

RLG Raises \$5,500 for Multiple Sclerosis

SEPTEMBER, 2009



A determined team of “master” cyclists (ages ranging from 48-60) showed their passion for “self propulsion” by cycling from San Francisco to the hills of Sonoma Valley to support the fight against MS at the Waves to Wine ride September 12 & 13. Rick Heyland, Joe Weltner, Michael Basta, Jim Upshaw, Garth Jaehnig, Don Telfer, and Scott Anderson (a close friend of Jim’s) covered the 150 mile event (with 9,000 vertical feet of climbs and descents) over two days.

The event was both challenging and rewarding as the first leg on day one included riding over the Golden Gate Bridge followed by 4 major climbs of over 600 ft. each before reaching the finish line in Santa Rosa. Day 1 also included some highlights that will be discussed amongst the team for years to come. First and foremost was Rick’s head-on collision with a pedestrian determined to protect his right to use a cross-walk in the small town of Sausalito. Witness accounts do support Rick’s contention that the elderly gentleman was clearly in the wrong. Mr. Heyland wasn’t the only one to sport “road rash” either; Jim Upshaw succumbed to the slick road conditions brought on by an early morning

thunderstorm and took a header into the ditch while attempting to take a tricky curve at high speed. Both riders were OK and were more than happy to display their sacrifices to the cause.

Day 2 predominantly followed the rolling hills and valleys of California’s wine country in and around Sonoma Valley. The hard core riders of Rick, Michael and Don took to the road early and peddled their way through the course in just over 4 hrs. The remaining team

took a more leisurely approach and finished up in just over 6 hrs.

A very appreciative thank you goes out all RLGers who put forth a personal sponsorship/donation to the team and also to Rick Heyland and the Board of Directors who also made significant contributions to the Waves to Wine MS foundation.

From L to R: Michael Basta, Don Telfer, Joe Weltner, Garth Jaehnig, Rick Heyland, Scott Anderson & Jim Upshaw

