

## CYCLING

• Continued from B1

of satisfaction from racing for a cause about which he feels so passionate.

"I've been riding for a while and raced for many teams and clubs and figured I'd try to do something for a cause and bring awareness to stop all the senseless suffering that animals go through," he said.

A vegetarian abstains from eating meat, Pereira said, whereas a vegan does not eat or use anything that has come from an animal like leather or dairy products.

Pereira's girlfriend and racing teammate Renee Evans said people often misunderstand what they are about and have some misconceptions about what being a vegan really means.

"I get a lot of people asking what do you eat, because they assume there's nothing to eat once you (become a vegan)," Evans said. "But there's such a huge variety of flavors and food available to us that there are a lot



Patrick Cummings / The Spectrum & Daily News

**Racing official Mervin Adair, right, releases Animal Liberation Racing's Renee Evans as she takes off for the start of the Utah Summer Games cycling time trial.**

of healthy alternatives."

Pereira laughed as he described some of the things people think about vegans.

"Everybody thinks that all I eat is salad and a bag of yard work," he said. "But it's not like that at all. There's plenty of stuff out there, it's just a lot of people don't

know about it."

Because the club is relatively new there aren't a lot of members in Utah, Pereira said, but the level of interest here isn't that great either.

"I get a lot of interest from out-of-town people, but not a whole lot here in Utah yet," he said.

Although Animal Liberation

Racing is a club that promotes the vegan lifestyle, Pereira said they are pretty selective and simply being a vegetarian isn't always enough to gain acceptance.

"Even if you're a vegetarian we may not let you in because you're not a vegetarian for the right causes," he said.

Despite the lack of exposure in southern Utah, Evans said she is hopeful she will be able to spark people's interest about veganism and get them to start asking questions.

"I hope that they would approach us and ask questions about it so we can raise awareness," she said. "We're not only doing it for animal rights and animal welfare but for the environment as well."

Pereira said people often underestimate his abilities when they learn he is a vegan, but he loves to prove them wrong.

"People think we're all a bunch of little, pale-looking, hippie, skinny dudes," he said. "It's fun to show them we can kick some (tail)."