



Saturday, August 09, 2008

## Bike Ride day 4

August 9, 2008

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They left at 6 am and rode 110 miles. The last 10 miles were flat.

William describes today as one of the top 3 toughest days he ever



rode. They went straight up Bear Mountain for 3 miles and a fast 2 miles downhill. William said his legs were on fire all day. The entertainment for the day was racing a tractor at 28 mph for 2 miles. As the driver turned off, he gave them the thumbs up. They are in Ft. Lee, 2 miles from the George Washington Bridge. They look forward to greeting the crowd tomorrow, on schedule at 1 pm.

posted by Angela's House at 10:00 PM 

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