

Rider's Narrative Summary

The rider's summary should be sent promptly and must be submitted within 14 days of the completion of the record attempt.

So that the report can be posted at ultracycling.com, please e-mail the report and digital photos of the start, the attempt and the finish to the Records Chairman. The report should include:

- **Record attempt:** Outdoor track attempt, Flávio de Silva 10/14/2022
- **Name of rider(s):** Flavio de Silva
- **Start date and exact start time to the nearest minute:** 10/14/2022 14:03:00
- **Exact start location described so that someone else could find the same spot:**

Ciclovía do Rio Pinheiros (Ciclovía Franco Montoro) near the access to Vila Olímpia

- **What were conditions like?**

Cloudy weather with a temperature close to 20 degrees centigrade in the first 4 hours, and then there were torrential rains in the next 14 hours and a temperature close to 15 degrees of thermal sensation returning to around 24 degrees in the last 6 hours

- **Why did you want to do a record?**

Because I admire all those who practice ultra-cycling, and I discovered that there were very few people with ultradistances on bike paths, especially in South America, where the longest distance traveled by a cyclist that is known is 699km, a feat not approved by anybody in the year of 2011

- **What equipment did you use? Anything special?**

A time trial bike - Trek speed concept - with SRAM Force 11 speed group 52x39 - 11x28 ratio, 80mm Zipp wheel 700x25 continental tubular tire, and 700x25 Vittoria Tubular tire on closed Zipp wheel (full carbon equipment). Training wheels with Vittoria 700x28 tires, Giro helmet, Spiuk shoes, Mauro Ribeiro Sports clothing, Vince socks.

- **What did you eat & drink?**

Plant-Based Nutrition from the brand "Dobro": Portions of Carbohydrate Gels, Isotonic, and BT Nitrate Beetroot Juice. Mini bread with jam or fruit jelly, protein bars, tons of coffee, chocolate cake, and natural sandwiches from the brand "CoffeRunBike".

- **What was the best part?**

Every attempt, including working and cycling with friends nearby, between the shouts of encouragement from people on the team and unknown people also in the crowd, especially finding friends at the end and fraternizing the distance traveled, even below the intended goal, but the invitation and support to try again.

- **What was the hardest part?**

Making sharp turns, braking and accelerating (elbow type) in the rain on slippery ground, and not falling once in all 79 times out of 40 laps

- **Did anything particularly unusual happen?**

Night attacks of a typical South American bird called "Quero Quero" (Southern Lapwing bird) this aggressive bird. I might have footage of the attacks.

- **Exact finish location described so that someone else could find the same spot:**

Ciclovia do Rio Pinheiros (Ciclovia Franco Montoro) near the access to Vila Olímpia

- **Exact finish time:** 14:00:02