

Reserve *Your Spot On The Team*

We're looking for a few race-ready partners that share our belief that investing in the lives of girls is some of the most important work we will ever do. Team sponsorship opportunities are available by contacting:

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Follow *Us* On The Web & **Donate**

www.girlsincsb.org

www.racingpinkforgirlsinc.com

www.kalyrawomensracingteam.com

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www.raceacrossamerica.com

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Why *Racing Pink* for Girls Inc?

Each of the RAAM riders has a longstanding love of cycling and appreciate how much richer their personal and professional lives have been for the experience. They hope to draw others to the sport, and serve as role models and mentors to young girls. The mission statement of Girls Inc. is to inspire all girls to be "strong, smart and bold." We can't think of a better match!

Our Favorite Questions From The Kids:

What happens if you lose a tooth when you're riding your bike?

You put it in your pocket and keep riding!

What time do you go to bed?

You don't really ever go to bed.
You take little cat naps all week.

Do you wear underwear?

Comes built into our cycling shorts!

What do you do when you have to go to the bathroom?

You wait until you're not riding the bike, and ask your driver to either get you to the RV that has a small bathroom, or take you to the nearest restroom.

When do you eat?

We have many meals throughout the day and night. We burn about 8,000 calories a day during the race. Whenever we're not too tired to chew is a good time to eat!



KALYRA WOMEN'S CYCLING TEAM

JUNE 12, 2010

Join Us

Racing PINK for Girls Inc.

4 Women Riders

6 Day Race Across
The United States

Thousands of Girls
Empowered & Served

www.racingpinkforgirlsinc.com



girls
inc.

RACE ACROSS AMERICA
RAAM

Race Across America 2010

What is "RAAM"

The Race Across America, established in 1982, is a non-stop cycling race that runs west coast to east coast. The ultimate challenge of continuous racing for a continental distance is the reason that this event is called the World's Toughest Cycling Race.

WHO ARE THE RIDERS?

Four riders and two alternates from the Kalyra Women's Racing Team will make up the 2010 RAAM team. The team is sponsored by the Kalyra Winery in Santa Ynez Valley. This will be Kalyra's third Race Across America.

In 2007, Jill Gass, Sonia Ross, Lisa Tonello and Denise Clark finished the race from Oceanside, California to Atlantic City, New Jersey in seven days, six hours and 34 minutes. In 2008, Jill Gass, Sonia Ross, Lisa Tonello and Dotsie Bausch rode the 24-hour corporate challenge course from Oceanside, CA to Flagstaff, Arizona winning first place.



JUNE
THURSDAY
12
RACE DAY!

DOES THE TEAM DIVIDE UP THE MILES AND TAKE TURNS SLEEPING? HOW DOES IT WORK?

The strategy is to divide the team of four into teams of two riders each. While one team of two riders leapfrog five miles each for 30 miles, the other two rest, sleep and prepare for their next leg. This allows them to ride the fastest time possible. Each team only gets 1 to 1 ½ hours of sleep at any one time throughout the entire race across the country.



During the race, there is a car following the rider for both protection and to maintain the correct route. Each of the two-person teams have a van they use for eating and sleeping, and there is a small RV that is for resting the crew, meal preparation and rider showers.

HOW MANY CREW MEMBERS DOES IT TAKE TO SUPPORT THE RIDERS?

The ratio of crew to rider is just about four to one. It literally takes a village! Our dedicated crew is all volunteer, and includes a physician, a physical therapist, three RNs, massage therapist, athletic trainers, bike mechanics, and cyclists. The crew is responsible for navigating, driving, maintaining bikes, and feeding and caring for the riders for seven full days with very little sleep of their own!

THE RIDERS - Kalyra Women's Cycling Team



JILL GASS raced in the 2007 and 2008 Race Across America (RAAM). Jill took the 2009 State and National Championship titles for Tandem Road Race and Tandem Time Trial, and has held State titles in all disciplines. Jill works as a Critical Care Nurse at Cottage Hospital in Santa Barbara, and is the owner of Revolution Coaching. In her free time (read wake/sleep time), she is planning their winning strategy for RAAM 2010.



SONIA ROSS competed in the Race Across America (RAAM) in 1999, 2007 and 2008. She held the title of 2008 Masters National Road Race Champion, and is currently the 2009 State and National Road Race Tandem, and Time Trial Tandem champ. Sonia has a private massage therapy practice in Santa Barbara, and is an instructor at the Santa Barbara Body Therapy Institute. Sonia admits that she can no longer go an entire hour without mentioning the 2010 RAAM at least once.



LISA TONELLO has been an avid cyclist and competitor for over twenty years. She is a much-sought-after cycling mechanic, and consultant for cycling teams and camps. Lisa raced in both the 2007 and 2008 Race across America. She is a multiple National and State Champion and has been on the podium in all disciplines. Her thoughts about 2010 RAAM? "Bring it on!"



MARYANN LEVENSON began her racing career in 2004 and just one year later, won her first CA State Championship. In 2006 she was run over by a drunk driver, but made a brave come-back four months later at the Beat the Clock Time Trial. MaryAnn is a Sports Dietitian, and lives in Menlo Park with her husband and three boys. Compared to motherhood, racing her bike across America and having people feed her and do her laundry sounds a bit like Club Med. She can't wait!