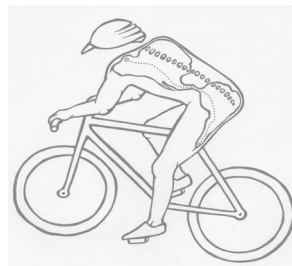




RIDING THE SPINE

AN OFF-ROAD RIDE ALONG THE
CONTINENTAL DIVIDE OF THE AMERICAS



COSTA RICA FUNDRAISER RIDE

FEBRUARY 3-10, 2007 \$795

In July of 2006 David, Jacob, and Sean, three friends from the University of California, Santa Cruz, embarked on an incredible off-road bike tour along the spiny backbone that stretches over 17,000 kilometers from Prudhoe Bay, Alaska, to Ushuaia, Argentina. They are "Riding the Spine" on a mountainous route down the continental divide through a dozen countries, a three year odyssey worthy of the Homeric epic. Check it out on www.ridingthespine.com.

Sound cool? Why not join them in Costa Rica on a moderate ride along one section of their journey, and have fun while helping them continue their trip. All profits from this inexpensive adventure go directly to the riders, whose biggest challenge on this journey may well be paying for it!

What we've got planned centers around three days of biking on gravel and dirt roads with the Spinners in northern Costa Rica along a chain of volcanoes near the Nicaragua border, each day covering distances from 45-65 kms (28-40 miles) with moderate elevation changes. Our package includes all accommodations with a night in San Jose, Costa Rica's bustling capital, both before and after the trip; land transport to Liberia in the north of the country; three days cycling on the back roads; a day to enjoy the wonders of the world famous Arenal Volcano; then the return to the capital. On our last night in San Jose you'll be treated to the premier of a new slide show about the trip and talks from the boys about their experiences while enjoying a great local-style dinner.

This trip should be possible for even casual weekend bikers. While not on paved surfaces, it is not on wild trails either. The mountain biking should be reasonably difficult but feasible, and bikes are provided by the local outfitter (though you are of course welcome to bring your own). The accommodations will be basic and rough, but clean and safe. It's all about seeing some beautiful country from your bike while supporting this extraordinary venture.

ITINERARY

Day 1, February 3

On arrival in San Jose, transfer on your own to our hotel. Details will be provided in the information packet sent to trip participants. This evening we'll get together at 6 pm with the trip organizers to go over the logistics of the trip and answer any questions you may have.

Hotel in San Jose, no meals included

Day 2, February 4

After breakfast we'll drive to Liberia, where we will meet up with the Spinners and get ready for the start of our biking adventure the next morning. The drive takes about four hours, and covers 210 kms (130 miles) through fields, forest, and rolling hills and volcanoes. The afternoon is free to explore the area.

Hotel in Liberia, BF

Day 3, February 5

Let the riding begin! Today our destination is the Volcan Miravalle, 50 kms (31 miles) away. Today like every day the scenery is enchanting, with sweeping vistas down the chain of volcanoes and spectacular rain and cloud forest ecosystems. We take our time on our way to the foot of the volcano, where we stay in cabins. Every evening there is time to walk, have a few, take pictures, or do whatever you want.

Cabins, all meals

Day 4, February 6

Day two of the biking will take us further south along the ridge of the volcanoes to Rio Celeste, about 45 kms (28 miles) away. Como siempre, no hay prisa. We ease our way along enjoying the moment, with the reassurance of sag wagon support in case of bike problems, fatigue, or injury.

Cabins, all meals

Day 5, February 7

Our final day on the bikes is a little longer. It's about 65 kms (40 miles) to La Fortuna, the ending point of our two-wheeled adventure. The town is at the foot of the Arenal Volcano. The volcano is a perfectly shaped cone of more than 1,600 meters (5,300 feet). It is considered as the most active volcano in Costa Rica. Almost every night the volcano gives a spectacular show of lights and orange lava flows with its explosive eruptions. During the day you can feel and hear the volcano explode which is already a spectacle on itself. La Fortuna is a popular tourist destination because of the volcano, and has the mod cons like ATM and internet access.

Hotel in La Fortuna, B & L

Day 6, February 8

Free day for activities around Arenal. For a scenic hiking trail and view on the volcano, you can visit the Arenal Volcano National Park. There is an observatory site located in the park from where you can enjoy a beautiful view of both the volcano and Arenal Lake. There are also several hiking trails which you can explore on your own. If you want to do something more adventurous or you want to see other places of interest in the area, you can go on one of the many half day and day trips that are being offered. These range from adventurous ones like rafting and horseback riding to a relaxing visit to the Caño Negro Wildlife Refuge or the La Fortuna Waterfall. There's an activity to suit everyone.

Hotel in La Fortuna, no meals

Day 7, February 9

Much too soon it is time to start heading home. We drive back to San Jose, settle into our hotel, and in the evening enjoy a gala dinner with the slide show on the Riding the Spine trip. This show is open to the public and may turn into a festive celebration of the accomplishments of the long distance riders.

Hotel in San Jose, Dinner

Day 8, February 10

Transfer on your own to the airport for flights home, or extend your stay to raft, surf, paddle, or hike the many wonders of this diverse and wonderful country. Or maybe just head to the beach to relax in the tropical sun! We can help you arrange any extensions that might catch your fancy.

SIGN UP NOW!

Please join us on the Costa Rica Volcano ride and support the three Spinners.

The trip is priced at \$795 per person double occupancy for 9 or more participants. If only 6-8 people sign up, there will be a per person surcharge of \$150. If you want single rooms, you will be billed an additional \$175.

To reserve a spot on the trip, please mail a \$200 deposit made out to:

John Yost, PO Box 1992, Murphys CA 95247.

Final payment is due January 3, 30 days before trip departure.

If you cancel your reservation before January 3, a \$100 cancellation fee will be charged and the balance of your payments will be refunded. If you cancel between January 4th and 17th, the cancellation fee is \$250. After January 18th no refund will be made.

WANT TO KNOW MORE?

If you have questions or want more information, please email John at jbyost@gmail.com.

CAN'T DO THE TRIP BUT WANT TO SUPPORT THE SPINERS?

Contributions to the ride fund are always welcome. To donate just go to <http://www.ridingthespine.com/sponsorus.html> and use the easy Paypal link to send them whatever you want to. If you do not want to use the internet to do this, you can mail your check to John Yost at the address listed above, clearly indicating what the check is for.

THANKS!

