

## 'Amazing Race' pedaling trek tested his mettle

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Phil Keoghan of CBS's "The Amazing Race" continues his "Ride Across America" presented by GNC, through Nevada en route to Utah.

"Amazing Race" host Phil Keoghan just logged 3,500 miles on a bike ride across America.

And he's not doing it again.

Ever.

"It was the toughest physical and mental challenge of my life, no doubt about it," Keoghan said Friday. "It was everything I thought it would be and so much more."

The trip took 42 days, and along the way Keoghan visited 39 cities. He also detoured to a Nebraska hospital when he got hit with a nasty virus.

"I couldn't stop," Keoghan said. "I didn't know if I could stick to the schedule."

The trip started as a joint promotion for "Amazing Race," which has its season finale on CBS tomorrow night at 8, and for Now One Square Meal Bars, which he munches on trips to avoid local foods and ruining production on "Amazing Race."

The ride was also a benefit for MS.

Yet, despite help from GNC stores, CBS and other supporters, Keoghan said it probably cost he and his wife \$100,000 of their own money.

Along the way, he was invited into homes and talked with people dealing with MS. He also blogged, Twittered and Facebooked each night.

"I wasn't sure how they would respond, to be honest," he said. "I was surprised by the reaction. I had no idea it would have this much impact."

Keoghan traveled with a core group that included his father, who drove a truck pulling an Airstream trailer, a cameraperson, an editor, a publicist from CBS and, leading the way, a former highway patrolman.

The experience reminded him he was "vulnerable like everybody," he said. "To take yourself to that place mentally and physically, you really do realize how fragile life is."

It wasn't so much the riding that got him but, after he got off the bike, dealing with media requests and keeping the online community abreast of the trip.

The journey ended Friday when Keoghan turned up on CBS' "The Early Show."

"I'm in a recovery mode," he said.

"I'll never bike across America again," he said. "I'm done with that. It's something I can tick off my list, something I'm very pleased to have done. It was a big investment and it was a big commitment. I definitely feel like I don't need to do it again."