The ride eh? I gotta tell you I am sooooo psyched for this ride. It's the Ride to Conquer Cancer and this year its from June 12-14th... just over 200km's in total. The actual ride starts in Toronto on June 13th. We ride from Toronto to Hamilton and camp out at Mohawk College- apparently that Ancaster hill is a bitch to climb.

Day 2 we wake up after a lovely night in a tent and leave around 7am and head out to Niagara Falls where we'll be greeted by friends and family and then celebrate if we can muster up enough energy.

We each have to raise a minimum of $2,500 which nearly made me crap my pants when I first signed up BUT people have been soooo generous and my pocket picking skills have much improved which has all helped me get my funds. There's 4 of us from my work signed up for this ride and one guy's neighbour started a team last year when he did the ride, so I joined the group "Los Viejos". Ok, now my English comprehension skills leave a lot to be desired let alone my Spanish so I finally asked one of the guys what the name means during a training ride and ...I am VERY pleased to announce that I am on a team called "Old Men!!"

Right now I'm training, training and then training. I can get about 50km without stopping and I figure once the training wheels come off that # should improve. I know I can do this ride ...I may just not be very pleasant to be around after:)