

---

## 15th annual Hot Hundred begins Saturday

---

**By Kyle Weber / Special to The Tuscaloosa News**

Posted Jul 28, 2017 at 9:35 PM

Updated Jul 28, 2017 at 9:45 PM

Tuscaloosa's premier cycling event, the 15th annual Hot Hundred, pedals into action Saturday.

Though it may be a race, winning is hardly the goal of the event. Partnering with the Tuscaloosa Mental Health Alliance, the Hot Hundred supports mental illness in Tuscaloosa. The Hot Hundred also partners with the Wounded Warriors, supporting Military and Veterans.

First time ride director Britney McComb knows the importance this ride has on the community, especially those affected closely by mental illness.

"Its one of the main organizations that gives directly back to the community," McComb said. "All the symposiums and conventions and continued education on the stigma of mental health is all free, so after everything that they give back to the community, they have never asked for anything back. Most people know someone in their inner circle that is affected by mental health."

Fred Twilley of Buffalo Rock Tuscaloosa has participated in the Hot Hundred the last eight years. He is an avid cyclist and participant of the Alabama Backroads Century Series, a cycling series throughout Alabama consisting of 13 rides supporting various causes. Twilley has ridden in all 13 events in the Backroads Series the last two years, and is looking to do the same next year.

"It's a race, but it is really a bicycle ride. I don't look at it as a race, but I do keep up with my time. I always time myself and I do have a goal in mind that I want to achieve," Twilley said.

The Hot Hundred is not part of the Backroads Series this year, as rides that are directed by first time directors are not allowed on the series.

“We are not a part of the 13 this year,” McComb said. “If you are a first year director then your ride is not part of the series, it’s just something they do to keep up the quality of the rides.”

Twilley usually does the ride in about 5 hours, 45 minutes, not including stops. His fastest time was in Dothan as part of the Alabama Backroads Series, riding 100 miles in 5 hours, 15 minutes.

Many of the riders do not do the full 103-mile ride, choosing to do one of the five other mileages. The Hot Hundred gives riders the opportunity to choose the length of their ride, choosing between 29 miles, 36 miles, 52 miles, 71 miles, and the full 103 miles.

Much like McComb, Twilley appreciates and understands the significance of not just this ride, but all rides that support a good cause.

“Cyclists like to get involved in communities to help charities, we all feel good about that. It’s a win-win for us because we get to support a charity and ride,” Twilley said.

McAbee Construction of Tuscaloosa is providing a viewing party for the event. There will be refreshments and a radio show, as viewers will have a first hand look at the riders as they continue along their ride. The ride begins at 7 a.m., starting at the University of Alabama rec center pool.

## READ NEXT

**From coast to coast, towns anticipate...**

Posted Jul 29 at 11:00 AM

**Famed for ugly-but-cozy boots, Ugg aims for a...**

Posted Jul 28 at 2:30 PM

**Florida man robs bank, gets naked and throws...**

Posted Jul 28 at 12:32 PM

**FDA looks to cut cigarette nicotine in blow...**

Posted Jul 28 at 1:15 PM

5  
C  
s  
P

