



SUNDAY, JULY 30, 2006

Getting ready for the Charity Bike ride



William Iaia and Jay D'Agostino

flew Southwest Airlines to Chicago and prepare their bikes for the long 900 mile ride to Long Island

POSTED BY ANGELA'S HOUSE AT 2:14 PM



SUNDAY, JULY 30, 2006

Charity Bike Ride Starts Sunday July 30th



William Iaia (Black and red shirt)

and **Jay D'Agostino** (Wheaties top) begin the 900 mile charity bike ride from Chicago to Long Island NY. This effort was done to help raise money and bring awareness for children with special health care needs that are medically frail, chronically ill or living with a life threatening illness. These children are in our community , in our hospitals and some in our special homes "Angela's House". We are very proud of these two special men who selflessly are giving all they have for these Children.

The night before they started each of their \$200 Computers for the bikes that monitor their datat malfunctioned. A half hour before the store closed they ran out



to buy new onwes.

DAY ONE:

William called 3:30CST

*off to tough start

*Made it to Plymouth Indiana,45 Miles west of Ft Wayne

*heat is awful

*Both William and Jay have bad leg cramps

*Had to pull over and lay down on the grass due t the heat for about 15 minutes and fell asleep for a bit

*74 miles into the trip william hit a rock at 20 MPH and had a blow out.

*stopped to replace tire

*Changed course and no longer on rte ^ due to high crime area, now traveling on rte 30

*Did a total of 94 miles and stopped in ahotel. At the pool and later to dinner and bed

asked if they will quit----- William sad NO WAY!

POSTED BY ANGELA'S HOUSE AT 2:21 PM



MONDAY, JULY 31, 2006

Monday Day 2 of the Charity Bike Ride



William and Jay started at 6am on July 31st. One mile into the trip William got a flat. 100 miles into the trip William had another flat. William had a third flat 103.5 miles. He road the next 1/2 mile to the hotel, too tired to change it. The Hotel had no rooms available. They were sent across the road to another hotel. Rooms had not been rented in a year and when they opened the door , it was like a sauna. Fortunately they talked the person from the first hotel into letting them use the pool and the internet. During the afternoon, they ran out of water. They stopped at a truck stop and the guy let them cool off and get cold water. The average temperature was 100 degrees with trucks whizzing by them. No leg cramps today but " butts are sore" The actual riding time was 7 hours plus another 3 hours for breaks and changing tires. They are really wiped out today

POSTED BY ANGELA'S HOUSE AT 10:34 PM



WEDNESDAY, AUGUST 02, 2006

Tuesday Day 3 Charity Bike Ride



Tuesday, Day 3

William called with the following report:

They left at 6 am and ended in Mansfield, Ohio at 7 pm, traveling 125 miles.

Heat is horrible.

They had a bad night's sleep. Air conditioning wasn't working. They were sweating in their beds.

No flats today.

No leg cramps today.

William said, "My butt is on fire!"

He has a wicked rash and has put "every medication known to man" on it.

Jay is doing well, and is feeling much better than William.

They stopped to get new tubes and new tires. William says his are now "bullet proof". He told the store clerk he didn't want any more flats. He guaranteed William there would be no more flats. We'll see...

William drove 3 miles before realizing he left his gloves on the counter at the bike store. Jay asked him if they should go back for them. William said no and assured Jay that the woman at the counter would bring them to him. He told her the direction they were heading. Sure enough, 10 minutes later, she drove up

honking the horn and waving the gloves out the window. They made many stops today and stayed hydrated.

They got to the hotel and, as usual, William's cloud followed him. There was a water main break and the pool was empty.

I asked if he wanted to turn back. He said, "Hell no!"

Stay tuned!

Aunt Lee

POSTED BY ANGELA'S HOUSE AT 1:07 AM



THURSDAY, AUGUST 03, 2006

Wednesday DAY 4 Charity Bike Ride



Report for yesterday, Wednesday, Aug 2...

Started 7 am, Arrived at hotel 8:15 pm in Beaver Falls, Pennsylvania, 130 miles.

They were pulled over by a cop; not allowed to ride on Rt 30. They explained

what they were doing and the cop let them go on, telling them to be careful. Jay says a Rottweiler came out of a ladies yard in a small town and scared the hell out of him. They went from 15 miles an hour to 30 miles an hour. William says Jay was almost hit by a car, but Jay says the dog was almost hit by a car when they went out into traffic. They were doing wheelies during the adrenalin rush trying to escape the dog.

Heat is only 90 degrees, but they are going through the mountains of Pennsylvania, so it is much harder to ride.

Both are feeling great.

Stopped at a fruit stand and borrowed their hose to take a shower.

William went in a creek with his shoes and all to cool off.

Stopped at Andi's Convenience Store in Rogers Ohio and the owner, Andi, gave them a check for \$50 and drinks.

Kimberly from Van Wert Ohio Holiday Inn Express a few days ago has become their personal travel agent. She is tracking them daily and finding the next available hotel to book a room. Now when they arrive, the employees are expecting them and greeting them, which they are really enjoying.

They are having a great time talking to the locals; stopped in a bar for iced tea.

Stopped to ask 2 elderly woman how far it was to Pennsylvania boarder. One pointed left and said 4 to 5 hours as the other woman pointed right and said 2 hours. Man stopped to help, brought out maps to help them judge distance and location. He offered them a ride in his truck. They thought it was tempting, but declined.

They are in great spirits and are happy to learn they will have a police escort with motorcycles from Huntington in Nassau County as they end their journey.

Aunt Lee

POSTED BY ANGELA'S HOUSE AT 6:40 AM



FRIDAY, AUGUST 04, 2006

Thursday DAY 5 of Charity Bike Ride



Thursday Aug 3 They left at 6 am and rode 115 miles until 9 pm, ending up in Edensburgh, PA. It took them 45 minutes to get up a hill at 4 mph. At 8 pm they had a torrential downpour, thunder and lightening. It was 94 degrees. Jay's shoe got caught in the peddle (the bottom of the shoe has things that click in place on the peddle) and he fell off the bike and rolled into traffic. He's fine, but William's comment was "He almost wrecked the bike!!" How about his head! Then Jay almost wiped out in a lot of sand on a really bad road. They met a lady in a gas station who made a donation. Way to go! The funniest moment of the day was when they stopped for pizza. They placed their orders and promptly fell asleep in the booth. They had a really tough day and don't think they ate enough food.

William was shakey and he said "My legs are on fire!"

POSTED BY ANGELA'S HOUSE AT 7:37 PM



FRIDAY, AUGUST 04, 2006

Friday Day 6 of Charity Bike Ride



Friday Aug 4 Today they rode 140 miles. They left the hotel at 6:30 am and arrived at Selinsgrove, PA. Here are the highlights:- Jay got a flat tire at the hotel first thing this morning.-200 yards later, he got another flat. Weather was wonderful. they had a light drizzle for the first 3 hours that was very cool and enjoyable.-folks told them to use a 17 mile bike trail at the old railroad track that had been blasted through the mountains. it ran along a river and was gorgeous.-they stopped for a second breakfast at a restaurant that served your choice of breakfast or pizza. william had pizza, and jay had breakfast.-today they did not sweat. it was such a difference to ride while not dripping.-at one restaurant they met a young waitress named Khristi McCarl in Allensville, PA. the town has 350 people living in it, so jay asked her what she did for fun in such a small town. She replied that she won the 'Catching a greased pig contest at the Fireman's Festival and got her picture in the paper. Jay didn't believe her, so she went home and came back with the newspaper article and let him keep it.-They rode through Amish country and came upon a man riding a buggy drawn by his horse. William convinced jay to race the buggy. Jay beat him going down hill, but the Amish man got it in high gear and passed Jay on the way up hill. Jay yelled over to him, "I almost had you!" The man laughed and went on his way.-They rode the last half hour in the dark at 23 mph.-They hope to ride 150 miles tomorrow and 100 Sunday to wrap it up. They are in great spirits and

looking forward to the finish line. Aunt Lee



POSTED BY ANGELA'S HOUSE AT 7:39 PM



FRIDAY, AUGUST 04, 2006

Saturday Day 7 of Charity Bike Ride





Saturday Aug 5

Last night they slept like babies. They had extremely comfortable beds at the Hampton Inn, ordered Pizza Hut delivered to the rooms. After they ate, two seconds later they were asleep.

They left the hotel at 6:30 am and a half mile later, Jay got a flat. Finally resumed at 7 am. They traveled 116 miles and made it into New Jersey.

The first hour was pleasant, but then the climbing began. They were told it was flat on eastern Pennsylvania; not true. William described it as climbing a cliff. Jay's gone through a bottle of Advil.

They enjoyed Shamokin, PA and went to an old 50s restaurant called Palmers that had girls on roller skates.

They arrived at the Belvedere inn, a 135 year old bed and breakfast house. They were directed to the town Laundromat. They put their clothes in, went to Chinese dinner and when they returned, the washer door was locked. They were unable to get their riding clothes out, so they called the number on the door. A woman came and she said, "It's broken". William said, "I know it's broken! We need to get out clothes out!" She said it still had a 9 minute cycle and the door would not open until it was done. Long story short, they finally got the door open and everything was soaked. They then had to wait for the drier.

Their legs are shot. William's knees are swollen from the climbing.

They are burning more than 6300 calories a day! They are drinking 500 oz of fluid each day. William's lunch today was McDonald's chicken, fries and a 32 oz soda. Then he had another chicken and 2 more sodas to total 90 oz just for lunch.

William said Jay is not a morning person. He starts out slow. By the end of the day Jay is strung out on Advil, feeling no pain and wants to push it. By then, William is tired. He says he was surprised Jay kept up but he is really strong. Today was 83 degrees and they rode most of the way in the shade.

They got a kick out of seeing the homes so close to the street. They could ride by and look into the living rooms to see what was on TV.

They came to Jim Thorp, Pennsylvania. If you don't know who Jim Thorp is, do yourself a favor and rent the movie, starring Burt Lancaster, before you see William tomorrow at the bar. He'll go crazy if you ask, "Who's Jim Thorp." He said the town was beautiful.

They think they have 135 miles to go but will know more by 10 am tomorrow. They plan on riding down Broadway in Manhattan after lunch. They are shooting for 5 pm at the bar with the police escort.

They are really excited to near the end of their journey. They've done an awesome job!

Aunt Lee

POSTED BY ANGELA'S HOUSE AT 7:47 PM



SUNDAY, AUGUST 06, 2006

Sunday Day 8 of the Charity Bike Ride







Sunday Day 8

The Charity Bike Ride ended at McCarthy's Pub 2582 Middle Country Rd Centereach Long Island. Jack McCarthy had a tent and party between 1p and 5pm to celebrate the great accomplishments of William Iaia and Jay D'Agostino. A large crowd of people cheered William and Jay as they rode up to the McCarthy's Pub. Many thanks to Suffolk County police for escorting them safely to there finish. They started the morning at 5am and it took them longer than they tought. Everyone was glad to see them come home safe and sound.

If the medically frail children from Angela's House and in our communities had a voice it would be in praise of these men for being their **HERO** today. [Thank you William Iaia and Jay D'Agostino.](#) Thank you Jack McCarthy and everyone that helped to make this effort a success.

POSTED BY ANGELA'S HOUSE AT 10:19 AM
