

Dear Athletes and Superstars:

Just a quick note to congratulate you on earning a weekend off !! I was over at Fanny Chapman yesterday for lifeguard recertification...helping my old buddy Robert get the summer guards ready; and the pool was WAY NICER than you are thinking!!! Water temp was mid 70s, not bad for this time of year. Last year we suffered in the high 60s for most of June.... Have a great weekend wherever you head out.

I also would like to determine the level of interest in putting together a team to ride the 1st annual GRAN FONDO in Philadelphia on 08 Aug 2010. For those of you not familiar with the GRAN FONDO, it is an ancient Italian tradition of getting together for a long ride - a race only if you are a HAMMER !!!

There are 3 rides available :

GRAN FONDO = 105 miles

Metric = 62 miles (100 km)

"short ride"= 31 miles

At this point, I am just looking for level of interest. This will be a fun and fully supported ride with a \$99 entry fee, which includes a great cycling jersey and all the food and support you can use!

Check it out at www.granfondophiladelphia.com

Get back to me with only a level of interest now, not necessary to commit.

***These classic rides do sell out and we are fortunate it is coming to our area.

Be well.

SwimStrong. SwimSilent.

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