**Vlog Script**

**Crazy Cross Canada Cycling Expedition**

**May 8th, 1986:**

Hi, I’m Christine O’Gallagher. I’m a member of the Champlain Cross-Canada Expedition. It’s May 8th and I’m about to embark on a 5-week trek across our great country. Sounds a little crazy, but I’ve been getting ready for this for a year. Raising money, writing to sponsors, getting equipment ready and intensive training have been my occupation for the past 10 months. Mom, I know you’re worried right now, but I just have to do this. I really need to get away; to do something that no one thinks I’m capable of doing. Don’t worry; I’ll be touching base with you, and all of my followers, along the way to tell all about my crazy adventure in this vlog. I want to prove that anything is possible with hard work and determination. Anyway, it’s getting a little late and tomorrow we’re setting off for Hope, B.C. where we start to climb. Nite, nite!

**May 25th, 1986**

Hi there, it’s 10:30 and I’m about to go to bed. I’m so completely exhausted! Today has been the worst day of the trip. I actually ran out of inner tubes. I always carry two plus a patch kit, but with the rain I had three flats and had to repair the third flat in the pouring rain. You probably don’t know this, but patching a tire in the rain is like trying to light a fire with wet kindling. I had to start over because the glue wasn’t sticking to the tube. Every time a truck whipped by, I was hit by a tidal wave of grimy water and garbage. Fortunately, after an hour of fiddling in the cold, a car pulled over and a nice couple offered to help. They loaded my bike in the back of their station wagon and drove me to the nearest bike shop. You can always count on the kindness of strangers. Thank you Marvin and Rhoda. At the bike shop, I was able to warm up with a cup of hot tea while the mechanic fixed my flat. I know I could have done it myself, but I was so discouraged. I stocked up on tubes and a spare tire and was back on the road before sunset. I still had about 30km before the nearest campground and it was still drizzling. Finally, about a half a km before I arrived at the camp ground the sky suddenly cleared and I saw the most beautiful sunset I’d ever seen in my life. The sun quietly dipped behind The Three Sisters. There’s nothing like a mountain sunset.

**Final Entry**

Hi everyone it’s June 19th and I’m coming home tomorrow. After 5070 km I can’t wait to sleep in my bed! You know, a few of weeks ago I was about ready to buy a train ticket home. Nothing seemed to be going right, the prairie headwinds had almost got the best of me. But something happened one morning when I was filling my water bottles at a gas station. A burly trucker saw me and was curious to see all of my gear. So, we struck up a conversation. It was nice to talk to someone who knew the area and the best roads to take. He noticed how tired I was and I told him that I was thinking about giving up. He talked to me about his job and how long and lonely it was on the TransCanada Highway. Then he said, “The most difficult challenges you face in life are often the most meaningful and transformative.” I really wasn’t expecting that. Zen Buddhism from a Saskatchewan truck driver. All day, and for the rest of the trip, those words were always at the back of my mind and gave my legs the strength to keep pedaling. This adventure has taught me how anything is possible with conviction and hard work. You’ll never know what you’re capable of unless you take the risk and enjoy the ride even if it gets bumpy.