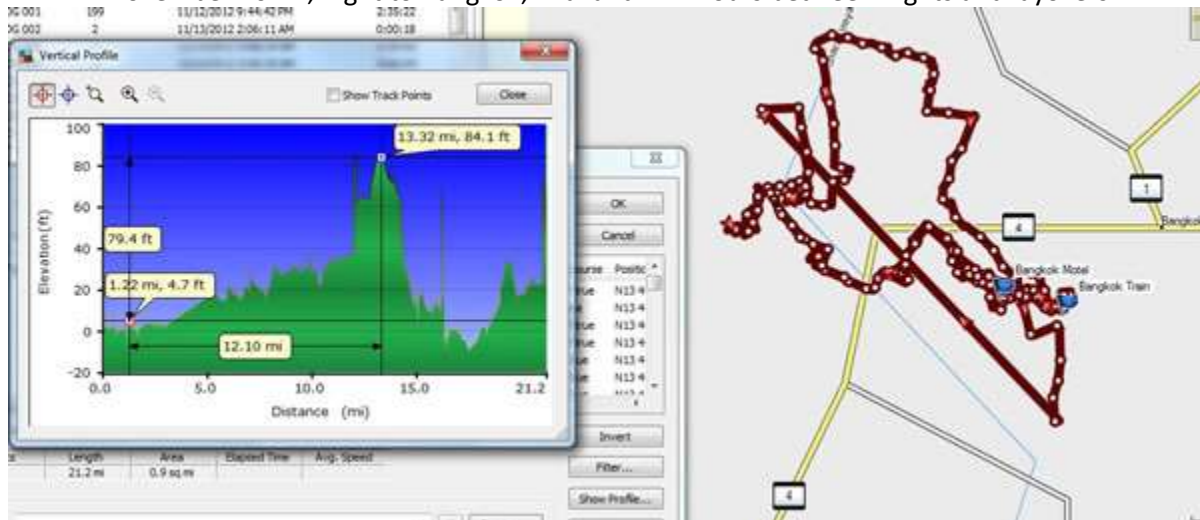
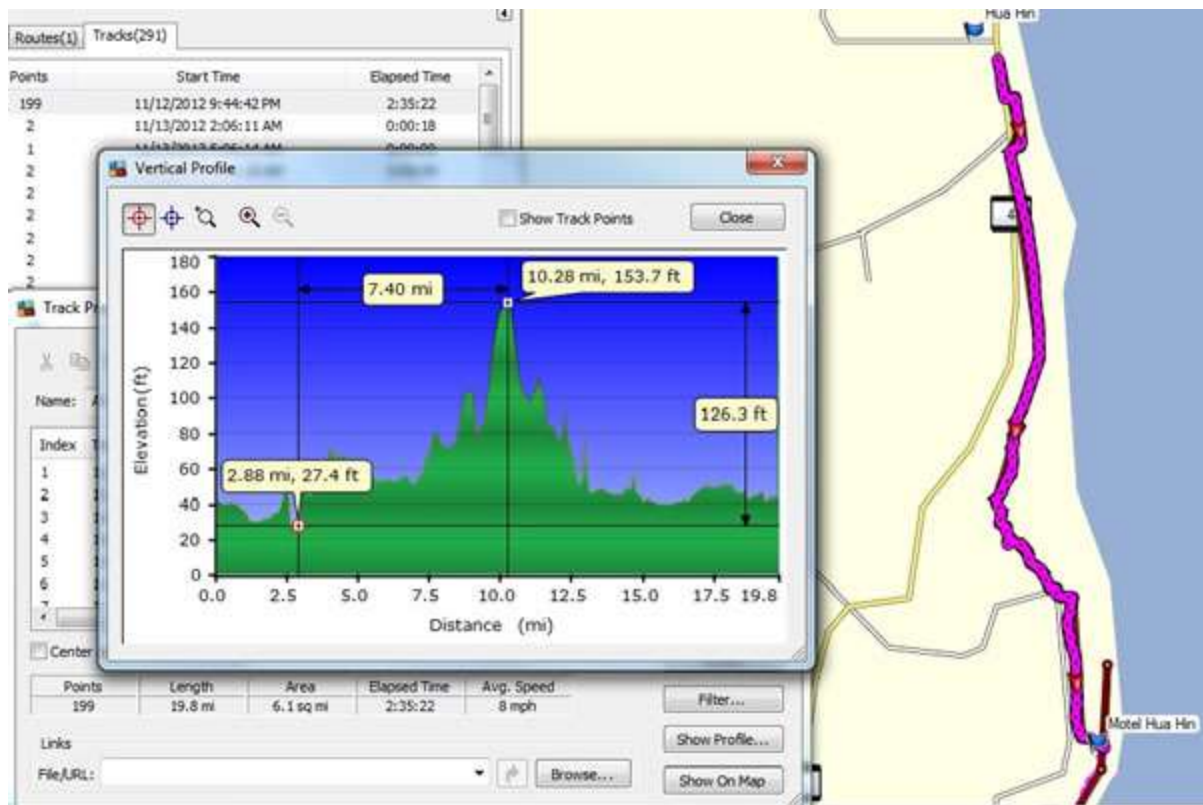


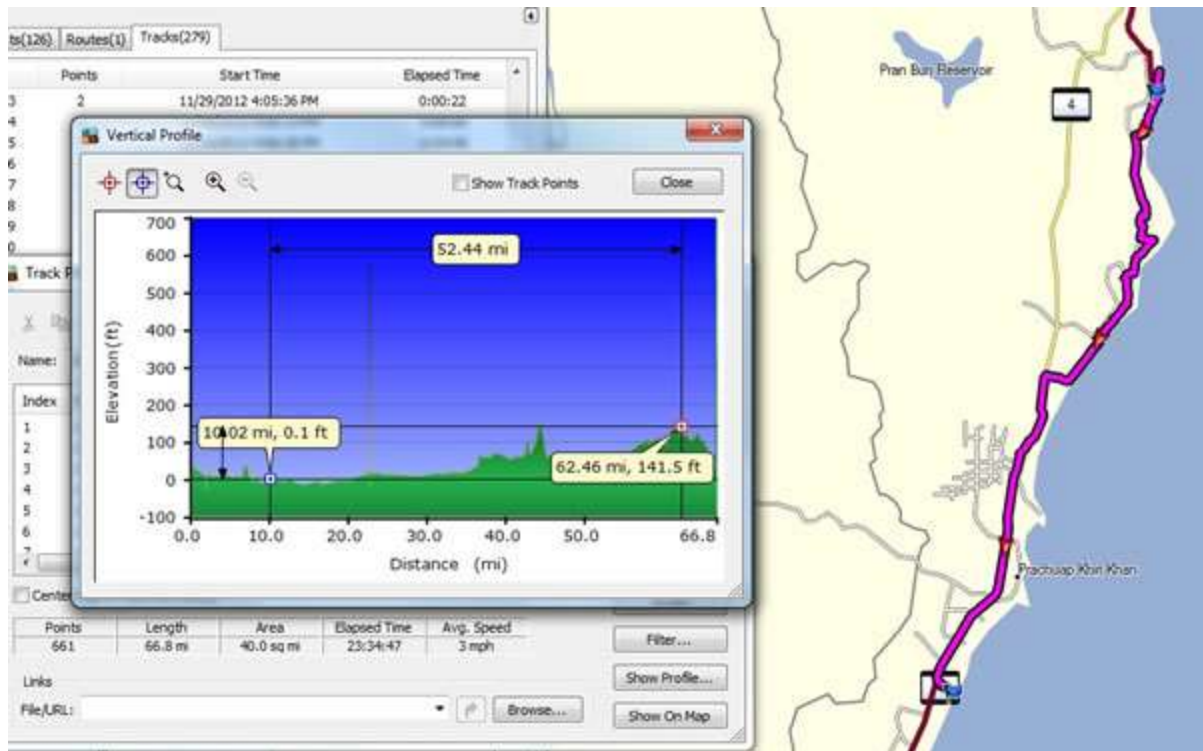
Entire Trip Profile - Thailand-Malaysia-Singapore -total miles biked 1125.4 miles
 November 10-11, flight to Bangkok, Thailand - 21 hours between flights and layovers



November 12, walked around Bangkok - Walked 21.2 miles



Day 4, Tuesday, November 13, 2012 - First day of biking - took a train from Bangkok to Hua Hin then biked to a beach about 20 miles south (near Thaa Ko Sa Forest Park) - Biked 21.2 miles (GPS not on at first)



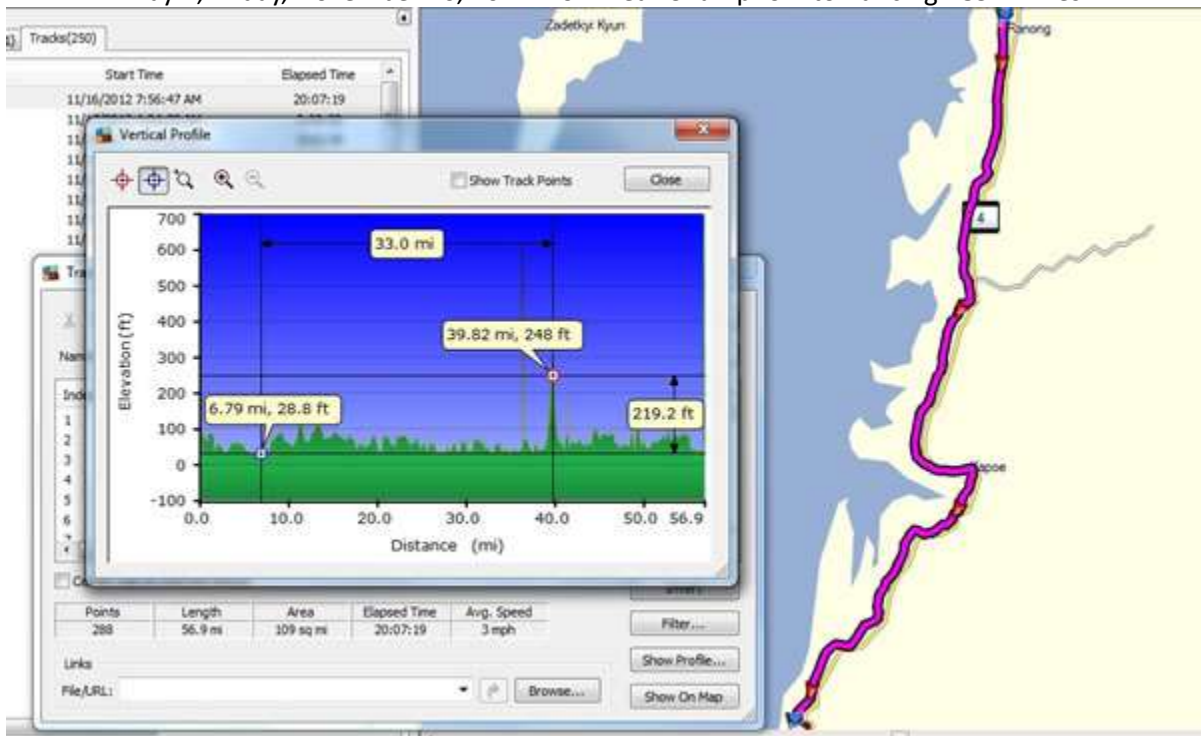
Day 5, Wednesday, November 14, 2012 - From near Thaa Ko Sa Forest Park to Hat Wanaakorn national Park - 66.8 miles



Day 6, Thursday, November 15, 2012 From Hat Wanaakorn national Park to near Chumphon. - 86.2 miles



Day 7, Friday, November 16, 2012 From near Chumphon. to Rancing - 85.7 miles



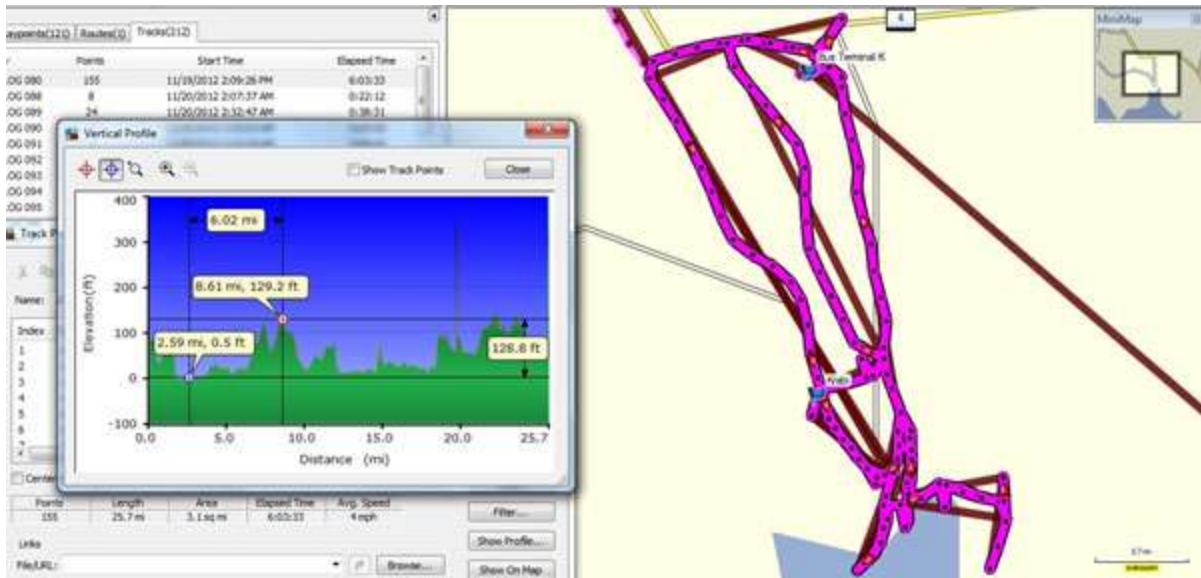
Day 8, Saturday, November 17, 2012 From Rancing to Kamphaum - 56.9 miles



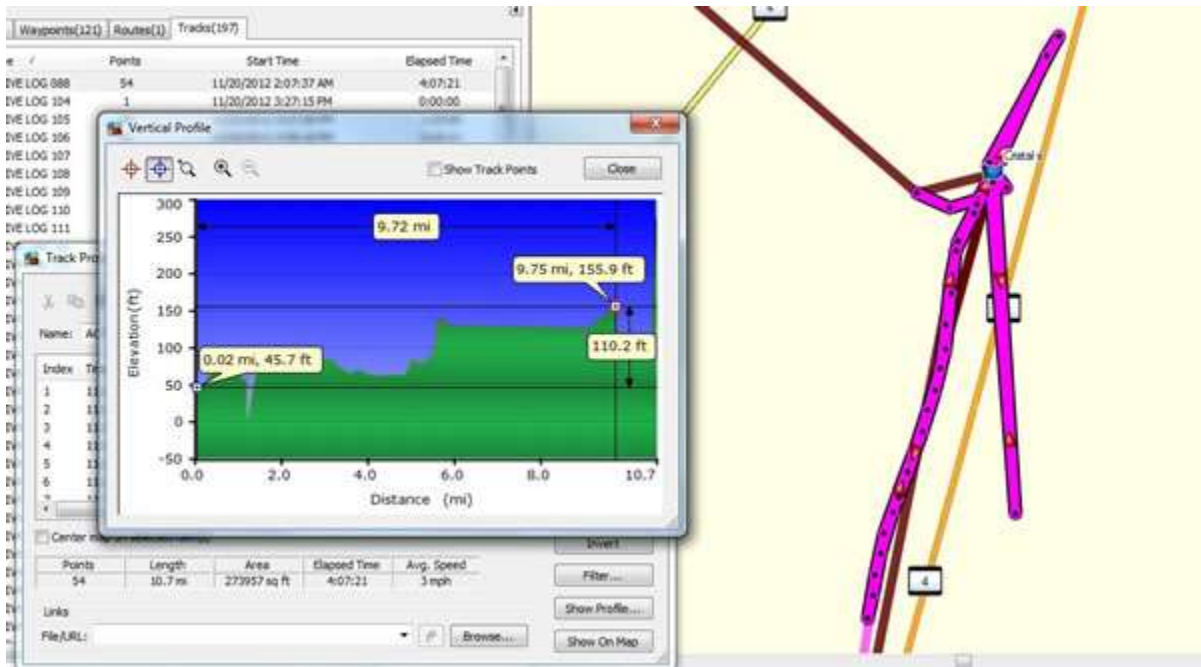
Day 9, Sunday, November 18, 2012 From Kamphaum to Sea Fan (near Phuket) - 75.7 miles



Day 10, Monday, November 19, 2012 From Sea Fan to Krabi - 81.1 miles



Day11, Tuesday, November 20, 2012 - Around Krabi - 25.7 miles Then bus to Hat Yai - South of Hat Yai and back - 36.4 miles



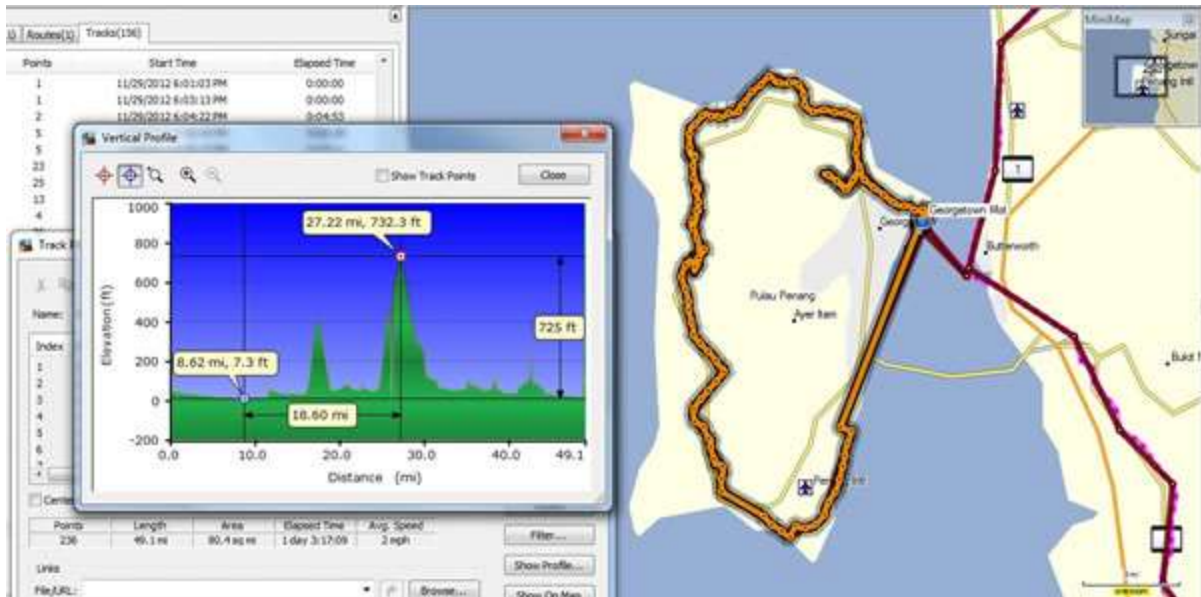
Day11, Tuesday, November 20, 2012 Bus to Hat Yai - South of Hat Yai looking for a motel and then back to Hat Yai - 10.7 miles



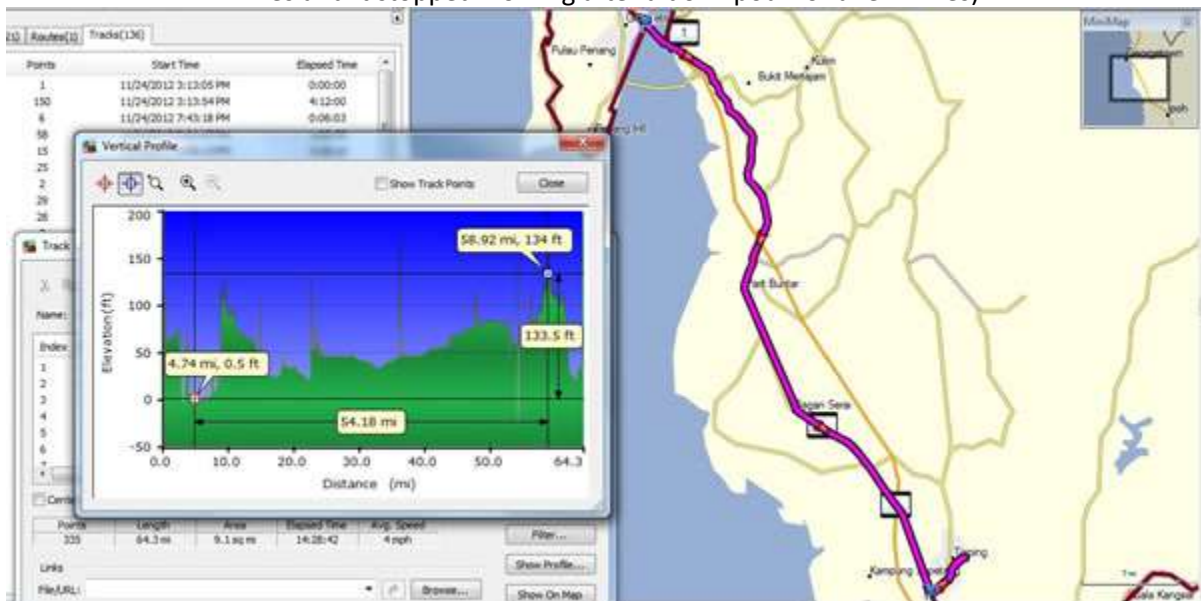
Day 12, Wednesday, November 21, 2012 - From Hat Yai, Thailand to Alor Star, Malaysia - 66.6 miles



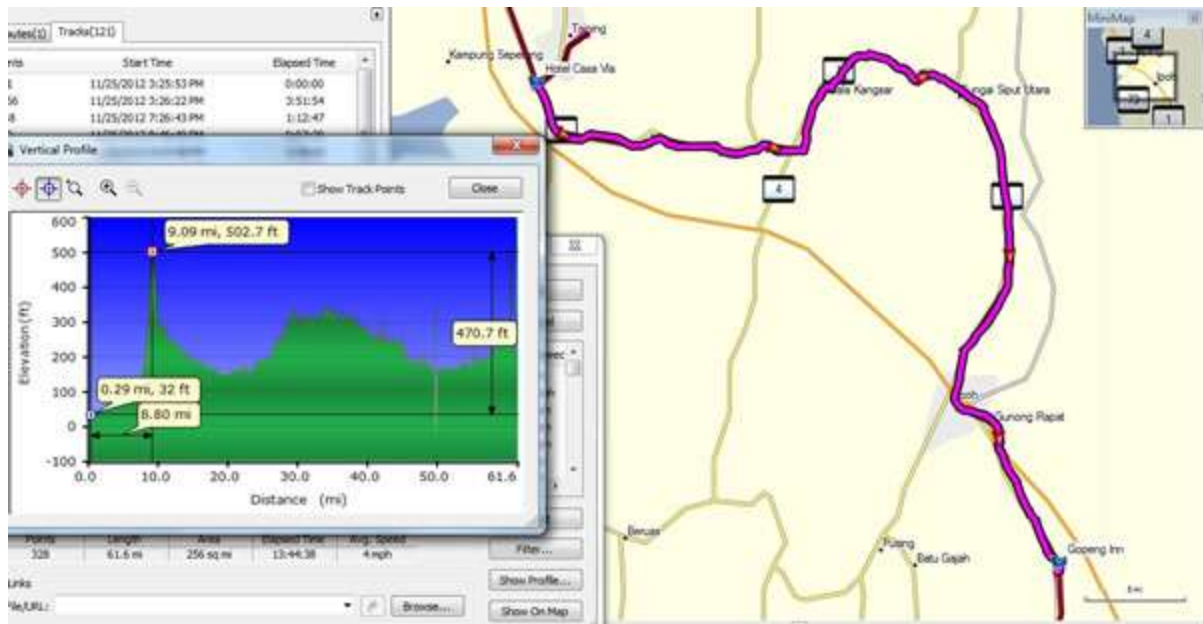
Day 13, Thursday, November 22, 2012 - From Alor Star to Georgetown - 65 miles



Day 14, Friday, November 23, 2012 - Around the island of Penang - 66.4 miles (GPS not on for first 20 miles and it stopped working after a downpour for a few miles)



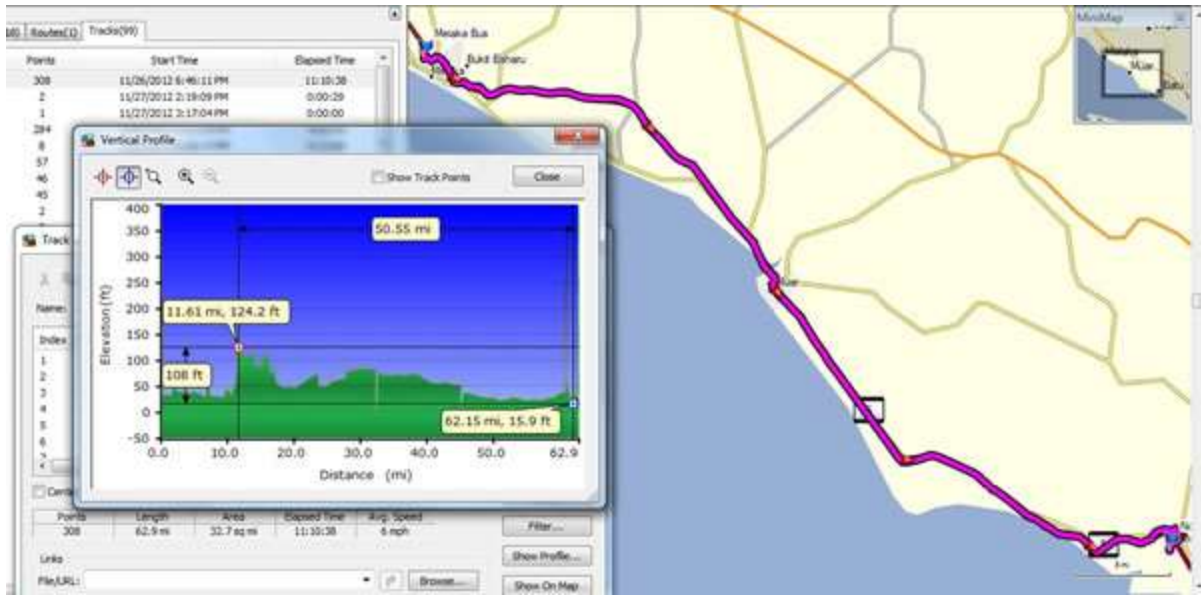
Day 15, Saturday, November 24, 2012 From Georgetown to Taiping - 64.3 miles



Day 16, Sunday, November 25, 2012 From Taiping to Gopeng - 61.6 miles



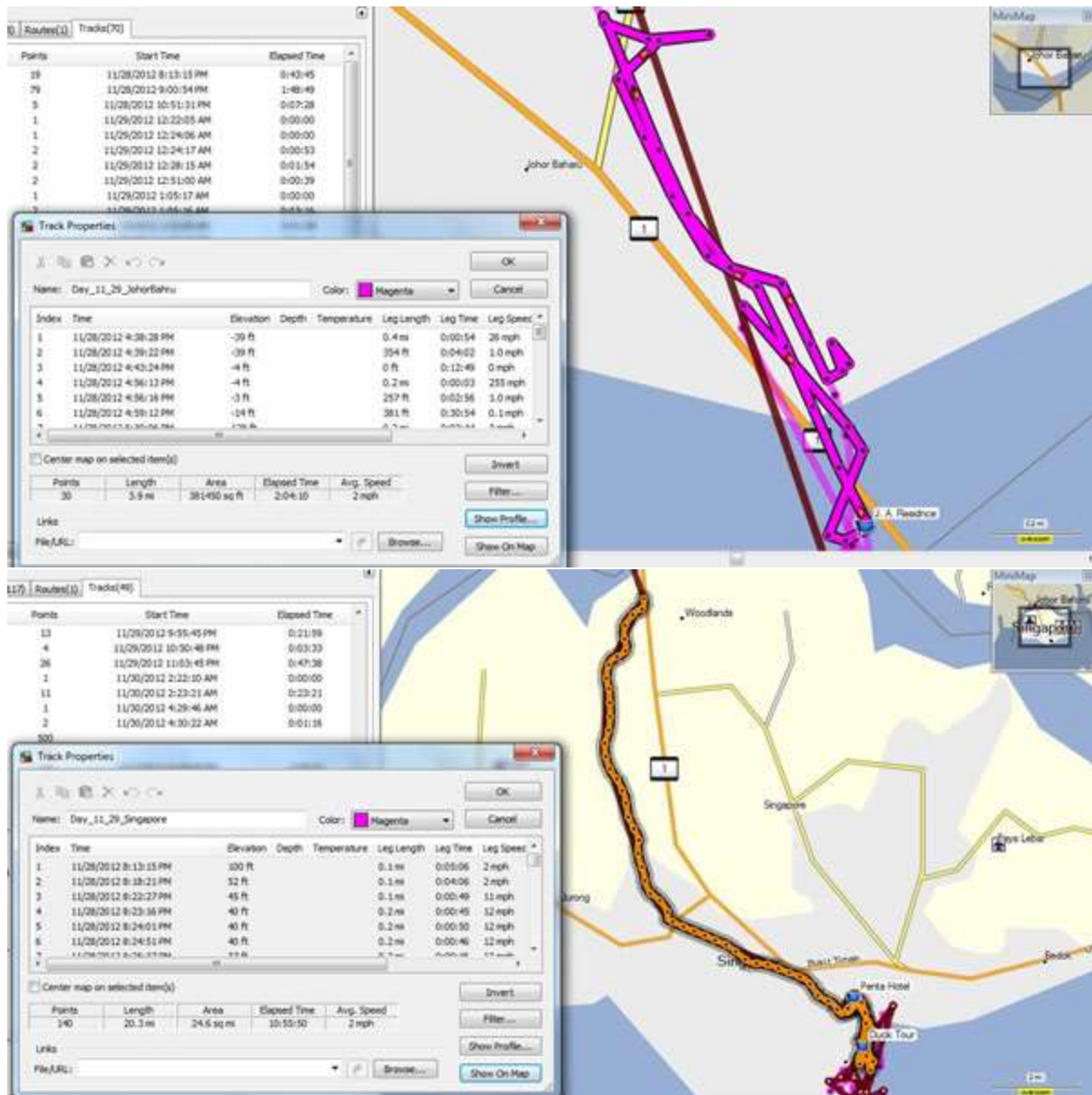
Day 17, Monday, November 26, 2012 From Gopeng to Perhentian Bas - Took bus to Kuala Lumpur - 75.8 miles



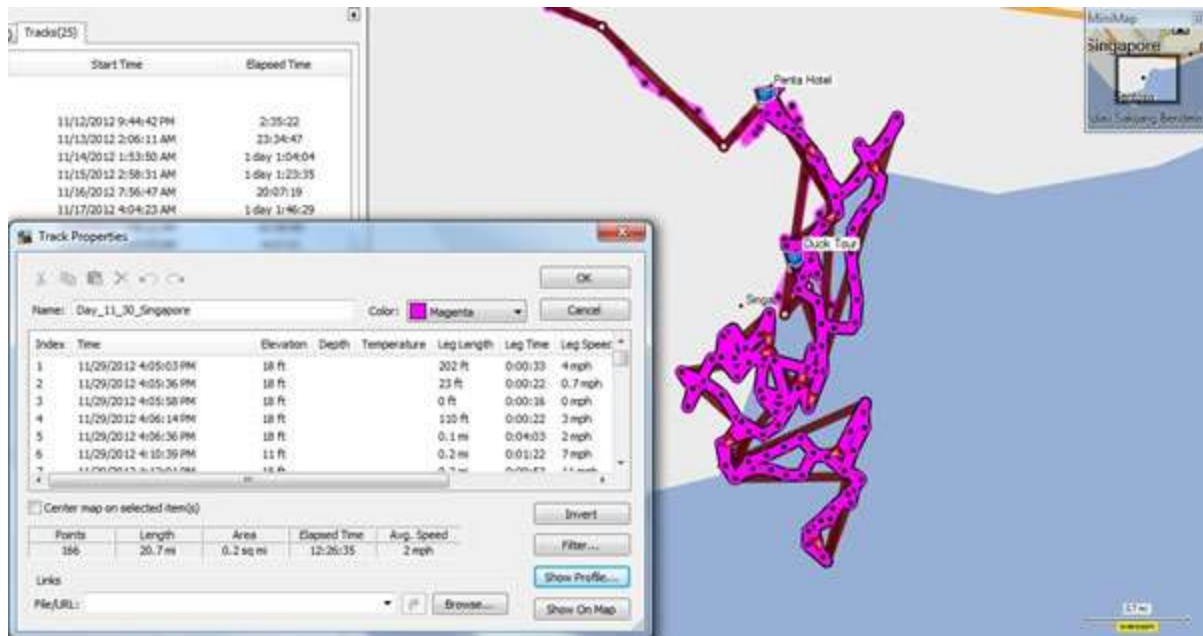
Day 18, Tuesday, November 27, 2012 - Took bus to Melaka and biked to Batu Pahat - 62.9 miles



Day 19, Wednesday, November 28, 2012 From Batu Pahat to Johor Bahru - 83.5 miles



Day 20, Thursday, November 29, 2012 From Johor Bahru to Singapore -23.9 miles (2 graphs - took train to go over boarder - 2 miles, waist of time!)



Day 21, Friday, November 30, 2012 - Singapore - 20.7 miles

Day 22, Saturday, December 1, 2012 - Taxi from Singapore motel to airport - flight to Hong Kong - Flight to Vancouver BC - Flight to Portland, Oregon - ride home from Nancy