

## **Larry Oslund - History with Cruzbike and Ultracycling - 2014 - 2024**

### **Quick history of my start with Cruzbike and ultracycling.**

At age 54 and after experiencing severe pain in my neck, back, bottom, and wrists during & after rides of 1+ hours I started searching for a “better ride”. I stumbled upon Cruzbike and purchased a Silvio 2.0 model with a 28 degree seat recline. After a long week of learning to ride on my own, I fell in love with CruBike’s Front-Wheel-Drive (FWD) Movable-Bottom-Bracket (MBB) format. In the last 10 years I have logged more than 191,000 miles and 10,000 hrs without a single pain anywhere. That is an average of about 20 hr a week in the Cruzbike saddle! I still love it and plan on riding it until I go meet the Lord!

### **Some first key dates and events:**

June 16, 2014 - My first real ride on my Silvio 2.0 - 3.23 miles in my subdivision (this was after a week of trying to figure it out. I was 54 years old when I started riding Cruzbikes.

June 23, 2014 - My first venture out into traffic - Rode my 10 mile ride to work and back

June 29, 2014 - My first Century (101 miles in 4:59) - Hilton Head Island - on vacation

July 4, 2012 - My 2nd Century ( 101 miles in 4:49) - with no stopping - 21.0 mph avg

Aug 23, 2014 - My first Ultra event - 247 miles in 12 hours - Mid-Atlantic - Maria Parker let me ride her Vendetta for 2 laps (50 miles) - then I knew I wanted one.

Nov 15, 2014 - Now riding a Vendetta - and using power - My first sub 4-hour Century (on Zwift) - 100.6 miles = 4hr - avg Power = 217W

Feb 14, 2015 - My first 24-hour event - Sebring FI - 30 F at start and through the night - off the bike 1h:36 mins mostly because of that. 430 miles - my farthest single ride. I really thought I could do 500 miles on this try. I rode 255 miles in the first 12 hours - all non drafting of course. I was very strong, but did not really know how to go fast yet or how to fuel myself. I was still a newbie!

2015-2024 - I did many ultra-events but realized my wheelhouse was really Centuries and rides up to 12 hours. Many events it just seemed like I entered the wrong category for that event (24hr instead of 12 hr, etc), but I still did well most of the time. I set many WUCA and Guinness world records in the recumbent category for these types of distances and times. I occasionally tried a 24-hour event, but usually something like a wreck or intestinal issue caused me to stop. It is just a very hard event and fueling has always been an issue for me for any time over 12 hours. I just always feel so sick and nauseous and my stomach usually starts to refuse fuel of any kind.

Over these 10 years I sadly saw my power making ability go down, but through much testing and refining of my position on my Vendetta I was able to maintain my speed - a at least through 2022 was able to ride a sub-4 hour Century (solo) - and even set the Guinness record for the “oldest Male to ride 100 miles in under 4 hours” on July 22, 2022 at 62 years 243 days.

Also during most of these 10 years I was known to train exceedingly hard - and even at 60 years old could push my HR up to 200bpm, and hold 160+bpm for an entire 4-hour Century. My red line.

### **My Health**

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Then on Feb 26, 2021 the unthinkable happened. I had a heart attack. I had 100% blockage in my circumflex artery. It actually took them 4 hours in the ER to diagnose this. They kept thinking I just had indigestion and treated me for that instead of just looking at my bloodwork which proved I was having a heart attack. Later, My doctor said that If it had not been for my collateral circulation built up by cycling I probably would have died. They put a stent in my circumflex artery - but said I still had 90% blockage in at least 5 other places and would need to recover from this procedure before I had the other fixed. It was amazing to me that I could have been doing all that hard training and riding and have all these blocked arteries. But the truth was undeniable. In June - I had 4 more stents put in - nearly the entire length of my Left Coronary Artery (LCA) is stented now. At this point I was put on statins for my cholesterol level - which was high and the cause of my blockages. It made me feel crummy all the time, so moved me over to a non-statin injection of "Repatha", which I only take every 2-weeks. This seems to be working well although it is very expensive.

After that I was told to ride easy for a year and see how I healed. I did this - riding easy, but still averaged about 4 hours a day - mostly on the trainer - but I also did rides like the Blue Ridge Parkway, and Natchez.

Then in June 2022 - I did a stress test at the Mayo clinic and was given the clean bill of health. Even though I was told I could work out and train as hard as I wanted, I have to admit being a little scared - and I also experienced very high heart rates during extreme exertion in hot environments - so I just stopped those activities. That happened during my last sub-4 hour Century in July 2022, and I have not ridden in those types of conditions nor exerted myself that hard since then. I guess I am old enough now to believe I can actually die from this

This was kind of the beginning of my mostly riding zone 2 and just concentrated on building low level endurance.

In Aug 2022 I stopped riding totally for about 8 months while I built the Cruzbike Museum. I just could not do all the daily riding and then do the hard physical labor for 8-10 more hours. It felt weird not to ride - but I think it was a good break for my body.

I started riding more beginning in July 2023 - When fellow Crubike friend ( Ken H) suggested a hill-climb challenge on Zwift. I did that and have been riding about 100-miles a day since then.

Oct 21, 2023 - I won the WUCA NA 12-hour Championship with 259 miles

Then I trained about as hard and long as I could Jan-Mar 2024, then on Mar 20, 2024 I did a 500 Km WUCA record attempt - where I managed to ride 500 km (310 miles) miles in 13:25 - I was really hoping to do a 24-hour attempt at this time, but I could not get people to help through the night. I was pretty strong at that time (stronger than I am now) - and based on my 310 miles in 13:35, I only need to ride 190 miles in 10:25 - that is only 18.24 mph for those final 10+ hours. That is almost coasting on a Cruzbike.

In July, Tor and I rode the length of Sweden ( 1340 miles with 51,000 ft climbing -Self-Supported) in 144 hours - my first foray into Randonneuring. This was probably the hardest event I ever did.

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Riding a loaded Vendetta (55 lbs) up many steep climbs was almost more than I could handle, but I finished it and glad I did.

Because of these last 2 adventures I once again got the itch to try and ride a 24-hour attempt and break that 500 mile barrier. My feeble brain teased me that it would be easy compared to the Length of Sweden! I guess it was, but it was harder too in a different way.