

# So, What Did You Do This Summer?

## How about a 575-mile bike ride?



Center in New York, Dr. Rafi Ahmed's team at Emory Vaccine Center at Emory University, and Dr. Irvin Chen's team at the UCLA AIDS Institute. They are all doing cutting-edge, outside-of-the-box science that traditional funding sources are slow to finance.

Over 430,400 Americans have died of AIDS in the United States in the last 19 years.

Worldwide, that number jumps to 18.8 million. This

year, it's estimated that over 34 million people are infected with HIV.

In light of that, Art and Ed felt that in addition to this being a great

adventure, it was a way for them to raise money, do something good

and help support a very worthwhile cause in a very big way.

As you may recall from previous editions of *At Random*, Art and Ed were featured as part of a group calling themselves "The High Adventure Club".

Along with a few other employees of Random House, this informal group, founded back in 1989, provides an avenue for those "dedicated to the edge and experience life to the fullest".

And a big experience it was. The route was a 575-mile ride in Missoula, Montana and ended in Billings, Montana. The number of

miles each day varied. The typical day began at 5:30 a.m.

with riding beginning around 6:30 a.m. Along the

way, they encountered nature at it's fullest. On the second day of

the trip, they crossed the Continental Divide, which is at an elevation of over 6,000 feet. The three encountered temperatures in the 40's with winds blowing at 20 miles per hour. Towards the later part of the trip, it was ghastly hot! During one of the last evenings, the camp was even evacuated to a local school due to a nearby tornado. But, yes, the scenery was breathtaking.

Both Art and Ed were very impressed with the organization and how helpful everyone was.



Kudos to Art Palaia and Ed Ramsey who did a very commendable and remarkable thing this summer. In July, the two, along with Art's wife, Kathy, participated in a very powerful and unique event in the battle against Aids. They, along with 2,000 other people participated in the Montana Aids Vaccine Ride

that supports three research teams working toward the eradication of AIDS by vaccine. These teams include the Dr. David Ho's team at the Aaron Diamond AIDS Research



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Every time they would see someone sitting along the side of the road, there was always a helpful hand nearby. Everyone supported each other. One man told Art, that in one day alone, he changed six flat tires and none of them were his. It was this type of teamwork that really impressed them.

They learned something about themselves, too. They challenged themselves and persevered. On day #5, Ed Ramsey said this was the day he felt the worst. He had to go 90 miles that day and it was probably the hottest day of the trip.

It was both mentally and physically exhausting. But they did it!

So, what else goes along with a 575-mile ride? Well, try dehydration, hypothermia, sunburn and windburn. Unfortunately there were even some broken bones and a few stitches.

So, what's next for the members of the High Adventure Club? Well, right now rest, but who knows what the future holds!

