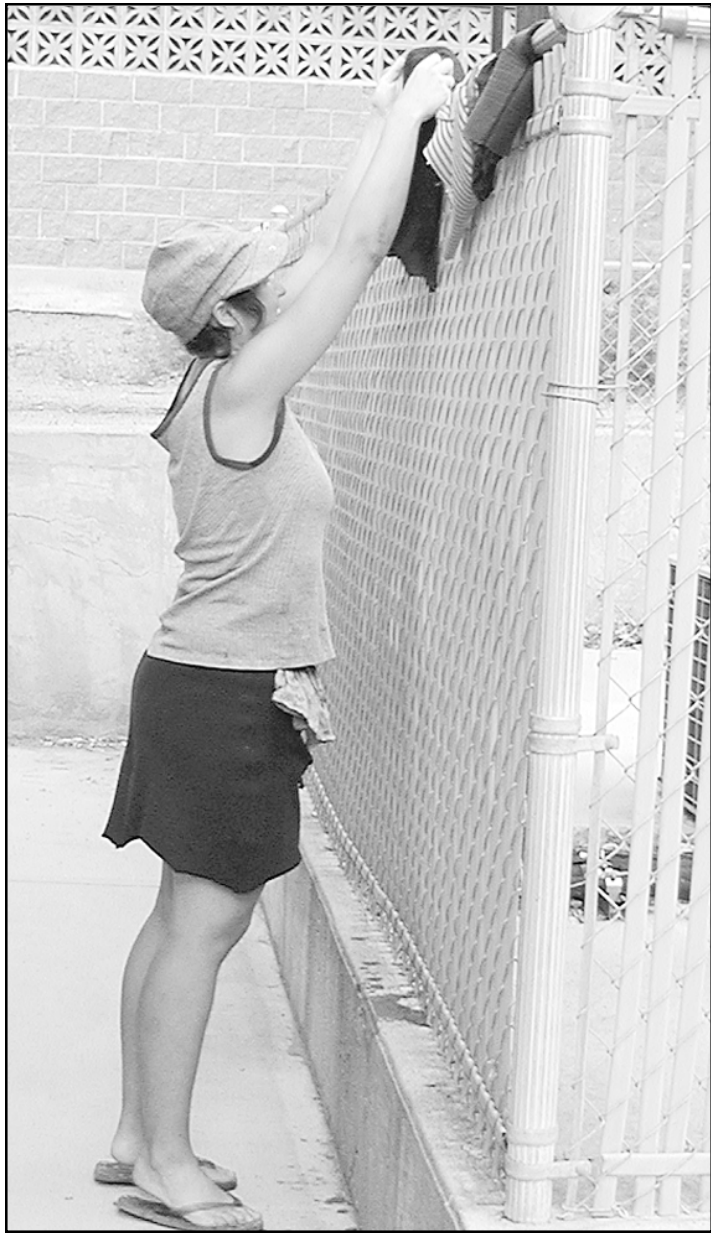




Bike-Aid riders were in St. Francis Monday and spent the night at the United Methodist Church.



HANGING OUT THE WASH — Simi Miller had taken time to wash out some clothes and hung them up to dry.

## 10 bicyclists take time to learn about St. Francis

By Karen Krien

Ten bicyclists, ranging in age from 20 to 63, rolled into St. Francis during the day on Monday. They had come from Joes, Colo., starting early in the morning and, even though temperatures were ranging in the high 80s to low 90s, they were a happy, smiling bunch.

"We had the tail wind behind us," said Steve Tehudi, the oldest rider in the group and a retired professor from the University of Nevada, Reno.

They had started from San Francisco on June 12. Traveling anywhere from 50 to 100 miles a day, the team will ride across the United States in just 10-weeks, with the arrival date of Aug. 16 in Washington, D.C.

With the two themes, "Sustainable Living and Fair Trade," their plans are laid out for them. They help organizations in different areas, participate in local community service projects and engage in cultural and educational exchanges. Additionally, by using cycling as their mode of transportation, they will model and promote environmentally sustainable transportation to the people they meet along their route.

Arriving at different times in St. Francis, the riders enjoyed the friendly people they met. Some had

visited the library, True Value, St. Francis Super's and even went swimming.

They stopped at the Equity and talked to Tim Burr who explained how important it was to have good crops and that this year's wheat crop, while better than last, was still a poor crop.

"I didn't realize what a marginal business farming is," said Mr. Tehudi.

"One of our missions is to learn about what is going on in the United States and teach others as we travel," said Maggie Ervin, Berkley, Calif.

And, they have experienced many things along the way. One night, they stayed at a cattle ranch. Maggie said that this was the 10th year the rancher had hosted the Bike-Aid people.

Nicholas Bell, from the San Francisco area, and Jonathan Mejia, New York City, had found helping in the Boulder, Colo., Community Food Share Bank to be rewarding.

"We helped organize the food and got rid of some of the old bread that was no longer any good," he said.

None of the group had ever been to Kansas. They said crossing each state line was fun and it was different to cross over into different time zones. James Duncan said he suffered from "bike lag."

While the group was waiting for

supper prepared by Rev. Morita Truman, Methodist Church pastor, St. Francis Super's employee Christi Milne delivered some groceries which Ryan Meyer, manager, had donated to the group.

The riders said they were thankful for the places to stay like the Methodist Church. Other meals are cooked along the way.

This year marks the 20th anniversary of the Bike-Aid program. Since its inauguration, Bike-Aid has offered trips to more than 1,300 riders from around the world, providing opportunities for travel from a unique perspective. As part of their training, riders fundraise to receive pledges from friends, family, and other supporters to cover the costs of the program. Each cyclist had to raise \$1 a mile which amounted to \$3,800 per person. The money also supports the work of sponsoring organization Global Exchange.

Global Exchange is an international human rights group based in San Francisco, which is dedicated to promoting political activism and cultural education by fostering people-to-people ties both nationally and internationally. This year, Bike-Aid will offer three different rides: the cross-country route, a "border ride" from San Francisco to Tijuana, and a trip in Hawaii.



Rev. Morita Truman was the main chef for the riders. They were fed lasagna, salad and garlic bread.



CHECKING OUT THE PLANS AND MAP were Simi Miller and Grant Donnelly.

Herald staff photos by Karen Krien