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The Records, the Hardship, and the Glory of 2005 Insight RAAM

TEMPE, Arizona—The long, 3052 mile cross-continental journey through the heartland of America is over and the cyclists have all been put to bed. Hallucinations of grandmothers picking blueberries have been replaced by visions of sugar plums. The 24th annual Insight RAAM enjoyed a 74% increase in overall participation and saw records fall; a legend of the sport, Dr. Bob Breedlove, tragically left this world; and as an undeniable constant there was punishing heat. Of the 26 Solo riders who started the race in San Diego on June 19th 12 finished in Atlantic City, NJ, by the cut-off time 11 days later. This figure is close to the historical average of around 50% attrition, and it brings the total of solo riders who have completed RAAM to 181. 23 of the 25 teams who entered the race finished. Below are some of the highlights of the world's toughest ultra-marathon cycling event.

Record Breakers:

18 year old Alaskan Ben Couturier arrived in 7th place overall in the Solo field, making RAAM history as the youngest Solo finisher ever. Insight RAAM salutes two great sons of Alaska who now hold the record for the 'oldest finisher,' Peter Lekisch, who completed Solo RAAM in 2001 at age 60; and the 'youngest finisher,' Ben Couturier, who broke Chris Kostman's record, set as a 20 year-old, which had stood for 18 years. Couturier's finishing time was 11 days, 3 hours, and 10 minutes at an average speed of 11.42 mph.

Rise of the Recumbents. The first year of the recumbent race was nothing less than spectacular. Team ALS-Bacchetta posted the 3rd fastest team time overall and crossed the finish line in 6 days, 3 hours and 26 minutes at an average speed of 20.70 mph. The mostly San Francisco Bay Area recumbent cycling team of Karta Atehortua, Phil Plath, Tim Woudenberg, and John Schlitter established the division's first record. The team also raised almost \$20,000 to help increase awareness of Lou Gehrig's disease.

Fueled by Clif Bars no doubt, the Clif Bar Team, with founder Gary Erickson pulling at the helm, set the 'bar' extremely high in the first year of the Insight RAAM 24-hour Corporate Challenge by posting a time of 23 hours, 23 minutes at an average speed of 21.07 mph. As a result, perhaps a name change to the 23-hour Corporate Challenge is in order?

Dr. Bob Breedlove

We ask you to pause for a moment to remember the marvelous Dr Bob Breedlove, whose tragic death in the race cast a shadow over the entire ultracycling community. We are diminished by his loss. Every sympathy goes to his family.

Category Standings

Solo Category Highlights:

- › The largest time gap was 17h13m between Robic and MacDonald
- › The smallest time gap was 1h45m between Gepp and Robinson
- › Last placed Hopkinson finished more than 2.5 days behind winner Robic
- › Using the old 48 hour rule, there would have been only 7 official finishers
- › Of the 3 Solos finishers from last year entered in the '05 race (Robic, Trevino, & Kish), only Robic finished this year
- › Two Solo DNFs from '04 (Haase & Achermann), triumphantly reached Atlantic City this year.
- › 8 out of the 12 finishers were rookies.

Women's Solo

Sweden's Cat Berge became the first solo female RAAM finisher since Cassie Lowe in 2001. Cat finished the race in 11 days, 11 hours and 20 minutes at an average speed of 11.08 mph.

Veteran crew chief, Lee 'Fuzzy' Mitchell, headed Cat's crew with 'CATtitude,' allowing Cat to ride totally relaxed. "It's kind of hard to believe, but it feels like a dream come true. And the fact that I am here without having suffered greatly, and that I've been able to enjoy the whole race just feels like a blessing," beamed 'Cat' at the finish. In the combined Men's and Women's Solo Category Cat finished 8th.

1. Anna Catarina Berge 38 Sweden 11d-11h-20m 11.08 mph

Men's Solo

Defending his title, Jure Robic, 39, (SLO) easily triumphed over rookie Chris MacDonald after the two main contenders, Mike Trevino (San Diego) and Marko Baloh (SLO) pulled out. Trevino had

gotten off to a bad start with a gastric upset, but he battled on to Indiana where he fell off his bike and separated his shoulder. Baloh was forced out when he caught pneumonia.

1. Jure Robic	39	Slovenia	9d-8h-48m	13.58 mph
2. Chris MacDonald	32	Seattle/Denmark	10d-2h-1m	12.61 mph
3. Fabio Biasolo	43	Italy	10d-8h-14m	12.29 mph
4. David Haase	37	Wisconsin, USA	10d-12-41m	12.08 mph
5. Valentin Zeller	27	Austria	10d-20h-25m	11.72 mph.
6. Pius Achermann	42	Switzerland	11d-0h-26m	11.54 mph
7. Ben Couturier	18	Alaska, USA	11d-3h-10m	11.42 mph
8. Alexander Gepp	24	Austria	11d-15h-50	10.91 mph
9. Ben Robinson	30	Michigan, USA	11d-17h-35	10.84 mph
10. Jim Trout	35	Washington, USA	11d-21h-13	10.70 mph
11. Chris Hopkinson	37	Great Britian	11d-23h-5m	10.63 mph

Mark Metcalf, 46, (Texas, USA), dropped out of the race in brutal Appalachian climbs of West Virginia and West Pennsylvania with just 179 miles to go.

Rookie of the Year:

'Rookie of the Year' award goes to Chris MacDonald, 32, (DEN) marking the third consecutive year a rookie has placed 2nd in RAAM. With a strategy of sleeping during the hottest parts of the day, obtaining more sleep than his nearest rival, Fabio Biasiolo (ITA), and enduring intense pre-race training rituals to prepare for specific sections of the RAAM course using the advanced CompuTrainer technology, MacDonald finally edged out his competition going through the Appalachian Mountains. "We were racing each other and right until the last day we could even see each other," says MacDonald, who finished the race in 10 days, 2 hours and 1 minute at an average speed of 11.42 mph. "He's a good bike racer and you could feel that. I expected he was down for the count several times," he added about Biasiolo. MacDonald's second-place finish marks a tremendous accomplishment for the first-time RAAM rider. MacDonald admitted that lessons learned about the event's unique style of racing could be key to moving up to that final spot on the finishing podium. He was unsure whether or not that means we will see him again next year.

Team Category Highlights:

- › There were five time gaps between the teams, which were less than an hour the smallest of which was only 14 minutes between Mucho Gusto and Landis Team Phoenix. The biggest gap was over 22 hours between Dry Heat and 60+.

- › The gap between the winning Team Beaver Creek - Vail and the last place Team Wisconsin was 3:20:34. This was more than a full day longer than the time range between the first and last solo finishers.
- › Solo winner Robic's time was faster than the last team.
- › The top two teams were more than twice as fast as the slowest solo rider.

Two Person Male

In an upset result, Team Lower Austria-Krems claimed first place comfortably ahead of France's impressive Crazy Gones team, who found the race a lot more than they had expected.

1. Team Lower Austria-Krems	Austria	7d-1h-17m	18.03 mph
2. Crazy Gones	France	7d-11h-43m	16.98 mph
3. Team 60+	United States	8d-13h-34m	14.85 mph
4. Team Wisconsin	United States	9d-14h-49m	13.22 mph

Two Person Mixed

Shanna Armstrong of Team Endorphins announced herself as a potential Solo RAAM contender after carrying the team through the illness of her partner Dr Guy Wells. Armstrong estimated that she rode as much as 70% of the distance.

1. Team Endorphins	United States	8d-17h-36m	14.56 mph
2. Grupo Guapo	United States	9d-1h-51m	14.01 mph

Four Person Male

In the ultra-competitive 4-person team division, Beaver Creek/Vail stood out as the clear winners. The talented Inspiration GB team may have challenged for second place, but for a rider going missing in the desert near Plaster City, California, for several hours on the first day, a setback from which they never fully recovered.

1. Beaver Creek Team-Vail	United States	5d-18h-15m	22.07 mph
2. Team Schaffhausen	Switzerland	5d-22h-56m	21.35 mph
3. Kern Wheelmen / Advocare	United States	6d-4h-6m	20.61 mph
4. Team Inspiration GB	Great Britain	6d-16h-52	18.97 mph
5. 5 th Webcor Builders Endurance	United States	6d-19h-16m	18.69 mph
6. Team 3V	Japan/Great Britain	6d-22h-12m	18.36 mph
7. Mucho Gusto Team	United States	6d-23h-13m	18.25 mph
8. Team Give Life	United States	7d-14h-39m	16.71 mph

Four Person Female

Any challengers? The B2B Divas walked off with the win for the second year running. In 2005 they were unopposed.

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| 1. Roaring Fork Volvo B2B Divas | United States | 7d-0h-42m | 18.09 mph |
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Four Person Mixed

Discovering the power of RAAM to promote a cause nationally, the Chenieres Making Cancer History team was well on their way to raising \$150,000, which can be leveraged through government grants into a multi-million dollar figure.

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| 1. Team Cheniere Making Cancer History | United States | 6d-20h-57m | 18.50 mph |
| 2. Landis Team Phoenix | United States | 6d-23h-27m | 18.22 mph |

Four Person HPV – Recumbent

The technology battle of RAAM was in the recumbent division. Much was made of the unorthodox, but apparently highly efficient design of the ALS Bacchetta machine. The results suggest ALS Bacchetta may have a point.

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| 1. Team ALS-Bacchetta | United States | 6d-3h-26m | 20.70 mph |
| 2. Team JDRF VeloKraft | United States | 6d-15h-46m | 19.10 mph |

Corporate Challenge

The title sponsor's team looked set to post a new record speed in the Corporate Challenge division, but was thwarted by inclement conditions that put speed records out of reach. This makes their average of 19.62 seem very impressive compared to the record 19.84 set by Kaiser Permanente R2R in 2004. Team Donate Life, despite the participation of Eric Heiden, could not match the relentless pace of Insight.

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| 1. Team Insight | United States | 6d-11h-33 | 19.62 mph |
| 2. Team Donate Life | United States | 6d-15h-28m | 19.14 mph |
| 3. Vern's Inc.Team | United States | 7d-10h-5m | 17.14 mph |
| 4. Team Dry Heat | United States | 7d-15h-12m | 16.66 mph |

24-Hour Corporate Challenge

Clif Bar threw down the gauntlet to other corporations who think they are pretty sporty but do not have time to prove it in the full corporate challenge. Clif Bar founder Gary Erickson led by example, riding with his staff members to one of many historic firsts for his company.

1. Clif Bar Team	United States	1d-23h-23m	21.07 mph
2. Swami's/Raceplan	United States	1d-1h-26m	19.38 mph
3. Kaiser Permanente R2R	United States	1d-2h-35m	18.54 mph
4. JMI Rookies	United States	1d-2h-35m	16.56 mph
5. Team Bicycling San Diego	United States	1d-5h-52m	16.50 mph

Honorable mention goes to Great Britain's Chris "Hoppo" Hopkinson who 'stoically' rolled down the Atlantic City Boardwalk to become the first Briton to finish Solo RAAM.

Best Quote: A television journalist from Austria shooting a documentary of Valentin Zeller's solo ride commented, "This is my first time in America. From television news I did not have a very good impression of this country before I came, but now I can see that the American people are very kind and generous."

2nd Best Quote: Lee Neathery from Cheniere's Making Cancer History Team, said, "What happens in the RAAM van stays in the RAAM van!"

RAAM is now, more than ever, a trans-national celebration of cycling and the human spirit. The RAAM organization applauds all those, both on bikes and off, who made 2005 one of the greatest Races Across America to date.

Danny Chew contributed to this report.

About Insight:

Insight North America Inc. ("Insight") is a leading provider of IT products and services to businesses, government and educational institutions in the United States and Canada. Insight's offerings span the entire IT lifecycle with more than 200,000 name-brand hardware, software and peripherals -- the largest selection in the industry -- along with a full line of services tailored to support the changing and unique needs of technology buyers. Insight is a wholly owned subsidiary of Insight Enterprises Inc. (Nasdaq:NSIT), ranked No. 537 on Fortune Magazine's 2004 "Fortune 1000" list. For additional information, call 480-902-1001 or visit www.insight.com.

About Insight Race Across America:

The Insight Race Across America has run every year since 1982, and since 2003 has followed its current route from San Diego, California to Atlantic City, New Jersey. Outside Magazine has called it "The World's Toughest Race", and others have described it as "The Tour de France done the American way". Top individual racers pedal roughly 350 miles per day, burning 9,000+

calories and sleeping just 90 minutes. Two-person and four-person relays comprising men and women race non-stop, covering over 500 miles per day. The race's senior management and ownership is in the hands of Race Director Jim Pitre, current co-holder of the 2-person 55+ Team record, and Head Official Lon Haldeman, 2 time solo winner in 1982 and 1983. For further background and race history, please visit www.raceacrossamerica.org.

*In 2003 Outside magazine rated the world's toughest races:

1. Race Across America, bike 3051 miles, 676.2 points
2. Vendee Globe Challenge, sail around the world, 675.0 points
3. Iditarod Sled Dog Race, mush 1,100 miles in Alaska, 417.5 points
8. Hawaii Ironman Triathlon , swim 2.4 miles/ bike 112 / run 26.2, 67.2 points