

ARVID LOEWEN: Riding History & Preparation for Spoke 2005

1993: - my first 40 km bike ride. I was unable to finish and Ruth had to come and pick me up, with 10 km to go.

1994: - began solo 100-200 km rides on weekends.

1995 – 2004: - participated in approximately 15 ultra-marathon events/races such as:

1. Boston-Montreal-Boston, 1200 km
2. Rocky Mountain 1200 km
3. Paris-Brest-Paris 1200 km
4. Firecracker 500(miles) - Iowa, USA 1st place in Rookie category which qualified me for RAAM (Race across America)
5. Race across Oregon 840 km
6. Furnace Creek 508 (miles) – also known as the toughest 48 hours in sport
7. Training rides from London, Ontario to Winnipeg (2400 km), Vancouver to Edmonton (1200 km), and Edmonton to Winnipeg (1300 km)
8. Spoke '99 – Fundraising for Family Life Network. 2400 km in 5 days, 11.5 hours. Vancouver to Winnipeg
9. Spoke 2001 – Inuvik to Point Pelee, 7200 km DNF (I was not able to finish and had to abandon after 5.5 days)
10. Fairbanks to Winnipeg, summer 2004, 4400 km training ride in preparation for Spoke 2005. 13 days, 8 hours
11. Since 1994 my average annual riding distance is approx. 13-15,000 km

Ultra-marathon cycling offers the unique opportunity to develop character as a result of the physical, mental, and emotional challenges. It offers an opportunity to experience emotional extremes (highs and lows) within a very defined period of time. Although non-stop races lasting anywhere from 24 – 72 hours are fulfilling, my real satisfaction comes from when I can use my ability to persevere to benefit a good cause such as Mully Children's Family.