

The Amazing Raise



A Bike-for-a-Cause from Luzon to Mindanao



STORY BY FREDERICK AGUSTIN

Bagac, Bataan June 16, 2012, 6:42am

It was a stormy dawn, but as early as 3am, we began our move. Good morning steep climb! A 30-minute uphill was our warm welcome, pushing the bike. National road at last! Great day for a bike ride! Mountains, bridges and rolling hills. Love Bataan. ^_^ Love Jaime Hilario School! Thank you God for the nice, cloudy weather.



Pampanga 9:56am

{WHATDA!} Busted rear tire. T____T
There goes my newly installed Maxxis Crossmark. Funny it went KA-BOOM in front of (one-of-the-four) vulcanizing shops. Got a spare ^_^.



De La Salle Araneta University 4:44pm

At last, arrived in our first stop. It was an amazing feeling getting to a La Salle School. Meet and greet, pictures, food, a little rest, and we're off again. It's very different riding in Manila. Felt a little cloustophobic riding between cars, jeepneys and buses.



De La Salle University-Manila 6:15pm
Taft Ave. Manila



College of St. Benilde

7:00pm, Our LAST stop for the day- CSB-Hotel. We were greeted by The Amazing Raise Project Head Mr. Marco Polo and we had a very hearty meal served by CSB staff. Warm bath, nice bed, cable channel, and the Manila skyline. ^_^

Bulacan 2:41pm

BULACAN!!! A quick pose with the landmark. We're starving. We're thirsty. We need a break. Buko juice. Buko juice. Bakery. Bakery. {chanting inside my head}



De La Salle University-Manila 6:30pm

It began to rain when we arrived in Quiapo, as we headed towards our second stop - DLSU-Manila. We pedaled through Taft Avenue, and it was great and very refreshing as the rain cooled us down. We met Br. Benildo Feliciano, FCS and also the DLSU-D staff.



De La Salle College of St. Benilde 7:10pm
Malate. Manila



College of St. Benilde 10:30pm

That's 160.55 kilometers today. Wow! Bataan to Manila. Bukas ulit. Nyt nyt everyone ^_^



College of St. Benilde Hotel June 17, 2012, 5:43am
 Good morning Manila! Getting ready for another day of biking. Today's itinerary - La Salle Greenhills[2], Antipolo[3], Zobel[4], and our home base DLSU-Dasmariñas[5]. Cinnamon roll bread and San Mig Coffee for breakfast. Going to be a busy day. Thank you CSB! ^_^



La Salle Green Hills 7:36am
 LGH at last! Welcomed by bikers from LGH. And they're going to ride with us from Greenhills to Antipolo (YEE!) ^_^



Heading to De La Salle Zobel 1:18pm
 Now, this looks familiar - (Alabang). Thirsty and hungry already. Our contact in Zobel prepared lunch and the thought of a really nice rice meal, cold water, and probably a few minutes of rest made me keep up the pace.

 **De La Salle Zobel** 1:50pm
 Ayala Alabang Village



De La Salle-Health Sciences Campus 5:00pm



La Salle Antipolo 10:12am
 That's some 'heavy metal thunder climb!' heading to La Salle Antipolo. Need to eat, (as in KAIN!) Antipolo is a favorite training ground for bikers and now I know why! It's a long ride to Alabang so we need to refuel. Go Dada!



De La Salle Zobel 2:05pm
 Yom-Yom! After lunch, Gio took a little nap, while I uploaded a few photos from our ride. Next stop are the Dasma campuses! Sooooo Excited. It's the Human Lasallian Star Day! Will be home again in a few hours. YEY - HOME!



De La Salle University-Dasmariñas 6:27pm
 HOME AT LAST! Home with the STAR! With Mr. Marco Polo and Br. Dennis Magbanua FSC. Mixed emotions. Two days of riding a bicycle. And here I am again, back to where it all started. AMAZING! Heading home to my wife and kids. ^_^



La Salle Canlubang June 19, 2012, 10:14am
 After a good rest in Dasma, we headed to La Salle Canlubang. Sun is already up when we began to pedal. I left the handlebar bag, DSLR camera, a few clothes and other stuff in my house in Dasma to lighten my pack. La Salle Canlubang is an amazing school. They have a campsite and a great trail for biking and running. Will visit again very soon! ^_^



La Salle Canlubang 12:07pm
 Staff, faculty and students riding with us in Canlubang. BTW, what inspired the DLS centennial logo?



La Salle Lipa 6:25pm
 Lipa City, Batangas



Calapan, Mindoro 1:50pm
 Welcomed by the Halcom Mountaineering Society



Calapan, Mindoro
 Our host in Calapan, the Halcom Mountaineering Society (HAI MS) suggested that instead of travelling in the afternoon, we head for Roxas Port early next morning. We decided to stay overnight and HAI MS hosted our dinner and socials. We listened to the group's stories about mountaineering and mountain biking. Great night!



Batangas City Port June 20, 2012, 8:28am
 Getting ready to board the ferry. The first time that I'll be putting my bike in a ferry. The ride from Lipa to the port was amazing. We have so many riders from Batangas that joined our ride. SALAMATI! ^_^



Calapan to Roxas Port June 21, 2012 5:00am
 Getting ready for a long ride to Roxas Port. Go Dada Fred!



Riding to Roxas Port Mindoro June 21, 2012 10:26am
 The heat catches up with our ride. We're trying to beat the 1PM boarding sched for the ferry heading to Iloilo. I felt some pain in my left knee. But I had to focus on the ride. We met some residents in Mindoro saying "Kayo yung mga bikers na taga-Lasalle..." They said they saw us on ABS CBN News. "Hahaha, sikat ka na!" I told Gio as we kept up the pace.

Roxas Port, Mindoro
 Arrived at Roxas Port at 1pm but had to wait until 9pm for the ferry ride to Iloilo.



Caticlan Port, Aklan June 22, 2012, 3:00am
 Singin inside my head "In the wee small hours of the morning..." Exhausted after 130.71km ride and sleepless from 10pm to 3am in a 5-hour ferry ride from Mindoro to Aklan. NEED A BED. NEED SOME REST. "In the weeeeeee..."



Caticlan to Kalibo, Aklan 11:25am
 "Climb every mountainnnnn..." Yes, see those mountains? Iloilo has tons of those hilly climbs. Mountains on the right and the sea on the left. Amazing view. Amazing ride! ^ _ ^

Kalibo, Aklan
 Caticlan to Kalibo, Aklan 67.54km



Kalibo, Aklan to Passi City, Iloilo June 23, 2012 109.68km



Passi to Jaro City June 24, 2012, 61.77km
 Last day ride in Iloilo. We've been blessed with a great weather. Early this morning, we passed this amazing view of rice fields enveloped with fog. Plenty of rolling hills and challenging climbs. The thought that Jaro is our last stop before heading to Bacolod sure makes our pace stronger. We are also excited to meet our contacts in Jaro who will guide us (and will give us a big foodie treat). ^ _ ^



Jaro, Iloilo 12:00nn
 The taste and textures of Iloilo - Bowl PANALO! ^ _ ^



Heading to Bacolod June 24, 2012 12:37pm
 Goodbye Iloilo T____T. One of the best rides of my life. Next stop is Bacolod City. We're staying in a Lasalle school this evening. YEY! ^__^ Wonder how much we've raised so far, hmm?

Bacolod City 2:47pm
 Arrived in University of St. La Salle Bacolod. We stayed in Balay Kalinungan. Gotta washup and rest. ^__^



Making sure that my Trek mountain bike is good to go. Air pressure, front suspension, hydro brakes, chains and shifters. Our friends here in Bacolod told us that Don Salvador, the road going to the port is not some ride in the park. It's going to be HARD. As in MOUNTAIN HAAARD!



St. Joseph School-La Salle June 25, 2012, 7:56am
 After a good rest, we attended the flag ceremony at St. Joseph School-La Salle and we had a little talk regarding The Amazing Raise Project. It's amazing that many staff, faculty and Brothers of La Salle schools here are bikers. Some are even triathletes. WOW! ^__^



Bacolod City to San Carlos Port
 This is probably the most challenging mountain bike ride. It's literally a mountain climb from morning till noon. We had riders who joined us in this trip. The scenery and climate while heading to San Carlos port was breathtaking. WHEW! ^__^



Bacolod City
 Our 2-night stay in Bacolod was awesome! It's my first time in Bacolod and Lasallians here welcomed us as a real family member. And at last, a real, authentic Bacolod chicken YOM YOM! ^__^



San Carlos Port Bacolod June 26, 2012, 12:32pm
 At last, San Carlos Port. We are boarding the 1pm ferry heading to Cebu. We bought lunch in the port and ate it on the way. It's a 2-hour travel by ferry and we are excited to get to De La Salle Andres Soriano Memorial College (DLSAMC) in Toledo City. We've heard that the campus is in the mining area. I'm really quite exhausted after pushing for Don Salvador in Bacolod. Hoping for an easy break in Cebu.



Heading to Cebu 1:36pm
 It was a many firsts for me. I've been to Mindoro in Puerto Gallera but that's the southern most part of the Philippines that I visited. So it's very exciting to go beyond Puerto Gallera Iloilo, Bacolod, and Cebu. I am also excited to meet our major sponsor Blood Red. I love ferry rides. Makes me real happy to be on the sea. ^__^ Maybe I should try sailing, Hmm.



Toledo City, Cebu June 26, 3:43pm
Arrived safely in Toledo City Port in Cebu. We met our contacts and headed to DLSASMC.



Heading to DLSASMC Toledo City, Cebu 5:10pm
I thought that it will be just a ride in the park. But as we pedalled on the way, there's a huge mountain in front of us. Gio was right, we're climbing again. After the great Don Salvador in Bacolod climb in the morning, we had the Toledo-Cebu challenge in the afternoon. I was really exhausted and took a lot of rest stops on the way. Have to pedal. *Keep up Dada. Go Dada Fred, go!* (whew!)



La Salle Toledo to Cebu City June 27, 2012 1:30pm
After an overnight stay in La Salle Toledo we went to Cebu City. It was hot but the view entering the city was amazing! ^_^

Cebu to Ozamiz June 27-28
Met our major sponsor Blood Red. Interviewed by TV 5 Cebu. Boarded the ship heading to Ozamiz. Almost sleepless in a 10 hour ride.



La Salle University - Ozamiz June 28, 2012
My first time in Mindanao. Wow! ^_^ It's nice to ride the bike again. La Salle Ozamiz is just a few minutes away from the port. Great start here in Mindanao!



La Salle University - Ozamiz
Met with the Brother President, Br. Jimmy Dalungines FSC, and also Br. Iligo Riola. We also talked about the Bike-for-a-Cause Project and tried to inspire both students and faculty to ride a bike.





Ozamiz City to Iligan City June 29, 2012, 11:11am
 From Ozamiz port, we took a ferry boat and arrived in Mucas, Iligan. We were welcomed by members of De La Salle Iligan and the Unified Cycling Club Iligan. It was an amazing gathering of bikers at Iligan port. Super happy that we are riding in a big pack. ^ ____ ^



La Salle Academy, Iligan City, Lanao del Norte
 That's one AMAZING WELCOME! Thanks Br. Raffy!
 And to all our friends in Iligan. ^ ____ ^



La Salle Academy, Iligan
 I will never forget Iligan. I will never forget Br. Raffy, the members of the Lasallian community there, and also the Iligan bikers. They gave us more than accommodation, but they looked after us as family members. I wanted to stay for a few more days T ____ T. Will definitely return soon.



Ma. Cristina Falls 3:45pm
 Breathtaking! ^ ____ ^

La Salle Academy Iligan



Iligan to Cagayan De Oro June 30, 2012, 7:04am
 I am already thinking of Bislig, Surigao del Sur, But we are 3 nights away. Today, we are riding with UCCI group again ^ ____ ^ Yey, and Br. Raffy will be there for us in a convoy vehicle. This will be a great ride! ^ ____ ^



Riding for Cagayan de Oro (CDO) 8:35am
 With the UCCI group. There were some hill climbs from Iligan to CDO, but when you have people riding with you and cheering you up, things began to look easier. ^ ____ ^ Thank you UCCI!



Cagayan de Oro, Misamis Oriental June 30, 2012
Br. Raffy and the staff from La Salle Academy accompanied us on the way to Cagayan de Oro. Thanks for the treat! Thank you for the support!



Cagayan de Oro to Gingoog City

One long ride. Plenty of hills and we're blessed with a little rain. Thank you La Salle Academy Iligan, Br. Raffy and company for riding with us. They brought food and drinks along the way. We made plenty of rest stops but we made it to Gingoog City! ^____^ That's 124.23kms today.



Cagayan de Oro to Gingoog City July 1, 2012, 11:11am
Our Mindanao leg was a BIG challenge. I had to look at the map in chunks rather than a bird's eye view. My mind-set was to pedal one day at a time. Mindanao got plenty of hills and challenging climbs, but the view and the company kept the pain subtle. Thank you Br. Raffy for tagging along. ^____^



Gingoog City

Our friends in La Salle Academy accompanied us all the way from Iligan City to Gingoog City. Wow!



Gingoog City to Butuan City July 2, 2012
Beautiful morning. And yes, it was not a dream, I am in Mindanao and I already rode **1,155.37 kilometers** on my mountain bike. We're pushing for Butuan City, then Bislig. Two more days...
["Thoughts meander like a restless wind inside a letter box they tumble blindly as they make their way across the universe..." - John Lennon singin in my head.]



Butuan City 12:05pm
(SIGH) Sa wakas - The De La Salle John Bosco College (DLSJBC) Team from Bislig! Arrived in Butuan City around lunch time. After 78.80kms, *kapaqod, kaqutom*. Chow time! ^____^



Rest and recovery in Butuan City. SUPER THANKS to all friends from De La Salle John Bosco.



Gingoog to Butuan City July 2, 2012
HEAVY METAL THUNDER! *Graveh, ang hirap ah.* Just keep pedaling. (*Focus Dada. Go Dada. Breathe!*)



Butuan to Bislig City, Surigao del Sur July 3, 2012
The last push! Yeah! Butuan to Bislig City. Our friends from De La Salle John Bosco told us that it will be a VERY, VERY challenging and long ride. *Madami na kayang nag-donate for the Bike-for-a-cause? Need to focus today.* (*Focus Dada Fred, focus, kaya mo yan.*)



Butuan City to Bislig City July 3, 2012
This is the longest and one of the most challenging rides of my life - **173.39kms!** (Whew!)



Bislig City, Surigao Del Sur 5:00pm
Finally! De La Salle John Bosco College! The welcome in Bislig took all the pain away. I'm overwhelmed! So happy that we finally made it here! Thank you GOD! Thanks to everyone in Bislig who accompanied us in the long ride.



Rest and Recovery
With the amazing friends in Bislig City who took care of us and toured us in Mindanao. ^_^



Davao Airport July 7, 2012, heading back to Manila.



Tinuy-An Falls, Surigao Del Sur July 4, 2012 11:11am
Majestic! Grabe, ganda dito! Salamat sa mga taga Bislig!



Bislig City to Davao July 5, 2012
After four days in Bislig, Br. President Ms. Ophelia Fugoso and company accompanied us going to Davao. ^_^ Stayed overnight in Davao and took the flight to Manila on July 7. The Alumni Association sponsored our airline tickets. ^_^ I want to stay more in Bislig, but I miss my home in Cavite. I miss my two kuliit daughters and my wife. <3 <3 <3 (Thanks Br. Ophel!)



Manila NAIA Terminal 3 to DLSU-Dasmariñas
We've pedaled from Luzon to Mindanao in almost half a month; and flew from Davao to Manila in about 2 hours. Hahaha. Nasa Luzon ulit! ^_^ Yipeee! Ride ulit!



Manila to DLSU-Dasmariñas
Project-Solidarity Ride, a 32.58km ride with bikers from various groups. ^_^



Total Distance Travelled:
1,440.14kms
211 kilos Carbon Dioxide Saved
Days Travelled
16 Days
31,320 Cal Calories Burned
The project has raised over
800,000.00 Pesos
in cash, sponsorship,
in-kind support & media mileage.

The ride of my life
It's a dream to ride a bicycle from Luzon to Mindanao. It's a dream to ride a bike with a deeper purpose. With the support from all 17 La Salle Schools across the Philippines and with my fellow biker Gio Espital, that dream is now a solid truth. BIG THANKS to all those who supported our ride. **Being green is not just a color, it's an active lifestyle. Ride your bike and be the change.** ^_^

2 BIKERS

FREDERICK AGUSTIN AND GIO PAOLO ESPITAL

1,500 KILOMETERS

BICYCLE RIDE FROM LUZON TO MINDANAO

17 LA SALLE SCHOOLS

FROM BAGAC, BATAAN TO BISLIG CITY, SURIGAO DEL SUR

P1.5 MILLION

FOR SCHOLARSHIP AND THE ENVIRONMENT

ONE LA SALLE

T H E A M A Z I N G R A I S E
A BIKE-FOR-A-CAUSE FROM LUZON TO MINDANAO

JUNE 2012

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A project of De La Salle University-Dasmariñas University Advancement Office

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