

# June 98 Odyssey 2000® Rider Memo

Date: July 5, 1998  
To: Odyssey 2000® Registered Riders  
From: Tim Kneeland & Associates, Inc.  
Re: Update on Odyssey 2000®

## **Time's evaporating**

So far 1998 has flown by rapidly and time seems to be speeding up exponentially every month. It must have something to do with Odyssey being just 18 months away and that many decisions about routing, transportation, food, sanitation, country liaisons, etc. are still being made.

## **Short Newsletter**

Karen-Ann and I are in Tokyo getting ready to head for Beijing in a few hours. We tried to get this out a few days ago but it got too complicated. So, for our June Memo, we are going to be brief.

## **Japan**

We have spent several days working on a route from Tokyo south to no avail. Even along the coast it's just too crowded, so we will check a route from Tokyo north on our next trip.

## **Day to day tentative itinerary enclosed FYI**

For the past few months we have worked hard to prepare a very tentative day to day itinerary for Odyssey. Even though every overnight stop is subject to change (and many will as we investigate a region's available resources to successfully accommodate our group), it has become an excellent next step in pulling together the details of Odyssey. We now know, for instance, that when we fly to Australia for the Olympics, we probably won't have to return to Europe. Instead, we will head for Japan and remain in Asia.

Note the info (again subject to change) on where layover days are planned, beds vs. camping details, estimated mileages, days in each country, etc. Lots of work-in-progress details.

Please don't make any personal plans (meeting family, activities, etc) based on the enclosed itinerary. Many things will obviously change between now and when we leave Los Angeles on January 1, 2000.

## **Day to day itinerary is confidential**

Please don't pass this itinerary on to other people. It is a TK&A confidential document, as are our memos, for the personal use of registered Odyssey riders only.

## **297 currently registered**

We currently have 297 registered Odyssey riders representing 35 states and 13 countries. Twenty-three of our riders live in the 12 foreign countries - Australia, Canada, England, France, Japan, Mexico, Netherlands, New Zealand, Saudi Arabia, Sweden, Switzerland and Wales. The age and couple numbers remain about the same.

## **Conditioning**

We can't say it enough! Work hard to get into shape for a more enjoyable experience. Any form of exercise that works your cardio-vascular system will do on a daily basis. Begin with a warm up, at least 20 minutes of aerobic exercise and a cool down period. But, nothing beats getting out on your bike as often as you can, even in marginal weather. Try to squeeze in shorter rides during the week with one or two longer rides reserved for the weekend. Even if you have to drive to a more suitable area for training, it will be worth the time and hassle.

One important point about exercising - keep it fun. If exercise and training become a drudgery you risk not having fun; losing your concentration and more easily sustaining an injury; becoming boring to your workout pals and worst of all, losing your motivation.

Karen-Ann swears by a heart monitor as a helpful aid in preparing for races and tours. She uses one extensively.

## **Odyssey mentions**

We have pulled together a summary of the media articles we know about which have discussed Odyssey. We have also included a couple of copies of some of the articles for your files.