

Cyclist not ready to slow down

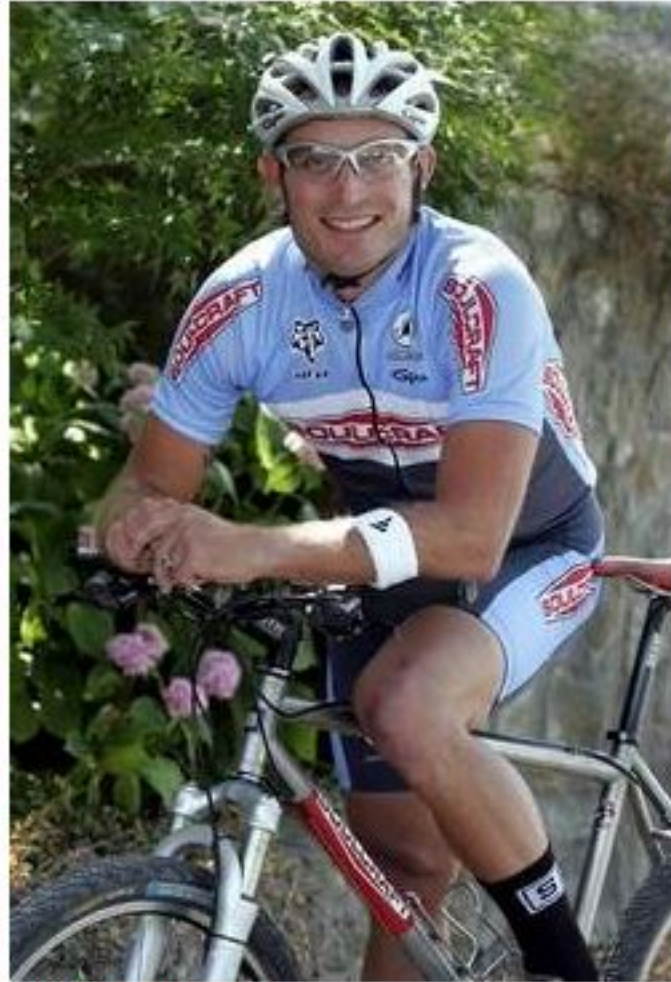
Third-grade teacher training to compete in second 24-hour race

By **NATHAN WRIGHT**
FOR THE PRESS DEMOCRAT

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Yuri Hauswald is not crazy, but the average cyclist may not agree.



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Yuri Hauswald is an endurance racer who won the 24 Hours of Adrenalin at Laguna Seca in May.

JEFF KAN LEE / *The Press Democrat*

YURI HAUSWALD

Age: 36

Occupation: Competitive cyclist and third-grade teacher

Racing experience: Hauswald won the 24 Hours of Adrenalin event at Laguna Seca in May, his first solo 24-hour race that required him to ride for a full day without rest.

What's next: Hauswald is preparing for the 24 Hours Of Adrenalin World Solo Championships, which will be held in Georgia in October.

The 36-year-old Petaluma competitive cyclist and elementary school teacher is preparing for the 24 Hours Of Adrenalin World Solo Championships in October, a bike race that will require him to ride for a full day without rest.

"I'm kind of like a diesel engine," Hauswald said. "I can go for a long time."

He has good reason to believe that he'll do just fine at the world championships in Georgia. Hauswald won the 24 Hours of Adrenalin race at Laguna Seca in May, his first solo 24-hour race.

Hauswald climbed on his bike at 10 a.m. on Saturday, May 13 and began biking 10½-mile laps that included 1,300 feet of elevation changes. He would complete 21 laps before calling it quits the next morning at around 8:30 a.m. when it was clear that no one would overtake him.

In his 22 hours, 30 minutes of biking he estimates that he consumed more than 22,000 calories, and drank at least 30 bottles of water. His only time spent off the bike was a five-minute dinner break and four quick pit stops for a restroom.

"It wasn't easy, that's for sure," Hauswald said. "I just settled into a groove and tried to be as steady

and efficient as I could. Things just came together for me during the race."

Waiting for Hauswald after every lap was his three-person pit crew - his wife, Vanessa Hauswald; Tim Page of Petaluma ; and Matt Nyiri of Santa Rosa. The team kept him hydrated and fed him many almond butter and honey sandwiches.

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"They all stayed up for the 24 hours," he said. "They were an integral part of my success. I couldn't have done it without their help and their success, that's for sure."

After the race Hauswald grabbed a quick nap in his van, then made the trip back to Petaluma.

"I went to bed at 6 p.m. and didn't wake up until Monday morning," when he returned to his third grade classroom at La Tercera Elementary School with a great story.

"I think it blew their minds," he said. "They sat there for about an hour watching (a slideshow) and asking questions."

Hauswald is planning to participate in a job-sharing arrangement with another teacher next year so that he can continue to pursue endurance racing.

He plans on teaching Mondays, Tuesdays and Wednesdays, and spending Thursdays through Sunday s training, traveling and competing.

Without the time commitment, Hauswald believes he'll be letting his opportunity to compete in the sport slip away.

"I need to do it now," he said. "This is a once in a lifetime opportunity for me. My wife and I want to have kids, so I can't do this forever. I have to chase this dream and see what happens."

Competing is not a cheap proposition.

Travel and equipment expenses can be vast - he estimates an \$8,000 price tag to compete at the world championship and his bike cost \$4,000 - and only working part-time will further strain his pocketbook.

Hauswald, like many cyclists, is always looking for sponsorships to help ease expenses.

While Hauswald is painfully aware of the costs of his sport, he refuses it to allow it to stand in the way.

"It's definitely something that I love to do, and I'm willing to tax my credit cards to chase this dream," he said.