



Tuesday, August 19, 2003

Student to compete in grueling 24-hour race

By **Jeff Samoray**, OU Web Writer

Oakland University senior Jason Kinley was discharged from the Marines three years ago because of an irregular heart beat. During periods of exercise, his heart would race up to 280 beats per minute.

Kinley, a **general studies** major with double minors in **exercise science** and **wellness, health promotion and injury prevention** (WHP), overcame that obstacle by undergoing a surgical procedure. After a full recovery, he picked up mountain biking and began racing through the encouragement of his father, who also is a cyclist.

The part-time personal trainer/full-time student now faces a challenge of physical and mental endurance – competing in a 24-hour bike race on an arduous course in the Canadian Rockies. After just three years of biking, Kinley has qualified for the fifth annual **World Solo 24 Hours of Adrenaline**, which takes place in Whistler, British Columbia, about two hours north of Vancouver.

During the World Solo 24 Hours of Adrenaline, more than 200 riders will attempt to complete as many laps as possible through challenging terrain, thin air and sometimes harsh weather within a 24-hour time period. The event begins at noon Saturday, Aug. 30, and ends at noon the following day.

"It's something I wanted to enter to test myself," Kinley said. "The trail will have lots of rocks and tree roots, and it's probably fairly narrow with lots of sharp turns and rough stuff. I heard that it rains a lot there and it's a wet course. There's also 1,350 vertical feet of climbing per lap, and the course is only eight and a half miles long. The air at the high altitude also could be challenging, at first. Basically, you eat while you go through the laps and stop only briefly for bathroom breaks.

"Last year's champion (Chris Eatough of Baldwin, Md.) made 19 laps. I'm shooting for 17-20 laps and don't expect to be off the bike for more than an hour and a half."

Though southeast Michigan's terrain doesn't come close to approximating British Columbia's mountains, Kinley has developed his own training regimen to prepare for the event.

"I ride everywhere I have to go, including my job at the gym," he said. "On the weekends, I generally put in 8-12 hours a day biking on trails. When working out, I do some simple upper body lifts, presses and curls. My legs get a lot of work through riding – I don't want to over train them. I also belong to a local team and race on weekends between May and September.

"My classes at Oakland also have helped me with my training. The WHP program has exposed me to how the body should properly function. I've learned to pay close attention to how my body is responding to my training so I don't risk injury."

As trial runs for the Adrenaline event, Kinley entered a 12-hour race at the Pando Ski Area near Grand Rapids, in which he finished fourth without having trained. In May, he finished fourth in his age group in a 24-hour race held at Boyne Mountain Resort.

Kinley will leave for British Columbia Aug. 24 to become acclimated to the elevation and weather conditions, check out the trails, and make some new friends.

"Mountain biking is a pretty laid back sport," Kinley said. "With team sports like hockey, the competition is very fierce. There aren't many players who have a lot of friends off the ice with guys from other teams. Of course, in mountain biking there are intense, hard core guys who are out to win, but when the race is over, everyone is friendly."

After graduating, Kinley hopes to become involved in clinical exercise testing and promote injury prevention in athletics. But he'd also consider turning his hobby into a career.

"If I can win the race, maybe I can get a sponsorship from a bike manufacturer and make cycling a full-time job," Kinley said. "Mountain bikers don't have the high profile of racers like Lance Armstrong, but there are guys who do it for a living. Besides, one of the great things about it is you get to spend the whole day outside."

Visit the **World Solo 24 Hours of Adrenaline** Web site for more information, including a list of past winners, race news, a photo gallery and more.

SUMMARY

After just three years of biking, OU senior Jason Kinley qualified for the fifth annual World Solo 24 Hours of Adrenaline, a 24-hour bike race on an arduous course in the Canadian Rockies. During the race, more than 200 riders will complete as many laps as possible through challenging terrain, thin air and sometimes harsh weather. Though southeast Michigan's terrain doesn't come close to approximating British Columbia's mountains, Kinley has developed his own training regimen to prepare for the event.

Created by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, August 19, 2003

Modified by CareTech Administrator (webservices@caretechsolutions.com) on Tuesday, August 19, 2003

Article Start Date: Monday, September 29, 2003