

Grueling 560-Mile Trek



MTA's Haim Geffen Starts California AIDS Ride June 7

(June 5) Sunday, June 4, was a big day for the MTA's Haim Geffen. Along with some 2,500 others, the transportation planning manager mounted his bike and pedaled out of San Francisco for the start of a grueling seven-day, 560-mile ride to Century City.

A challenge for a 53-year-old man, sure. But, participation in California AIDS Ride 7 is worth it for Geffen, who has raised more than \$2,800 to support the Jeffery Goodman Special Care Clinic at the Gay & Lesbian Center of Los Angeles.

MTA REPORT (Feb. 17)
Raising Money for Research
[MTA's Geffen is Training Intensively for 560-Mile California AIDS Ride in June](#)

In a special letter to MTA Report, Geffen described a training day in the San Fernando Valley, his feelings about the race and those who supported his effort:

By **HAIM GEFFEN**

Warm weather and a challenging 75-mile route that began in Balboa Park in the San Fernando Valley made for a spectacular but demanding day of training.

We started early (although not as early as an actual day on the AIDS Ride) and many riders found that by pacing themselves and by stopping to stretch, drink, and eat, they were able to cycle further than they had ever had before.

Tired but confident

At the end I was tired but more confident that I could complete at least one day on the ride. At the same time I was also thinking about the effort it would take to complete seven days in a row. I learned that the key would be pacing myself and staying hydrated.

If you have ever trained for a big event, you may agree with me that training time never appears to be sufficient. However, some training partners who participated in the ride in previous years have told me that I am ready.

The donations to the cause of AIDS treatment and research are put into action right away and are already making a difference. I was impressed and touched by the financial support and encouragement I received from the MTA community.

Thanks to caring people

I want to thank the supporters who know me, and in particular, those who do not know me personally but who still reached out to help. You all responded and made a difference. The goal for this ride is to reach a cumulative total of at least \$6 million and it appears that it is well underway, thanks to caring people....

The months, weeks, and days of training have brought me to the threshold, and soon the actual Ride will begin. The training has fortified my body, and the support and encouragement of family and friends within the MTA and outside fortified my spirits.

Eleanor Roosevelt said, "You cannot do the thing you think you cannot do". Well, it is time for me to go out and do it. I am ready. I will tell

you the stories when I come back.

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