

## Frequently Asked Questions

**What is our timeframe and route?** The ride begins in San Diego, CA on August 7 and will follow a southern route to St. Augustine, FL with an arrival date of early October, 2008. We expect to travel through or near cities such as Phoenix, El Paso, Del Rio, Austin, Baton Rouge, New Orleans, Mobile, Pensacola, Gainesville and Tallahassee.

**How many hours and miles per day?** I plan to ride 5-8 hours a day and average about 60 miles per day. Barbara will follow in our Prius with a back-up bike, tools, food, luggage, our computer and lots of moral support.

**Will others ride with us?** My cousin, a son, and a number of bike riding friends will join us for a portion of the trip, as we hope will other supporters along the way.

**How much money do we hope to raise for Habitat for Humanity?** To commemorate my 71<sup>st</sup> birthday, we have set a goal of \$71,000. However, we fully expect to exceed that amount.

**What is Habitat for Humanity?** Founded in 1976, HFH is a worldwide non-profit organization that seeks to eradicate poverty housing around the world through its more than 2000 local affiliates. HFH has built more than 200,000 homes with volunteer labor then sells that house to partner families who have invested at least 500 hours of "sweat equity" towards constructing their new home.

**Who are our sponsors?** Family, friends, colleagues, former students, as well as corporate donors such as Sutter Health, Schwab Bank, Clif Bar, Convergent Computing (CCO), SKS and others to come.

**How much will the trip cost?** The estimated cost of the trip is \$12,000 which Barbara and I will pay for as part of our personal contribution to HFH.

**How can people follow the ride?** [www.habitatcycleofhope.com](http://www.habitatcycleofhope.com). We will provide a blog with photos so you can follow the trip virtually without working up a sweat.

**How can people contribute?** [www.firstgiving.com/cycleofhope](http://www.firstgiving.com/cycleofhope) or by making a check payable to Habitat for Humanity East Bay; note Bob's Cycle of Hope on the check and mail to Barbara Frick, 3374 McGraw Lane, Lafayette, CA 94549.

**Personal Background:** Married 48 years, Bob and Barbara Frick have lived in the Bay Area since 1962 where they raised two boys. Retired as Vice Chairman of the Board of Directors for Bank of America, Bob now teaches at St. Mary's College in Moraga, CA. For nearly 20 years, the Frick's have also managed several hundred low-moderate housing units where Barbara developed preschools, ESL services, and free meal, swimming and tutoring programs. Together the Fricks have shared several long distance bike rides and hiking adventures in the US and abroad.

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