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Transcript

It's time for the outspoken cyclist your weekly conversation about bicycles, cyclists, trails, travel, advocacy, the bike industry. And much, much more. You can subscribe to our weekly podcast at outspokencyclists.com or through your favorite podcasting app to listen anytime. Now here's your host, Diane Jenks.

Hello and welcome to the outspoken cyclist. I'm your host, Diane Jenks. Thanks for joining me today. There is only one word for my guest today, and that word is Hero and Lynn. Salvo is definitely one of mine. Back in 2019, pre COVID. Of course I spoke with Lynn as she was riding across Canada as the oldest woman to complete the coast to coast, ride for a Guinness World Record. Two days ago, September 15th and ahead of Hurricane Lee, that was about the pummel Maine. Lynn completed her 2023 W East Coast ride to break a record set by another woman under a completely different set of rules and break it. She did, once again becoming the oldest woman. To ride across the US on a bike. With her 74th birthday coming up September 21st, I was fortunate enough to sit down with Lynn as she rode into northeast Ohio on August 27th. It was like sitting down with an old friend and picking up where we might have left off decades ago, chatting, laughing and enjoying the company. Listen in. So it's been a long time since I spoke with you, Lynn, and you are traveling to the second time cross country to break another Guinness record. Right. And this time because why? Why are we doing this again?

Well, it's actually. My 5th transfer now. See if one is good five or better. But the first was 2015, the first one on which I said a robbery was 2016. And last summer, some friends who I'm actually gonna see tomorrow were telling me, you know, so and so. I was. Trying to break you up with this song. Ohh, OK well, and they said and you always said it ought to be broken. And I said, yeah, you're right, it did. So I followed it and the rules had been significantly relaxed since the 1st. Time since I've done. It and so there were things that were happening on this ride that I said there's no way they're. Going to accept. That right so and so. I was just thinking, well, I'll just break my open. I wanna do a nice trip in 20. Three, and I'll break my record. But in the meantime. That record was accepted. So now I'm just. Trying to get my record back. So what?

Kind of rules rules changes. Were there that allow them to break the record that you thought they wouldn't?

So for example, the the persons official was also for crew. And the official. Is given the way to deal any piece of world too dangerous cycle. It could be a bridge, it could be just the highway and the official ticket at least.

At least 80 miles.

Worth of places that he deemed too dangerous.

And so she got blocked for those eighty months.

So she got she got well.

That doesn't seem fair.

Did you listen to my interview?

With Jenny Graham, who did the round.

The world.

OK, so because she. Yeah. Right. Coffee first.

Then in the world.

Yeah. So I. Love that book and. I don't. I have to be very honest and everybody knows this. I don't read books cover. To cover when they're sent to me because. I want the. Author to flesh it out, but in this. Case I turned to Page 1 and. That was it. I couldn't put it down.

Oh my goodness.

That was one of the issues she had was that she wanted to be 100%.

On her own.

And so I can understand why you wanted to. Do it this way. And and I'm glad that that you. Did when did you start this this journey?

This year I started on June. 18th from Ocean Shores, WA, which is pretty much due West of Tacoma.

And your final destination is Portland, ME. And when do you?

Expect to be there.

The game plan the schedule is September 17th.

So you've come. 2800 miles.

Approximately where are you 2032?

32. And I guess I think of flying. From Cleveland to LA, it's like.

But it's probably a little longer what you're doing the. Way we. Did it my friend? Friends from Kansas were the 1st 2200 miles and Calvin was trying to do as. Much as she could. Have a Great American wild child, even though it's more like aspiration than a real thing. Yeah, yeah. Right. They're getting here, yeah. And so the route was not straight, it was. Like this like this and. Down. So it wasn't the straight written. I'm getting much more straight.

For the finish, what's?

What's your average mileage each day, approximately?

50 to 60. Depends. We had. We've had two days where we had a fantastic tailwind and we did. Two days with the. Second one day.

That's that's pretty cool.

Yeah. And we all like that. Yeah, well around here.

Doesn't matter which direction you're going, you will not.

Usually get a tail.

Really. Did you get one today? No. We had C and you're going east.

60 miles.

That's Cleveland, if you. Don't like the? Weather. Wait a minute and at least you weren't here. Last week during. Your horrible storms. Apparently there were 320.

Three, I believe it because we saw trees down very, very saw houses with the tree. Through the roof. Yeah, let's take.

A moment to reintroduce you. We're speaking with Lynn. Although she is on her 5th. Cross country trip, this time to break her own Guinness record being the oldest woman to do a transcontinental ride. Alright, how?

Are you out of 74 and less than a month? What's your birthday? September 21st. Well, I got. Another big one coming. Well, good for you.

Good for. You. Oh, that's usually like. Isn't that the fall equinox or the fall?

Solstice like I don't know what the hell it's.

Called, it's that thing that happens on. The 21st. Of September, I think it is there. Very cool. Very cool. What's your ride?

Did you get a new bike?

No, this is the bank.

Since the right across Canada in 2018, it is a new friend because they managed to scrape some some of the carbon, one of the states so got a new frame with the rest of the biggest the. Same if you're riding a carbon bike.

And you're carrying all your own gear.

Ah, now is it Cannondale Sims? OK. And with it's gravel enabled, so I've got 32 tires and. I've got the other two shifters I've. Got just brakes. It's a sweet break.

How often have?

You charged your system very seldom, yeah. It goes about 1000 miles. I check it every time it finished, just in case, yeah.

Good idea by the way.

Nothing like going somewhere and having no gears. Yeah, that's a bad thing. So where's your gear?

So my sister-in-law. Has we've had three different site drivers. So my sister-in-law has been. Doing it. For almost two months, she she, she finishes tomorrow. Tomorrow's her last day.

It's maybe.

The day after, I think.

Maybe yeah.

Maybe the day after, but she. She is tired.

And funny how the writer is not. See it.

Yeah. So.

So is she.

Your husband? Sister.

She's my brother.

OK, I had a 5050 shot. Blew it. So what did your husband think about? This crazy stuff you do.

Probably because they weren't doing it, so I don't understand because when I met him, I was on a work which was a trip to Italy to study art for a year and I met Andrews and he knows I'm adventurous by nature.

Ohh yeah was. That that was 50 years ago.

Our 50th anniversary is coming up this December.

And that.

Where in in your were. You studying in France? I was studying in Italy.

In Florence. But what a city. But the universities are going straight frequently to see the the students or the professors, and so when they did, I would go wherever and this was in the spring. Wanna say may? And I happened to go to the American Express office. This is 50 years ago, before cell phones, before social media, before of. Course and they ran into a college home. In the American Express office in.

Florence, I can absolutely believe it and.

And we both wanted to go to the South of Italy, but neither of us. Wanted to go. Alone. So we went together and we hitchhiked as far as we go. And then and over here that we had we. Had our sign for Naples. And the three buses stopped and it was the nuns with their charges and they literally took us to the nunnery.

To take the to the. Nunnery that seems to be something from Shakespeare as. I remember that's. Hilarious. That's hilarious. That's.

Awesome. And then while we were there my. My college holidays may see. But had sailed or was. Currently a sailor and she saw sales down in the Bay of Naples and she said. He liked to hitchhiker by himself, so. Somehow we managed to find our way down to Marina and we're looking at the boats and there's one with the name in English called Morning Song and we're just looking at it. And this man comes out, he says. Would you like to see the boat? And we look at each other. We say sure, what's to say, OK? I love the story and then? After he showed us around, would you like to go and we look at each other and we?

That's it.

Say sure and he said. Let me call my first mate the craziest man. In the world and that. Was that is my husband.

Now the craziest man in the world. OK, now you do not have to explain to me anything about you taking these. Trips because you married the craziest man. In the world, I mean. I get it. What does he do?

Or what the teacher.

Did you think?

And I heard he worked at he was a lawyer in Italy and then he worked at the Library of Congress in the US What?

What kind of art were you studying? Funny you say that. So my daughter went to Sarah Lawrence and her best friend, who is still her best friend, and we're talking. She graduated in 1994, was a sculptor major, and studied in Italy for her junior year, while my daughter was in France. So. Studying her, she did fit. Wow, so I get it. I get it. That's what a wonderful story, Lynn. I love it.

There's another little piece of.

Course there is. So it probably isn't going to.

Happen the way I was hoping, but. Somebody was going to come. To the finish and spend a week driving side. With my son. Probably isn't because his little dog is not well and so, but we were gonna go. Maisie lives in Maine and after the finish we were going to go drive and visit Maisie and we.

Haven't seen her in 50 years.

Does she know?

You can't. She knows. Or planning becomes she doesn't know that she.

Probably works.

Maybe come down and see you. That would be really, really. Nice. Yeah. Let me take another moment to remind our listeners. We're speaking with Lynn Salvo. We're sitting in a Wyndham hotel in Mentor, OH, which is about 1/2 hour from my house. I'm so lucky that Lynn decided to come through Cleveland on her way east from. On Ocean Shores, WA on our way to Portland, ME. And so the total. Number of days looks like, yeah, OK.

That Angel.

Cool. And so how? Are you gonna document this? I know that the Guinness World Records are convoluted in some ways.

How are you documenting this for them? So interesting thing is that with the way that tools the documentation is so. So I used to get 2 witnesses, total strangers, and then they just write to people and say could you please fill out this form? Don't have to do that. Anymore anymore video we had to get 10. Minutes of video a day, which is really hard to.

Do why did they relax the rules, do you think?

I think they outsourced. Or other realization chooses the. I kind of like the old ones because they're more stringent and it holds you to the sort of essence of the of the event. You know, the idea of setting a record and and keeping it real real. So you can imagine. So we are in. And we're about to go into Yellowstone. Yellowstone. Yes. OK. And they're. They have all the. Flooding. So they had to build a new entrance road, right? And the entrance Rd. is like this.

And it's like this. Well, you have to tell. People, because they're not going to see this. So the entrance Rd. is it's steep.

Very, very steep. Anchor it's like 4 miles 1000. Feet. Wow and very curvy, no shoulders. RV's. Going up and down.

That's terrible.

Cycles drop offs. On either side.

Whose idea was it? Never.

Mind where we bring in planners. Well, I think they had. To do it, yeah, they had to. Open up the parking temperature. Well, I didn't sleep very well the night before. And you know, just pretty scared, quite honestly. I wasn't sure. I don't have to walk. The bike, which is actually OK, that's allowed and I went up to purchase my tickets with my senior pass. And she said, you have to. Put your bike in the cycle I. Said what? I was trying to set a record I can't do. That without loud. She said federal regulations came down

effective this morning. Wow. And so where? Is it I want to see those regulation. I took photos of them. I was able to get in touch with my records manager on the spot. I sent all the photos and he he's somebody. Hey, you have no choice. I have no choice. I literally had no, he said. Just make. Up the miles he can make up for miles easily.

1000 feet.

So it's just the miles. And then that. Same day we. Had another place where there was road construction and then another 1.2 class that they. Mainly get into the file.

Interesting. Well, it's been kind of one of those years. Tell me about the climate coming across the. Country, I mean we've. Got these horrific storms, this heat Dome, floods, fires. It's just like. You know, Mother Nature decided to.

Let Luke this year. So I'm very superstitious about talking about whether. But I'm just going to.

OK.

Put it out there because. We have had, I have had unbelievably fantastic weather. There was a day where we were going, I was, WE kind of southeast Ish and there was a storm South of us and the storm southwest went right through them.

It's so interesting. You say that because we have had here in Northeast Ohio a very similar experience. The storm last Thursday was really it was the first tornado to hit in 54 years, number one, but we've pretty much.

Wow, where is?

That where we can knock on dodge the bullet. We've dodged the bullet. Most of the year, and if people. Want to? You know I don't want. Them to come here just. Leave us alone. Do not flood. Northeast Ohio, because it's a great place to. Live. Yeah, we have the lake water. Beautiful. It is beautiful. And thank you for saying that.

Well, it's. I was dumbstruck, man, absolutely, and as soon. As we turned over to the lake. What is this beautiful place? It's perfectly blue water and people kayaking is. So where did you? Come in. We came in. Yeah. Oh, yeah.

Up in the near the islands. Yeah. It's beautiful up there. And then you go through. Did you come through Sandusky and and down? Well, I don't know. Cedar Point. Which is.

I saw I saw something. Too. Yeah, that's our big amusement Park Hotel, which.

I don't find. Amusing at all.

That's a different story.

So where are?

You headed OK? You did 29 miles of total headwinds today. No, 60 miles 6 miles. You. It was 29 miles that you had left when we brought you did 60 miles of. Total headwinds today heading from West to East. Welcome to Ohio. Where are you going tomorrow? You're in mentor. OH, today.

So tomorrow we are going to cut you off.

Oh yeah, very nice. Another. Another kind of lake town. And then what? Through Erie?

There's then we're going to northeast Pennsylvania.

OK.

And then cutting up, but across New York.

Are you taking? Yeah, yeah, yeah, yeah, I know. We're down for kids. It's between 86 and and Buffalo. Yeah, I. Know exactly where it is. So then you'll be in New York, so you're going to. Be in just PA.

For like. Yeah, yeah. What what?

Have you found to be? Worst experience so far of.

Your trip, and clearly it isn't. Love. Is there anything else?

No. How is COVID affecting? You would think that it would be OK. But actually you. Are just clear of COVID just when we clear. Know how did you? Get it? Do you know I?

Don't know, but I left my. Kansas friends on. August 6. But I did not get it. And I and I had a few days later. So something happened and in fact, that was one of our telling days. We were supposed to stop in Fremont, NE. But I was there by 9:30 in the morning, going to Council Bluffs, IA. I think that is. I think so. Yeah. And I think it might have been somewhere in Council Bluffs. But I got exposed. I don't.

It's it's it.

I can call it.

So that's why you tested. Did you did you bring tests with?

You or no? You bottom bottom and it was actually Sandberg. I haven't. And then Sandra got like. We were in. The beautiful Muscatine, very Muscatine, IA, and Sanders started coughing the way I was coughing. Now it's just peanuts and said. Yeah. So we tested it. She tested it first. And I tested after, but it was a defective test kit so I didn't have a result and I didn't get a result till maybe two days later, but I'm pretty sure I gave it to her.

The gift that keeps on. Giving. Yeah, you took a fall, yes.

So that was yesterday where? 10 miles West of the range. There's a railroad bridge. And there's no problem. And there was an expansion joint that went very diagonal and I just didn't see that it went really hard really hard. It's one of the worst.

Well, you see, your arm is.

Managed. Yeah, maybe the worst. I mean, I will show you this. Yeah, it's going to get worse. Maybe fortunately. I was incredibly lucky. It's not. The first time, it's maybe the third time that. We've had an Angel. I don't think I was all. The way down and there was a. Blue truck that. Pulled over to check on me.

Wow. Oh boy. You didn't see me go down.

He was there and his name was Carl. Really good human beings. And Kara, he had medical stuff on his truck. He would not leave until he was 100% trails. OK. He had he put alcohol on this and like, like I was having to put my head between.

Thank you, Carl.

My knees and her. To now right. And it took me. A good 20 minutes to regather. Stuff, and in the meantime standard found me and so. She she was ready to take over. He was ready, but he would I, he said. I'm not gonna need to. You're sure you're OK? And I. Thought I'm I'm OK now, but I'm not sure about my bike because I have had a fall. With my bike where like flattened. It was that very similar. Things so I know about going across. Curves I know to. Go dad and dad? Sure. And I just didn't see this. Expansion joint so very similar situation and also have your angels in that situation anyway, Carl. And like like was damaged and I had a flop. This time my handlebars a little crooked, but that's all so far that I've discovered and I got on it and it worked. And I gave him a thumbs up and. He was OK. To leave. I thought, no, man.

I would have had fine come with me. And he would have checked your.

Bike out. Really technical.

So have you been able to use any?

Bike paths or trails of views. A few the trail through Cleveland. Ohh, nice. But then we came to a complete bridge. Sanitary Bridge was closed and so.

That's because, Brian said, why don't why doesn't she go down into the flats? Well, apparently you did. And you didn't, OK?

How did you get?

Back out so.

I needed this to use my brain and not my feet to get out of a situation like that. OK, so we to Google Maps, so we used. Right, which is not right. The garment doesn't work. But then we saw that there is. This thing called. Riverbed. Riverbed. That's correct and.

They got on it. And it said chance of landslide. So they're not safe, but it wasn't closed it. Wasn't, you know, the. Yeah, the the barriers.

The various.

So, and we knew it went to the place we needed to go. So we took it. We went through the light at the end and then we. Then we were gonna go across. That green bridge on column Columbus. Yeah, there's anyway you know better than green. A beautiful green picture.

And you just got you got N 20 minutes.

Toward the lake. But then we realized that there. Was a bug that's right there. So yes, that and that. Was where the garment was sitting on the bike path. So we took the bike and then we turned right, going up and.

That's the northern terminus of the Ohio Erie Canal. That's trail that is just recently finished, that part that last mile was just finished this year it's been 30 some odd years in the making this.

Trail that goes.

Now, if you took it S, you could get. Really far, really, really far, like 3. 400 miles. Yeah, it's it's very cool. That's paved. But a lot of it. Is limestone as you get down? South of here, into places called Peninsula in that area.

So we have to keep it. On trails because Calvin loves trails and she loves gravel. So we did.

We were on.

A trail that goes there. Cascades towers or post to cascades of average wages trail, which is not very good. OK, we went through the Snoqualmie Tunnel and we were all. Help me out. It's in the in the Black Hills. The governor started the trail, but he was killed in an airplane crash before. It was done. Middleton Middleton trail. And that's in the Dakotas in the. Dakotas. Yes. Did you go through the?

Katy trailer though no OK.

You were.

On that.

26 So we've Got Talent built in as many chances.

Path. Yeah, yeah, yeah. OK, yeah.

As you possibly could, yeah. But there were a few that. The trip which we have read terrible things about. And it was fun company at last. Until the last piece, how's traffic then? How are you being treated OK?

How are you?

99.99. Percent of the time rate. Yeah, people are giving this plenty of room. You see the guy? You're. Gonna teach me? There's there's a truck here and there's a. Car behind it there's thin picture and comes. Around in Arabic to pass. It and so I've seen, you know, cars coming. There was a little teeny town. I had just been on the. Family. Nice, safe shoulder. They come out of this little town and somebody's on their cell. Phone comes processing. And I I have a. Helmet light blinking and I think it caught him just at the right moment and yeah. You know, for the most. Part people have been very considerate. Iowa was quite just.

Iowa is not what you think.

You know, you weren't there doing.

You were there about two weeks after and. People were so nice and the towns. You ask a team this.

Complete surprise. As honestly.

As Cleveland was I. Knew nothing about Cleveland and we've had nothing. But we've had nothing but going through.

So it's kind of a buried treasure. It's kind of nice. We like it. Actually, if you had more time, there's some really cool things about Cleveland. Besides our world.

Class orchestra.

Which right now is playing at its summer home called Blossom Music Center down near Akron. We have world class museum. We have the.

Rock'n'roll.

Hall of Fame. You were by the science. Center and the Rock Hall today. Yeah. So here. We have some cool. Stuff going on. Here and if you need to be sick. Ohio State Cleveland's a good place. It's got the Cleveland. Clinic and the University Hospital system. This is the place. I mean. I'm not saying you want to be sick ever, but if you have to. Be I guess it's a.

Good place to. Be one of the concerns right now. Had her own business as a museum consultant, so she knows people and all the museums all along the way. She was telling him so it's it's very.

Oh, that's cool. So when you're finished with this tour, what's next? I know you've. Probably got plans already to.

Similar plants, similar plants. OK, what does? That mean so? In 19 in 2020, we all know it. In 2020 and again in 2022, I had. The North Sea. Somewhere, no. The Arctic. The Arctic. Ocean to the Mediterranean Sea. I had that. Don't end to end twice. Wait. Arctic Ocean. So the Mediterranean Sea. On what? On a bicycle? Yes. To Spain. Hello,

Glenn. How far is that? It's 5000. And it included a weekend rush, which is why I couldn't go 22, right? I even have just gotten my visa to go through Russia. Yeah. You know, we do that. Yeah. So so Europe.

OK. So that that kabash.

Yeah. So. Europe is. It's thoroughly planned. It's in the back. Of my mind, it's the. If I if the if the. Planets line up. I would love to. Do that sounds like. A hell. What about the southern hemisphere? I haven't even thought about.

That that's in another million years. OK. But the other trip you'd.

Be particularly interested because David good. He he wants to ride from Key West.

All along.

The East Coast places that are going. To be. That's too far probably, but he wants to go to places that are somebody not going. To be there anymore.

Yeah, yeah. They had a conversation with him this.

Morning, you know. E-mail because he said I'm like ohh yeah so. Yeah, that's actually. That would be fun. I love Key West.

I haven't been as far as. Key I love. Key West hands on the east.

Coast. Yeah, he was just an interesting trip. That sounds like something he.

He wants to go to.

Places that he thinks won't be there anymore. I love that idea because as I said, he better hurry up. There's going to be some that are probably not going to be there after this year with with these hurricanes, these big. Weather events. So do you have?

Kids and two kids.

What the hell do?

They think about their mother.

I saw that in a minute. I'm.

Not sure why not, but I think they're.

I would be I would be over the moon.

They're obviously older. They're they're adults, they're 39. And 43. Yeah, yeah. And I said. It's gonna be the same the final. Stage, yeah.

Oh, that's cool. Do you have kids?

No, they don't have kids. Yeah, mine neither. What's, what's wrong with this? That generation? Mine said no. Kids, I can't answer that. But not on air.

No great roots.

Alright, I'll wait.

Till we kill this and I'll ask that question again. That's great. I can't wait. To hear it. Well, in this I knew. This was going to be fun and it has. Been fun and I'm really glad that I got to actually see you in person that I.

Yeah, yeah.

Got to that. Is very lucky and you know it's a great night. It's a Sunday evening here in Cleveland. We've been speaking with Lynn Salvo. She is on her way to Portland. ME. She left Ocean Shore, Washington on June 18th. And she's gonna let me know when she arrives and we are going to take ourselves a little selfie and we'll post it. And do you have a website? I do. And we will get the website up on the on this show too. What is the website? We'll just tell people too.

It's all my. Word like it's like a bike. Dot dot com. As I bought every night. And they include. I so I don't just ride 5060. Mile and I I write a. Short story every day. Which is local and I try to make. It a story as. Opposed to I ate this and I went here. Right, you know. Not just. Kind of Under 2 edge of data. That's got to be a story so. Yeah. And I included my details.

With you and that the.

Include relive the deal. Do you know what we. Live is what's relive, it's. It's an app that takes the ride that you've. And and it takes the photos that you've. Taken and puts. Them where they happen on the right. And you can label. It and you can put music and you. Can run it. Slow or fast? And it shows where you went and what you saw what. You took pictures. On and it's absolutely delightful. And so it lets you be. Live your trip. That's.

So much fun and at.

The very bottom of each block to relive.

OK, I'll check it out. Check it out and.

They're they're actually a lot of work to make because.

I edit my.

Photos before I put them because if. You put them. In and try to edit them. They they get.

So you want to size them and make sure.

Exactly right.

That they're what you want them to be so.

I'll just ask.

This question how long will these relive? Ohh movies or videos?

2-3 minutes at the.

Moment. Wow. So you put in.

A lot of upfront.

Work just to get. That people understand about how editing works.

Yeah. Yeah. Wait and I.

It's it's a, it's a.

It's a chore. And I usually. Probably three times before I was. Satisfied because someone in all. You know, put Ohh river picture. Up on top of the hill, there's. Something and I have to just say editing location.

Yeah, well, I hear the word artist Lynn, thank you so much. Stay safe. Keep the rubber side down. I really appreciate it.

Thank you.

Dave, it was wonderful talking with you.

I hope you enjoyed my conversation with Lynn Salvo today. Clearly there is no stopping her. If you'd like to see her blog entries and daily videos, log on to lifeislikeabike.wordpress.com. Upcoming on the podcast I speak with Johnny Coast from Coast Cycles about his experience as support for Team Coast at Perry Breast Perry this year. Remember to subscribe to our podcast on your favorite app and follow us on Facebook and. Program you can find show notes, links and photos, and a transcript of the show at outspokencyclist.com. I hope you have a great day. Stay well, stay safe and remember there is always time for a ride. Bye bye.

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