

Three Wheel Recumbent Road Record For
100k, 200k, 300k, 100 mile, 200 mile, 6 hour and 12 hour

By Marshall E Randall

On 9/23/2022

- Start location was the intersection of 120th and S Oak. This route is a loop route and begins and ends 92 feet North of the S Oak Stop sign at the intersection of 120th and S Oak.
- Conditions: The air temperature at the start was quite cold a mere 36 degrees. The sky was clear for most of the day and the wind was very minimal. Given the cool temps of the day it was difficult to hit let alone maintain the goal pace, and the cool temperature took its toll as the day progressed.
- Why: I have been afforded the time and ability to compete in a lot of different endurance sports throughout my adult life, and yet at the young age of 65 its still exciting to pursue new challenges. This along with being involved with a recumbent trike manufacture who's primary customer is over the age of 50 inspired me to inspire others. I really wanted to get something out there that speaks to "Age Is Not A Disability". Many aging adults are giving up to quickly on continuing an active lifestyle. And in turn this keeps them from enjoying activities they loved when younger. So let this record attempt speak to them all, stay active and stay young.
- Equipment: For equipment I rode what I believe to be the fastest most aerodynamic mass-produced recumbent trike. An Ian Sims designed GreenSpeed Aero by WizWheelz.
- I relied on Maurten Gel, Maurten Drink Mix, Nuun and peanut butter honey and banana sandwiches – and some super salty potato chips.
- Best Part: Undoubtably it was to share this event with my wife who was there the entire time, she has been at every major event I have competed in for over forty years. And that is no short list of events. (from Olympic trials in 84, numerous state cycling championships, Kona Ironman in 95, two snowshoe nationals to name a few)
- Hardest Part: Physical Fatigue. I really struggled for some reason right after the first 100 miles, and then from eight hours though ten or eleven hours. But again, Kelle my wife was there to encourage me. I had such a great support crew, they were awesome.
- Unusual: Unusual things, not really it was rural Michigan, so the nine dear, thirty or so turkeys and the couple of cats that crossed my path was not a surprise.
- Finish Location: The finish was the same as the start, location was the intersection of 120th and S Oak. The route was a loop route and began and ended 92 feet North of the S Oak Stop sign at the intersection of 120th and S Oak.
- Finish Time: We finished our ride fifteen minutes short of the Twelve hour cut off at 7:45 PM.