generosity of more than 23,000 volunteers.



To contribute to ODB go to: <http://cc-md.org/Greg>

To learn more about Elite PAC Tour, go to: <http://www.pactour.com/elite.html>

To follow my preparation for the ride and my progress during it, go to:
<http://blog.goodgroundconsulting.com/>

I'll be providing many riding tips and tricks that you may find useful, even if you're only planning a century ... or two!