

LIBRARY PHASE ONE ALMOST COMPLETE!



Reports from our Thai correspondent indicate that Phase One of the library at Ban Pangmaidang School is progressing well. The foundation digging was completed on July 25th, and cement work for the floors and pillars was completed at the beginning of August, as seen in the photo on the left. The construction of the walls will be the next step.

As expected the rainy season has posed a challenge as work is affected by occasional heavy rains, however we can already see that by the time the Tour of Hope cyclists arrive in Ban Pangmaidang there will be ample evidence of a new library in the making! Who knows, it might even be ready for every students' favorite library activities... flirting, snoozing or even reading.

IN THIS ISSUE:

Regular stuff

Reiner's Corner: A feature with updates from the desk of everyone's favorite retired martial arts master

PHOTO CAPTION

WINNER!

ETC.

New Stuff

LEGAL PERFORMANCE ENHANCER!

CYCLING ADVICE!

Alberto on the TTOH

Right there -->

A QUIZ!

TTOH Project Update

On Page One with photos

Reminder

TTOH cyclists cover all of their own tour costs, so 100% of all private donations go directly to the two charity projects.



Workers erecting concrete pillars for the Ban Pangmaidang school library made possible by TTOH donations



Alberto on the TTOH:

Si, o.k., maybe I come to Thailand and ride with you. But you drop your chain, me no wait. Andy, we amigos? Si?



Official media partner for TTOH 2011

Reiner's Corner...



Hi everybody!

Just over two months and we will be cycling in The Tour Of Hope 2011. We are now fully booked with over 50 cyclists signed up. There are even some people on the waiting list! The cyclists will be coming again from many corners of the planet and it promises to become again a wonderful event with a fantastic route selected!

We have now closed the corporate sponsorship and it seems that our chosen cause has resonated well with the corporate sponsors as with 19 corporate sponsors we have the biggest number of corporate sponsors ever! Please continue however to raise private donations. Whatever small or big the donation may be, it will change the life of many young children now and in the years to come.

In the next newsletter I will update you on the final logistics for the tour with regards to meeting time and program for the first day on October 29 as well as the options to transport your bikes and or bike boxes/bike bags to and from Chiang Mai. We are discussing a number of options with SpiceRoads, such as trucking the bikes back to Bangkok from Chiang Mai for those that will fly home from Bangkok rather than Chiang Mai or to truck just the bike boxes up to Chiang Mai so that you can pack your bikes for the onward journey from Chiang Mai.

Rest assured we have your best interest and that of your expensive bikes in mind! SpiceRoads will be sending out the final invoices to you by mid September and you will be required to make final payment by last the week of September. This is necessary to secure all the hotel rooms for such a large group.

I would also like to ask you that if for whatever reason you may not be able to join the tour, even though you booked it, please let us know as soon as possible so that we can confirm people from the growing waiting list!

continued next page...

TTOH 2011 Route

705km of cycling bliss over 8 days

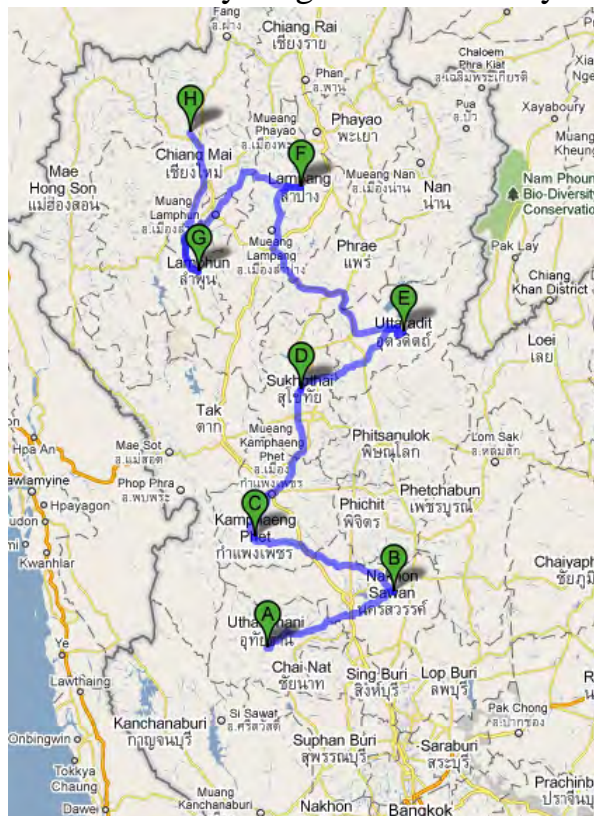


PHOTO CAPTION CONTEST WINNER!



Runners up:

"I expected a photo of the gorgeous women."

"How come I'm always behind this Aussie?"

And the winner is...

"Yeah, I'm still ahead of Stephen (no matter what bikes we're on)"

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Follow "TTOH" on Facebook

Reiner's Corner...

continued from previous page...

Please see below some tips for cycling in the tropical climate of Thailand, taken from last year's newsletter, but still relevant!

Until then, God bless, safe cycling... always!

Reiner
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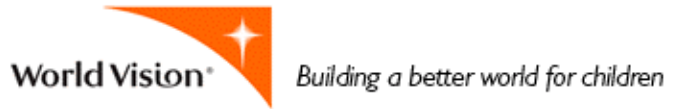


Tips for cycling in hot weather

Whatever season it may be... cycling in Thailand means cycling in a tropical climate, and the sun, even in the autumn months, can and will be strong during the day (...*except when it's raining.* -Ed) However, training, acclimatization and the proper use of sport drinks will help you perform your best even in the heat. The bottom line on all of this is to know your body and take care of it. If you use common sense and prepare properly for cycling in the heat, nothing should stand between you and a great, fun time. Remember, you can't change the weather, but with a little planning, you can beat the heat. Here are some tips from some of us that learned it the hard way:

- Hydrate, hydrate, hydrate. Start drinking water or a sports drink early and keep drinking lots during the day. Hot weather and physical exertion dehydrate the body very quickly.
- Freeze some water bottles the night before and then add water in the morning, the water will stay cold longer.
- Try to keep at least one water bottle with only water in it, not a sports drink. This way you'll have something to dump on your head to cool yourself.
- Find a helmet with good ventilation and many air vents.
- Wear gloves to keep your hands from slipping off the handlebars and to efficiently wipe sweat from your face.
- Apply sunscreen, the higher the Sun Protection Factor the better (SPF 30 or above). Since you'll be sweating quite a bit, look for sunscreen that's waterproof.
- Especially for those of you with a *Lollipop* hairstyle: wear a bandana on your head or you will get a tribal sunburn tattoo in the shape of your helmet's air vents, may look cool, but is painful!
- Soak a bandana in cold water and wear it around your neck.
- Protect your lips. Lip balm is just not enough. Try a scarf or a mouth mask. Burned lips are painful trust me, I know from experience!
- Protect your eyes! Wear good sun glasses always!
- Invest in some good arm sleeves; you can get the tattoo-look-alike ones, but I suggest get the real thing!
- Get naked, of course, entirely at your own risk, and with ample sun block applied.





Advice from a former Boy Scout:

THE “BOTTOM” LINE

Being on your bicycle all day cycling through Thailand can create certain consequences for your backside (a.k.a.: rear end, behind, bottom, butt, buttocks, derriere, fanny, posterior, rear, rump, seat, tail, and/or tush).

Muscle soreness is certainly a condition all cyclists have experienced, however, a more frightening condition that we have all heard of is chafing.

Fortunately not all cyclists are afflicted. If you are one of these lucky cyclists, it may still be a good idea to pack some chafing cream just in case. You might not actually use it, however if the need arises, you'll be glad it's in your suitcase.

One semi-pro cyclist suggested that such creams should only be used if a chafing problem surfaces. If the rump is happy, no need to apply the cream.

The bottom line: remember the scout's motto, 'be prepared!'

Advice from a PHD:

THE CAFFEINE FIX - IT'S LEGAL

Ingesting caffeine before a ride, “Makes you more alert, you react faster, and you don't feel like you're working as hard, all of which add up to training or competing at a higher intensity for a longer period of time and being more agile in a pack.” Ok, TTOH is not a race, however I still say, “Bring on the java!”



(answers on next page)

From Bicycling Magazine:

GROUP DYNAMICS QUIZ

1. AT an intersection, it is not the lead rider's sole responsibility to get the group through safely.

TRUE: Though everyone is riding as one group, each individual must look out for his or her own safety.

FALSE: Whoever is at the front of the pack at the time calls the shots for everyone else.

2. MIDPACK riders are not expected to point out hazards or announce traffic.

TRUE: Only the lead and rearmost riders can see what's going on from ahead and behind.

FALSE: It is every rider's responsibility to relay messages through the pack, whether from front to back or vice-versa.



Make Health Connect





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THE NEW TTOH 2011 JERSIES LAUNCHED!



An initial challenge this year was finding room for all the corporate logos, however, for Selina, no challenge is insurmountable and she achieved this with ease. TTOH officials have stated that in addition to being starched and pressed to Australian standard prior to delivery, each TTOH 2011 jersey will also be sprinkled with rose petals and a touch of perfume. For safety reasons it is highly recommended to wear this garment with a pair of white cycle shorts in order to maximize visibility.

GROUP DYNAMICS QUIZ ANSWERS: 1. TRUE, 2. FALSE

SWENSEN'S®

NEC

KEEP ON BIKIN'!



Mr. Octavio Orduno, 103 years old, and still cycling around Long Beach, California. He's only on a tricycle because his wife insisted.

DID YOU KNOW?

...that pro-cyclists cycle for 2 to 3 hours even on a 'rest' days? This helps their muscles recover from ordinary training.

PHOTO CAPTION CONTEST



Submit your entry to ttimlen@gmail.com and perhaps your caption will be published next month!



THE LIBRARY DESIGN



AN EXISTING LIBRARY



Cyclist talk:

The bicycle is just as good company as most husbands and, when it gets old and shabby, a woman can dispose of it and get a new one without shocking the entire community.

~Ann Strong