

*The project consists of two long distance bicycle races both accomplished on a standard bike by a solo cyclist who is followed by two support vehicles with three support crew per vehicle. The two courses set 48 American national bike records and 1 world bike record.*

## I. THE TWO RACE COURSES

**1) August-October 2010, the 48 State Capitals' Race and 48 USA national records.** This race is to every state capital in the lower 48 of the United States. Both the start and the finish lines are the capital of the state of New México, Santa Fé. The first leg of 48 separate races sweeps southwest out of Sante Fé, and, racing non-stop, 24 hours a day for about 31 hours, the solo racer arrives at the capital of the state of Arizona, Phoenix. A rest of about 2-3 days follows this first leg. After rest, next up is a long 2d leg, Phoenix to Carson City, Nevada's capital, again non-stop, rest for 2-3 days, then Carson City to Sacramento, rest a day, then non-stop Sacramento to Oregon's capital Salem, rest 1-2 days, thence non-stop to Washington state's Olympia. At Olympia, the course zig-zags southeast and northeast towards the east coast USA. The record from Salem to Olympia is followed by the sixth leg, Olympia to Boise, rest, then (7) Boise to Salt Lake City, (8) SLC-Helena, (9) Helena-Denver, Denver-Cheyenne, Cheyenne-Bismark, Bismark-Pierre, Pierre-Lincoln, Lincoln-Topeka, Des Moines, St. Paul, Madison, Indianapolis, Springfield, Jefferson City, Lansing, Harrisburg, Albany, arriving at the east coast on the 24th leg and 24th national record Albany-Augusta. From Maine's Augusta, the race course heads south to Concord, Boston, Providence, Hartford, Trenton, Dover, Annapolis, and North Carolina's Raleigh. At Raleigh, we head west for stage 33, with a non-stop race to Nashville, then Little Rock, then Oklahoma City, where the course turns east for the non-stop race to Jackson, then to Montgomery, and then Tallahassee. At Tallahassee the course takes us west again for leg 39, racing non-stop to Baton Rouge, rest, non-stop Baton Rouge-Austin, rest, and the long Austin-Santa Fé leg for the Santa Fé finish line, completing the clockwise circle of the USA. 48 races, 48 records: can it be done, and if it can, why should we not be the ones to do it?

**2) Spring of 2011: Nations' Capital Race for world record.** The second race is from the capital of México to the capital of the USA to the capital of Canada (see course map on reverse page). Again accomplished by a solo racer, not racing non-stop but about 20 hours a day for around 12 days from México City-to Washington DC-to Ottawa, Canada. The start line is at La Plaza de la Constitución (Zòcolo) México D.F. From the heart of México's capital, the course proceeds north-northeast, into the industrial city Monterrey, crosses the USA-México border, and heads for San Antonio, Houston, and New Orleans, and on to Washington D.C.'s White House and Capital Hill, north still to the USA-Canada border (passing through several state capitals visited in 48 Capitals' Race), to the USA-Canada border, and thence the finish line at Parliament House/Parlemont du Canada, in Ottawa, Canada's national capital.

The length of the 48 State Capitals Race is around 12,000 miles/19,400 kilometers (more than two months), and around 3500 miles/5600 kilometers the length of the Nations' Capital Race (12 days).

## II. THE MISSION

The aim is to help in the struggle for more sportsmanship in sports, particularly by children. Some of these children are now dreaming of being professional athletes later. What lessons will these children learn? What type of athletes will these children turn out to be? If we are content to have these children act as do the athletes and the team directors of today, then let's do nothing. But if we want something more, then let's take some positive action now, for the benefit of the sports community. The goal is to inspire children to strive for loyalty to sport not just for victory in sports.

## III. OUR ROLE IN THE SOLUTION

*LifeRoots Foundation* is constructing athletic schools for children--designed, funded, supported, and staffed by volunteers of the local community. *LifeRoots* is interested in all children including those without money or a family's support, and thus without a real possibility to train and compete. It supports young and talented athletes regardless of social position, race, family background. All children deserve a chance. A concern of the Foundation is the lack of health in youth and the occurrence of childhood obesity, particularly in the USA and now also in México and increasing in every part of the world, including in undeveloped countries. Sport can be part of the solution there.

## IV. GENERAL BUDGET OUTLINE

For the first project, 48 Capitals, we will have costs of printing jerseys with sponsors' names emblazoned upon them, hotel for team of seven persons and three bikes throughout the USA, food for seven persons for about 70-80 race and rest days, rental of two race support vans, gas for two vehicles, telephone services to communicate with press before, during, and after race, facsimile costs, internet charges, and bike mechanical charges. The total for all of these costs comes to approximately 80,000 dollars. The same sort of costs exist for the Nations' Capital Race, for around 15 days, at a cost of approximately 20,000 dollars.

