



## **MEDIA RELEASE**

---

Contact: Mike Meyer, Deborah Collins 630-896-4636

George Hood 630-415-6222, [trainer4663@yahoo.com](mailto:trainer4663@yahoo.com)

Web site(s): [www.ridgegeorgeride.org](http://www.ridgegeorgeride.org) [Ride IV Reasonsblog](http://RideIVReasonsblog)

AACVB Contact: Laurie DiBerardino, 630-897-5581, [laurie@enjoyaurora.com](mailto:laurie@enjoyaurora.com)

### **Aurora man goes for the Guinness Record on 300-hour spin bike ride to benefit Fox Valley United Way programs**

*Injured Marines, families also benefit*

AURORA, Illinois (March 18, 2010) Ultra-endurance athlete George Hood, an Aurora resident and three time Guinness world record holder in stationary (spin) bike riding, will help Fox Valley United Way raise funds to support local youth programs as he takes aim at a new Guinness record for spin bike riding.

Hood, training since September, is shooting for a 300-hour ride beginning April 11, 2010—expected to last 11 days—held at the vacant Lazarus Furniture Store between Sports Authority and Grants Appliance Store near the intersection of Ogden and Rt 59. Over the 300-hour ride, 1200 volunteer man-hours will be needed.

Ald. Leroy Keith (9<sup>th</sup>) on the 9<sup>th</sup> Ward Web site (<http://www.9thward.net/index.php>) is asking for volunteers to assist—enough to cover a 24-hour period of time. The shifts would span three hours each. “Witnesses,” “pace setters” and assistants are needed. Most crucial volunteer times are weekdays 8 a.m.-5 p.m. Ald. Keith can be reached at [AldermanKeith@aol.com](mailto:AldermanKeith@aol.com)

The current spin bike marathon riding record is 192 hours, set in January, 2009, in Belgium by Shirvani Merhzad. Hood’s best so far is a then record 177 hours, 45 minutes, set in May 2008 at the Heritage YMCA in Naperville.

Money raised by Hood will go to Aurora-based Fox Valley United Way, which provides support for more than 50 social services agencies in Aurora, Big Rock, Bristol, Hinckley, Little Rock, Millbrook, Montgomery, Mooseheart, North Aurora, Oswego, Plano, Plattville, Sugar Grove and Yorkville.

A portion of the donations will be shared with the Injured Marine Semper Fi Fund, which provides support to Marines injured in Afghanistan and Iraq and their families. “I’m a former Marine officer,” Hood explains. “I’ve been in Afghanistan. I’ve witnessed the dangers our young people have faced and the sacrifices they have made. They are heroes in so many respects.”

FVUW will earmark its funds for youth programs, including the local Three Fires Council of the Boy Scouts of America. Hood and his three sons of Naperville are members of Aurora Boy Scout Troop 849.

“One of my reasons for riding is that I know the future of our great country lies in its youth,” Hood says. “We have a responsibility now to the kids in the Fox Valley who need our help. My hope is that we all can be inspired to contribute through my 300-hour effort to bring the spin bike record back to the U.S.”

For Fox Valley United Way and the youth agencies it helps support, Hood’s record-setting attempt will help us highlight the continuing need so many families, especially families with children, face,” says Michael Meyer, FVUW CEO.

Sponsors and individuals who want to join the Fox Valley United Way-Ride IV Reasons effort can contact Meyer at 630-896-4636 or Hood at [www.RideGeorgeRide.org](http://www.RideGeorgeRide.org).

Hood is a retired DEA agent recently returned from southern Afghanistan where he conducted security operations on behalf of U.S. forces.

#### ABOUT THE AACVB:

---

The Aurora Area Convention & Visitors Bureau serves as the tourism marketing and management organization for Aurora, Batavia, Big Rock, Hinckley, North Aurora, Montgomery, Plano, Sandwich, Sugar Grove and Yorkville. This not-for-profit organization provides numerous travel resources to visitors via the Web site at [www.enjoyaurora.com](http://www.enjoyaurora.com) and a toll-free number 1-800-477-4369.

- END -