

Fitness & Sports

CAFB cyclist wheels across Iowa with Team Aim High

By Adriene M. Dicks
Special to Airlift Dispatch

The Air Force presence was definitely felt at the recent 28th edition of the Des Moines (Iowa) Register's Annual Great Bicycle Ride Across Iowa.

One cyclist from Charleston AFB and five cyclists from Shaw AFB, S.C., contributed to the Air Force's Team Aim High for a total of 125 riders -- the largest squad participating in RAGBRAI XXVIII.

Charleston AFB's Capt. Brad Bousquet rode with cyclists from Shaw, which included team captain Lt. Col. Randy Lefevre, Robert McDaniel II and Tech Sgt. Scotti Smith. Also on the Shaw team was reservist Keith Madan, Robins AFB, Ga. Dave Alderman, also from Robins, served as support.

This is the sixth year that Team Aim High has participated in the nearly 500-mile bike ride and the fifth time for Bousquet.

"The Air Force has put together a team the last six years to promote Air Force recruiting across Iowa," Bousquet explained. "Every year we pass out Air Force stickers, pencils, key chains and other items. Plus, we wear cycling clothes with 'Air Force' all over it.

"In every town we go to or through, Team Aim High members are approached by



Courtesy photo

Brad Bousquet (far right) of Charleston AFB and other members of Team Aim High promoted the Air Force while taking part in RAGBRAI XXVIII.

parents and high schoolers asking questions about the Air Force," Bousquet said. "It's a great experience to roll through towns with everyone yelling 'Go Air Force!' We have a blast every year, but the weather is usually an influential factor. This year, the temperature was just right, at about the mid 80's, but we had a few days of rain that we couldn't have done without.

"I'm a pretty dedicated cyclist and compete in races as often as I can," he said. "I'm a licensed racer in the United States Cycling Federation. Unfortunately, there's not too many races in

this area, but there's a good amount of group rides. Depending on who shows up to those, they can turn out to be races, too."

As for training for RAGBRAI XXXVIII, Bousquet said he usually gets 4,000-5,000 miles of riding in a year, so he didn't have to do any special prep for riding in Iowa.

"There were a few hills that definitely challenged me, though," Bousquet added.

Members of the Shaw cycling team each brought very unique experiences to Team Aim High.

Lefevre has looked forward

to RAGBRAI every year since 1996. He rode his first RAGBRAI while stationed at Offutt AFB, Neb., where Team Aim High started. A move to Shaw kept him from participating last year. Lefevre got involved with the small, informal riding club at Shaw and introduced the idea of riding in the RAGBRAI.

McDaniel, who usually puts about 5,000 miles on a bike every year, was very excited with the idea of riding in the seven day RAGBRAI.

Smith has been cycling for ten years. He has been a part of the USCF, the

National Off Road Bicycle Association and raced for three years in Italy.

On the first day of the RAGBRAI before pulling out, it is a tradition for the cyclists to dip the front wheel of their bicycles in the Missouri River in Council Bluffs, Iowa, the starting point.

According to Bousquet, the local Iowans were just as excited about the RAGBRAI as they were. Children were lined up on the sides of the roads waiting for the riders to slap their hands as they rode by.

Also along for the ride was former Secretary of the Air Force Sheila Widnall, completing her fourth RAGBRAI.

Team Aim High may include enlisted members, officers, spouses, reservists and civilians.

Every town that Team Aim High stopped in had something different planned and there was entertainment every night.

Two journalists with the Des Moines Register started RAGBRAI in 1973. Since then, the ride has grown from 114 cyclists to more than 10,000 cyclists from all 50 states and 17 countries.

Members of Team Aim High are already looking forward to next year's event.

"Cycling is a wonderful sport no matter what level of rider you are," Bousquet said. "Get out and ride!" **(Staff Sgt. Michael Duhe contributed to this article)**

Week One right around the corner; Swami ready to roll!

By The Swami
Pigskin Picker

Week one is almost upon us and The Swami's 15 winners are already picked.

As you can see, The Swami has listed his week one picks (his are in bold print, italics and underlined), so there won't be any misunderstanding for all those "rookies" out there.

The Swami is feeling confident about his picks and is looking forward to another good year of dominating the "Pigskin Pickers" of the Charleston area.

Here are the rules:

(1) There will be 17 weeks of "The Swami picks." To be eligible for the grand prize, you must play

14 weeks.

(2) Circle or highlight your picks and guess the total points for the Monday night games.

(3) Drop off your picks to the Public Affairs office, Bldg. 1600, rm. 224 or e-mail them to:

dispatch@charleston.af.mil

These are some easy rules to follow, but believe me, some

joker out there will forget to circle some games and you know what that means -- The Swami circles them -- you lose!

One last bit of advice for those Cowboy fans out there -- the pre-season is a very good indication of how their year is going to be. Can you say losers? Do you smell something (skunk)?



WEEK ONE

Name/Phone#: _____

Comments: _____

Sunday, September 3, 2000

- Arizona Cardinals @ **New York Giants**
- Baltimore Ravens** @ Pittsburgh Steelers
- Carolina Panthers @ **Washington Redskins**
- Chicago Bears @ **Minnesota Vikings**
- Detroit Lions @ **New Orleans Saints**
- Indianapolis Colts @ Kansas City Chiefs
- Jacksonville Jaguars** @ Cleveland Browns
- San Francisco 49ers @ **Atlanta Falcons**
- Tampa Bay Buccaneers @ **New England Patriots**
- Philadelphia Eagles** @ Dallas Cowboys
- San Diego Chargers @ **Oakland Raiders**
- Seattle Seahawks @ **Miami Dolphins**
- New York Jets** @ Green Bay Packers
- Tennessee Titans** @ Buffalo Bills

Monday, Sept. 4, 2000

Denver Broncos At **St. Louis Rams**

Monday Night Total Points _____

**Submit picks by Sept. 1, 4 p.m., **