

Here are some common pre-ride interview questions and answers.

1) As I understand it, the trip is designed as an outreach effort, and not specifically a fundraiser or something for you ministry. Is that accurate?

The Journey is not a fundraiser. It is an outreach of Bob Mortimer Motivational Ministries designed to bring a message of Hope and Courage.

2) As a rider, how do you suspect the 3,900-mile journey will compare to the few hundred mile trips you've been on in the past?

Riding across America on a 4 month, 3900 mile long journey is different than riding back-to-back century (100 mile) rides of the Seattle-to-Portland (STP). The centuries were a test of endurance and perseverance. I had to pedal 103 miles before the sun went down and get up the next day and do it again. At my average speed of 10mph, I had to stay focused and keep moving. The strain on my arm was intense by the end of the ride but I could not take the time to nurse it. And while my wife and son were riding with me, there was a very "solo" mindset. The good news is that it was all over in two days.

Our ride across Washington State was a mini version of Hope and Courage Across America. The actual miles per day were quite low and we had the whole family and guest riders and support vehicles. We were testing the feasibility of HCAA. We learned quite a bit. One, the riding is the easiest part. Coordinating stops, lodging, meals, routes, etc. is harder.

Hope and Courage Across America benefited from those lessons. Our core team is at a minimum. It is just five riders from the same family and two support team members. The support team is my sister and her husband. We have scheduled plenty of days to finish the ride. It is not a race or endurance ride. Forty miles a day average is very doable for an extended period of time. Once we get "in the groove" I expect our pace to be comfortable. We will need to work with group dynamics for a long time. We are prepared for everyone to have bad days. We just have to make sure we don't all have one on the same day.

On the riding side, we expect the mountains in the West will be challenging and the wind of the Plains will strain us. The heat and humidity of July and August will be a factor as well as snakes and bugs and cars and...wait, this starting to scare me. Seriously, we know this ride will be a very big challenge for all of us. It will take lots of Hope and Courage.

Hope and Courage is a ride with a purpose and we all believe in the purpose. At our lowest points we can lean on our Hope in Christ and He will renew our strength. HCAA will differ from the other rides because we will devote part of our schedule to speaking to people about Hope.

3) How have you and your family trained and prepared for the journey?

Our family has maintained a core level of fitness over the past years through bicycling. I have studied nutrition and training techniques. What we did not anticipate was the amount of time and energy we would use to get the non-riding details of the Journey together. We are equipping a 5th

wheel RV for wheelchair access and living quarters for 7. There is scheduling of stops for speaking, developing and maintaining the website, media and PR contacts, gear and clothes, plus wrapping up our day to day life here. On top of that, I continue our regular speaking ministry around the globe to raise funds for the expenses of the Journey. The thing that we would enjoy the most but are getting to do the least right now is ride our bikes. I have scheduled the first few weeks with low miles so we can bring our ride time up without getting hurt.

4) Are there May 17 local (Gig Harbor) events planned for the tour kick-off?

The City of Gig Harbor is hosting our send-off party. We will leave from City Hall(3510 Grandview Street - Gig Harbor, Washington 98335). Festivities begin at 10:00AM on Saturday, May 17. The Kiwanis are putting on a free Pancake Feed (donations welcome). There will be a worship band from Gig Harbor and dignitaries will give short speeches. The Hope and Courage Team will speak briefly and at 12:00 noon we will start our ride. Other riders are invited to ride along with us across the Narrows Bridge.

On Sunday AM, May 18 I will be presenting the message of Hope and Courage at Riverview Community Church 4135 South 216th Street / Kent, Washington 98032 / (253) 872-8881. After the service we will ride towards Issaquah. Riders are welcome to ride along. www.rcckent.org

5) What is a summary of the message you will share with groups you will encounter on the trip?

We need hope. Hope that there is a God that knows exactly what you are facing. A God that not only knows what you are facing but cares about the outcome. A God that cares enough to send His Son, Jesus, to carry you to eternity. But hope alone is not enough. Hope needs courage. Courage to get up and face the day. Courage to take that Hope and move forward and make a difference in your life and others. Hope comes from Christ. Courage comes from you. Is. 40:31

6) Can you provide a quote or two from one or more of your children about their excitement or concerns about participating in the summer-long ride?

Darla (wife):

I am excited we can take two activities we love (sharing Jesus and riding bikes) and combine them into one Journey. As a mother, I am concerned about my family's safety out on that very long road.

Nicole (19, daughter)

I cannot wait to experience America in this unique way. Pedal by pedal...mile by mile. I also think the heightened amount of family time and the opportunities to see God work through us will be invaluable.

Grant (16, son)

My guitar, my bike and living in an RV...what a way to spend a summer. I hope our message will have a ripple effect throughout America. I, also, want to ride so my Dad will never ride alone.

Chanel (10, daughter)

I am excited to tell people about Jesus all along the way. Because the people I tell will tell others and the world will be a better place. I will miss my friends back home but will meet new ones along the way.

7) Can you provide high-res artwork for us to use? The media kit link on your site didn't work for me.
Yes. I will send a few with this e-mail and a few in another to cut down on file size.

8) Anything I forgot to ask?

Why ride?

Hope must be inspired. Courage must be stirred.

Life is a journey of hope and courage. Hope must be inspired. Courage must be stirred. The spark of hope exists in us all. It is the glimmering sunrise on a distant horizon. No matter what we are facing, the situation is not hopeless. But hope alone is not enough. We need courage. Courage to take the next step. Courage to move forward.

We don't have the cure for disease. We can't reverse a tragedy. We can't even mend the broken heart. But maybe this journey can inspire *hope*. *Hope* in a God that cares about us as individuals....helping us to conquer the mountains. And maybe we can stir courage. *Courage* to take that Hope and go one more mile in spite of our wounds and challenges. Courage to live a life that makes a difference.

Why Now?

America is in the midst of many challenges. The sagging economy, the war in Iraq, and natural disasters dominate the headlines. It is easy to become discouraged. America needs reminded in 2008 of the hope and courage that makes this nation great.

To those that are facing the prospect of losing their home, their job, their health we want to stir the courage to hang on and face another day. Losses in life are inevitable but that does not mean we are hopeless. With hope and courage they can face the road ahead no matter what mountain is in front of them.

To a new generation of wounded soldiers we want them to be inspired to let the wounds heal and go into the future with confidence. I hope they see us and say, "If that man can do that with just one arm, I can do anything." And I ride with my family to show that the best things in my life came after I lost my limbs.