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71-year old Biker Raises \$78K Cross-Country Trek

By Andrea A. Firth



Bob Frick and friends celebrate his arrival, St. Augustine, Florida Photo provided

After seventy days, seven blown tires, and over 3,200 miles covered, Lafayette resident Bob Frick arrived in St. Augustine, Florida, dipped his front tire in the Atlantic Ocean, and jubilantly raised his bike overhead to celebrate the completion of his cross-country trek to raise money and awareness for Habitat of Humanity. "It was better than I expected," states Frick who rode for 60 days out of the 70-day long journey.

"Physically I did fine," reports the 71-year old biker. "I was only sidelined once, in west Texas, where I had been riding against the wind that came off the Gulf for days. It was sheer exhaustion," he adds. He was back on the rode within just two days and continually encouraged along the way by countless emails from friends and supporters.

Frick surpassed his original goal and raised over \$78,000 for the Habitat cause, the majority of which will go to Habitat for Humanity East Bay which creates homeownership opportunities for families with limited incomes by building sustainable housing and revitalizing neighborhoods. Frick was impressed and humbled by people that he met along the way who contributed to his cause. "I met a guy as I was resting on the side of the road in the middle of nowhere. He drove a beat up pickup truck and asked me what I was doing. Then he came out of the convenience store nearby and handed me a wad of \$1 bills. I never even got his name."

Frick does not fail to credit his wife Barbara for the constant support that she provided trailing by car, coordinating logistics, and keeping him well fed and watered. "She puts up with me, it's remarkable," says Bob. On the drive back to California, the couple has already started to plan their next adventure. Climbing to the base camp of Mont Everest, hiking across England, and a bike trip down the

Danube are their current top three choices. Frick will also continue his relationship with Habitat for Humanity helping to recruit volunteers to help with building a large residential project in Oakland.

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