

'Amazing Race' host tackles cross-country ride

LOS ANGELES – "The Amazing Race" host Phil Keoghan is getting ready for an amazing ride: a multitasking bicycle trip across America.

Keoghan said he's cycling cross-country to encourage people to pursue a healthy life. He also intends to spotlight the battle against multiple sclerosis, a cause he's supported for several years.

Keoghan will set off from Los Angeles on March 28 and end in New York on May 9 — the day before the "Amazing Race" season finale airs on CBS, the network said Wednesday.

He plans to average 100 miles a day, and said he hopes people will join in as he passes through their area.

"I feel like where we're at in the economy, the bicycle is a pretty good solution to helping people's waistslines, wallets and the environment," Keoghan said by phone from Auckland during a visit to his native New Zealand.

"This is saying to people, look, it's time to make a choice in your life. We have way too much obesity and way too many people sitting back and not getting involved in life," he said.

The ride, sponsored by nutritional retailer GNC, also is intended to support the National Multiple Sclerosis Society's Bike MS fundraising effort, with Keoghan attending rallies nationwide.

A member of Keoghan's family, a cousin, has the disease, a CBS spokesman said.

Keoghan's path will take him to more than 30 cities including Las Vegas; Denver; Lincoln, Neb.; Des Moines, Iowa; Chicago; Fort Wayne, Ind.; Columbus, Ohio; Pittsburgh; Washington; Baltimore; Philadelphia; and New York.