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David Vila and his trusty bicycle trained several times a week in preparation for the Leukemia Society ride.

## David Vila's 106-Mile Ride Nets \$2,500 for Leukemia

By ELIZABETH A. CRAIGG

(Sept. 2, 2004) Biking 106 miles at an average 16 mph to finish in 6 hours and 26 minutes – all to raise money to find a cure for leukemia. And Metro's David Vila says, "I'm hooked on it and I love it!"

Vila, a contract administration manager, participated in the Cool Breeze Century Ride for the Leukemia Society of America, Aug. 21. It was his first bike event.

In preparation for the ride, he cycled more than 1,500 miles in three months. His training and efforts paid off for the Leukemia Society. He raised \$2,500, far exceeding his goal of \$1,800.

Why at age 56 did he begin cycling? "Last year I became eligible for a senior citizen discount and I realized that I wanted to see how good of an athlete I can be after fifty," says Vila, a contract administration manager.

### 'An enjoyable thing'

He trained with Team In Training two to three times a week. He also trained with a triathlon team one to two times a week, averaging 30-85 miles each trip. "A 50 mile ride is an enjoyable thing."

The Leukemia & Lymphoma Society's Team In Training hosts and trains participants in marathons, half marathons, century and triathlons in various locations to raise money for finding a cure for leukemia and lymphoma.

Vila is excited about being involved with other races that support other good causes. "There are a lot more causes that mean more to you when you get older."

As a personal challenge, he wants to finish another century bike ride – this time in 5 hours at 20 mph.

