

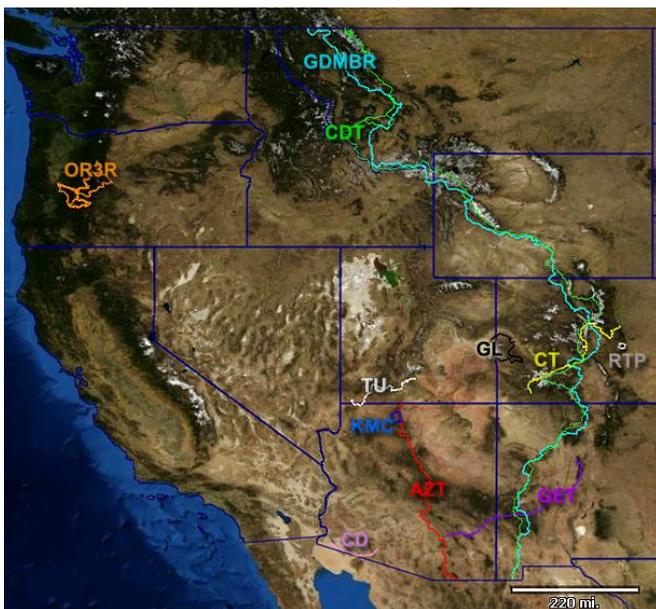
Ed Turkaly Rides The Tour Divide

2,700 miles of support for SDS Research and Family Support

Arguably one of the “hardest” multi-day bike packing races on Earth

The Tour Divide, also known as the Great Divide Mountain Bike Route, is a remote route with many sections several hundred miles from civilization, that starts from Banff in Canada and follows the mountainous divide spine all the way to the Mexican border, roughly 2,745 + miles long, with 150,000 feet of total climbing, equivalent to summiting Mt. Everest multiple times. This unsupported ultra-race is formally held annually on June 2nd. Here is the official race homepage: <http://tourdivide.org/>

The Tour Divide is an unsupported race with no compensation, although the prolonged physical and mental challenge provides a deep spiritual reward. Being unsupported means no pre-planning allowed. No friends showing up with food. No booking hotels along the route before the race. Both races use “call-ins” in which racers leave detailed messages on their location and current conditions. The recordings are then posted to the Internet for the benefit of fans. The Tour Divide also employs SPOT satellite locations which display racer positions, in near real time, on the race website. It also can communicate certain messages. The 911 button will bring in emergency response.



Two minute video of a Tour Divide record holder: <http://www.pinkbike.com/news/Jay-Petervary-Tour-Divide-Record-Ride-video-2012.html>

Movies on BikePacking

There are two movies that are out on this subject, both by the same producer Mike Dion. His first was the popular “Ride the Divide” <http://www.ridethedividemovie.com/> and his latest is called “Reveal the Path” – <http://revealthepath.com/>. Both of these videos started as kick-start fundraisers. Included on the bonus section of the latest DVD is a short video I produced, discussing my intent to do the Tour Divide and how it relates deeply to my experience with Shwachman Diamond Syndrome, it can be viewed at: http://www.dogboydan.com/SDS/SDS_05-04-2012.wmv

Personal Perspective on the Tour Divide

The way I find success is by remaining in the moment. In other words not thinking too far forward or backwards, for example not thinking about the next food stop, how far I have yet to go, and those kinds of thoughts. After all the whole idea behind multi-day riding is to be very self-sufficient. So to remain in the present moment helps ensure my mind and body are balanced, in a consistent state that will carry me to the finish, that is without thinking about the finish.

Plus, as you saw in my short video, there is my son who has a critical, rare, genetic disease – a bone marrow failure disease called Shwachman- Diamond Syndrome. Although this presentation is not about my son, he certainly plays a huge factor in my mental state and another reason why I am doing Tour Divide. Sometimes you don’t get to choose things in life; they chose you – which is true with my son. And life can be both a blessing and a curse, but to accept them both and really celebrate the good days when you have them, that’s what my son has taught me. So I have an interest in raising money for all families dealing with SDS.