

# George Hood starts 300-hour spin

April 13, 2010

By HILARY DECENT For Sun-Times Media

As his 16-year-old son started the clock at 9 p.m. Sunday, former Marine George Hood began his attempt to break the Guinness World Record for endurance spin cycling for the third time.

The 52-year-old fitness trainer plans to cycle at least 300 hours over 12 1/2 days. In an event dubbed Ride IV Reasons, Hood will be cycling until April 24 in the space formerly used by Lazarus Furniture in the Aurora Marketplace Shopping Center at Route 59 and 75th Street.

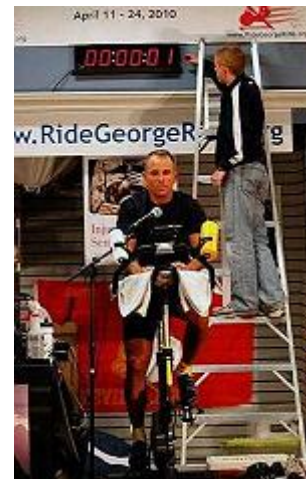
**Sixteen-year-old Andrew Hood starts the clock for father George Hood, who began his quest for the Guinness World Record for endurance on a spin cycle Sunday in Aurora.**

*(Terence Guider-Shaw/For Sun-Times Media)*



**Leroy Keith (from left) of Aurora, Marcia Williams of Aurora and Emerson Grove of Minooka, all known as George Hood's "Pit Team," count down the time to wake him from his six-minute nap Monday after he did 20 straight hours of riding at the old Lazarus Furniture store in Aurora.**

*(Terence Guider-Shaw/For Sun-Times Media)*



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About 40 supporters were there at the start, along with a few local dignitaries.

"This is about two great things starting tonight here in Aurora," Aurora Mayor Tom Weisner said. "Working to break a world record right here in Aurora and to raise funds for the Semper Fi Fund (for injured Marines) and the United Way of Fox Valley."

Alderman Leroy Keith told the crowd that if Hood were riding a regular cycle, he would be traveling 3,660 miles, 100 miles further than Anchorage, Alaska.

"Endurance is not just the ability to overcome an obstacle, it's a human trait that keeps pushing us forward," he said.

Hood was pumped.

"This is going to be one hell of an event, and we're going to make history here," Hood said. "I'm a man of faith, and this is indeed a faith journey in so many ways. We're looking for completion of that circle."

A short prayer service will take place at the bike at 9 p.m. every evening, led by representatives of Calgary Church.

"I think it's terrific," said Michael Meyer, executive director of United Way, Fox Valley. "It's really exciting for us to be part of a world record attempt. It's something exciting and the outcome helps the community."

Possibly the proudest person at the event was Hood's youngest son Andrew, a student at Naperville Central High School.

"It's crazy that he's doing this again, and pretty cool that he's doing it for the United Way," Andrew said. "He's a great example because people use this as a way to achieve things. When he started out, he did this for 75 hours, now it's 300. People can use him for inspiration."