

Cycling Across the US-71 year-old Bob Frick of Lafayette

Andrea A. Firth

Bob Frick's hikes have always been destination driven and covered a lot of ground. He has hiked Machu Picchu, Mt. Kilimanjaro, Mt. Whitney, the Tahoe Rim Trail, Half Dome a number of times, and the Grand Canyon Rim to Rim. After having both hips replaced six years ago, Bob switched to biking and applied the same determined spirit to two pedals and two wheels.

Last summer, at the age of 70, Bob and his wife, Barbara, joined friends for a seven-day 540-mile bike ride across Minnesota to raise money and awareness for poverty housing and homelessness. Motivated by this adventure, Bob decided to ride his bike across the United States this summer and to raise \$71,000 for the East Bay affiliate of Habitat for Humanity in the process.

"I thought I would set my fundraising goal at \$50,000 or \$100,000," states Bob. "Because I turned 71 years old, I set the goal at \$71,000. I guess that might seem like a somewhat random approach given the fact that I teach in an executive MBA Program, but it works," explains Bob with a confident laugh.

Bob will start his cycling journey in San Diego where he will dip his tire in the Pacific Ocean and head east across the southern coastal route through Arizona and Texas all the way to his destination of St. Augustine, FL.

Aiming to cover an average of 55 to 65 miles a day with the occasional day off for rest and good behavior, Bob plans to complete the 3,300 mile trek in about two months. By his side, as she has been for most of his adventures,



Barbara and Bob Frick of Lafayette will be Barbara who will drive their Prius for most of the trip and join Bob on her bike for some of the route.

"I am the keeper of the golden ice pick," states Barbara. Although Bob has gotten the green light for the bike trip from his both his orthopedic surgeon and general physician, both advised that Barbara should be given the authority to determine if Bob should stop biking at any time during the trip. "He'll be riding in temperatures over 100F with humidity, and we don't really have that in Northern California," explains Barbara.

Photo Andrea A. Firth

Although he heat and humidity are a concern, Bob remains undaunted. The fact that he has not heard of anyone else in their seventies who has attempted the cross-country ride, let alone completed it, does not seem to phase him either—just the opposite, it seems to please him. Bob expects to head out on August 1st and be done by October 1st. Donations can be made by going to firstgiving.com/cycleofhope; with questions contact Bob at kesrobfrick@comcast.net.