Hello and welcome to TOC. I’m your host Diane Jenks. Thanks for listening in today.

# Audio file

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[Speaker 1](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[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 outspokencyclist.com or through your favorite podcasting app to listen anytime. Now here's your host, Diane. Thanks.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Hello and welcome to the outspoken cyclist. I'm your host, Diane Jenks. Thanks for listening in today. I'm not sure how I ended up with two guests who exhibit almost identical traits. They're gutsy, they're funny, and they're passionate about everything they do, and yet they are completely different from one another. Guest #1 Carla Francomb she lives works and rides in London. She's a TV producer and a cycling advocate extraordinaire. I discovered her on Twitter OK ex and just knew she'd be a great guest. We chatted about so many things from the work she has done in television. To her experience of trying clipless petals for the first time. Then guest #2 actually contacted me several months ago to let me know he is about to embark on race across America. His handle is speedy turtle, so that's the first thing that caught my attention. Then I came to find out he's blind and has been blind since birth. Apparently, though, nothing stops Dave Wilkinson not rain, nor snow, nor crashes. In fact, any challenge that would seem daunting to me is a let's have it from him. Carla Francom is a bicycle campaigner especially for women. When she found her work as a TV producer coming to a screeching halt mainly due to the writers strike, she transitioned to a new industry, taking her amazing ability for story telling with her, all the while raising two kids. And riding, riding her bike in central London, which has been transformed from a crowded car centric city to a place where riding your bicycle is commonplace. As you will hear, she is indeed enthusiastic, funny and gutsy. Hi, Carla. Welcome to the outspoken cyclist. Thanks for joining me today. How are you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I'm very well thank you for having me. It's lovely to.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Talk. It's my pleasure. I'm so excited to have you. You we have a mutual friend, Carlton Reed.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Love Carlton. Great man.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I met him at in Park City, UT Ohh gosh, I don't even know how long ago it was at a press can.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And we we became kind of friends and and I've interviewed him for his book.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Wow, that's it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And I'm asking questions all the time about what's going on in London. So now. I get to ask you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Fantastic. Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. So tell us a bit about who you are about your work. Yeah, the company you're working for. And then I want to talk about all the crazy good advocacy that. You do? Ohh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Thank. You. Ohh. I'll give you a bit of a summary. So yeah. So I have been a TV producer for over 20 years in London. I've had to take a little. I've taken a little career change. We'll talk about that in a minute. But but I'm a cycle campaigner as well I. Do. A lot on ex. I still like to call it Twitter. I don't know about you, but but I use a lot of the skills I've learned in terms of communication. Storytelling in my campaigning, so I've I've been campaigning kind of two or three years, really a lot. It's a hobby, I say, a hobby. It's about trying to, you know, force change really. So I I say it's a hobby, but it's something that. I'm very passionate about and and so I create videos, make a lot of videos and just kind of got known from that really. And it's an amazing atmosphere in London at the moment we've been running a campaign, not me, but the London cycling campaign are fantastic and everyone at the moment is holding up signs that says London love cycling. And and it's a huge, I mean, it's just exploded in London. I came out of a tube station last week in Barrington. I was, I was not cycling and I just saw these dozens of cyclists rush past. On the on the road, I mean, it just feels like there's been an explosion of of cycling, and I mean it has been going for quite a while, but there was a ride that women's freedom ride a few months ago and thousands came for that. So it feels like cycling is really having a moment. In London I.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Have a question about cars in London is London doing? A restricted car campaign, so they're not allowing cars in all day or they're charging them to come in.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh interesting. OK, so the main thing we've got is you, les. I'm not actually sure what that stands for you Lun. It's called Ulez, so it's UL EZ and it's a low emission zone. That's what it is. It's a low emission zone. So that was started by our mayor, Sadiq Khan. He is a very interesting. Man, he's mayor currently, and there's a London mayor election tomorrow. So by the time everyone be listening to this, I'm I'm hoping that Sadiq will still be Mayor of London. When, when, when people are listening. But he is a very interesting man because he ran the marathon in around 2014. I think it was so over 10 years ago and he was training. Running on London St. and he developed asthma from that. So he developed asthma from running on London streets and he so he became much more aware of the air before a lot of other people. And he said in his book, which is fantastic. His memoir, he said something like. Polluted air. We don't see it, so it's easy for politicians to ignore it, which I just thought was a really interesting line. So he brought in the EU leaders in central London and then Greater London. And basically it meant that certain cars, which are the most polluting now have to pay a charge. I think it's £15 a day. I think actually some cars you can't drive at all. Because my parents sold their car, in fact, they couldn't keep their car in London. So. So that's been very interesting. And that's brought huge changes in London. I'd have to check, but I think some pollution levels have.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Solved.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Since that's been brought in.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's a big number.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I have to check. I think that's something nitrogen. Something has been halved in London. I'd have to check.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, apparently London has a. Car free zone and a congestion surcharge. So are you finding it easier to ride your bike in London since the US went into effect?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's interesting. I'm not sure that the Euless has made that much difference in terms of riding. I think the pollution has got better, although it's hard to tell, I can't notice it as much personally, although some friends have told me that their asthma has gone, I still have asthma. The big change is that I live in a low traffic neighbourhood now. This is an area where basically. Certain roads you can't drive down. It's a very clever maze where basically you can always get to a road so you can always drive in to where you live if you need to. But you can't just drive straight through the neighborhood. So it's kind of like a maze. So you can't drive every route, but you can get to every street. And and what that means is, is that no one can just drive straight through our neighborhood anymore. And we used to have drivers just flying through. You know, we had crashes in the middle of the night. It was, we had crazy speeding and all of that stopped. So what that means is I live in an area now with low traffic. So I come out in the morning, I can hear the birds sing my kids. You know, we walked to school with without cars roaring past, so there is still traffic, but it's a lot less. So my daughter, who's now seven, we cycle around the neighborhood together. We just go on. Bike. Rides. So there are a lot of low, low, these low traffic neighbourhoods now in London and in fact yesterday I cycled through the city. Now I didn't cycle right into town, but there were loads of these pockets of these low traffic neighbourhoods and yesterday I was amazed. I must have cycled for 15 minutes from an area called Finsbury Park through to Stoke Newington and the whole area was low traffic neighbourhoods and I just couldn't believe that I was so central in London and yet there was hardly any. Traffic and I just everyone around, just looked really happy. So that has been amazing. They're not everywhere, but they are in quite a lot of places they've got, they've got very mixed reviews. I'm not saying they're all perfect, but for cycling on quiet streets, I find them personally, I find them great. And the other thing is we've got quite a lot of protected cycle lanes, but we need more.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That was going to be my next question is, is London building protected cycling lanes?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It is. The mayor, I think the mayor said that they've quadrupled the amount of cycle lanes in the last 10 years. Is something like that? I'm not. That fact might not be quite right, but it's something like that. But we need a lot more. You can just tell as soon as you're on them. You just. Feel so much. Safer and what's really good is we have routes like City Mapper which is an app and what's great about? City Mapper is that for any visitors to London you can type in that you want to cycle on a quiet route and it will find you a route that includes low traffic neighbourhoods. And actually I don't know if it includes protected cycle lanes, but it will find you a good route so you can kind of. Generally, work out a lot of London now through these you know these routes, but we need we need more.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[So let me take a moment to reintroduce you and then I want to ask you about some of the campaigning you're planning to do and some of the work you're planning to do. I wanna make sure I pronounce your last name correctly. We're speaking with Carla Franco.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, well, Franco.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And she's a psycho campaigner in London. She's a storyteller. Yeah, she's done a lot of really cool things over the years. And so. How are you able to kind of combine your campaigning for cycling and I know you do a lot of stuff to get more women on bikes, which is very good in my opinion. And then tell your stories. Are you doing videos? Are you is this part of the work you can do or are you doing?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Something.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Else yeah, so I do this. Separately from my work, but cycling to me is just part of my day and it's part of my day because it's how I get about. So it's very organic for me. I just find things happen every day and I kind of what a lot of the time and I talk about that. So I I spent many years as a as a TV producer, as freelance TV producer and. For a year or so, I was commuting into Kings Cross. I was working on a show which is out now actually. So I worked on the Ashley Madison affair. A really interesting series on Disney Plus and Hulu, and and what happened was I would cycle to work and things would happen, and so I would just talk about whatever happened because I just wanted to, you know, talk about it. So I would often see a woman with, you know. Or or a man, but often it would be a woman with some amazing piece of clothing, and I'd have to kind of stop them and say please, can I show everyone this or? You know, I see a guy with amazing socks or somebody with, you know, stop at traffic lights without putting their pedals down, which is apparently called a track stand, which I didn't know. So things would just happen. So it became part of my life, really. And for one day, for example, I forgot my work clothes, and I had to go to a meeting with a Canadian lawyer in nothing. Had a pair of very small pink shorts. So I so I took a photo in the lift so it just becomes part of my life because, you know, we're all busy. And then of course, there are sometimes what rides on the weekend and things.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I think it's really cool that you actually were big enough or had balls enough to stop people and talk to them and and let them, and they would let you video them and you would. Is that what you do? Put these videos out?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes. So I guess it would be more taking photos and I guess.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh. Photos OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. So I would always I and I think consent is really important, which I guess I learned about in TV. So I would see someone and I'd then have to say, Oh my goodness, this is an amazing red dress. I met a news reader who was an amazing red dress. I said, please, can I take your photo? And so then people can say no. But then I would also say, listen, if you're OK, I'd love to put this on social media. And then I would always send it to them. I'd take their details and I'd name them and I'd either WhatsApp or, you know, and so then they could see it. So if there was any problems, they could always take it down because I always. Like if you're mainly. I was saying lovely things to people. I was excited by their outfit. You know, people love it really. Although some people say to me, Carla, you know, not everyone's an extrovert like you. You must remember this. Not everyone likes this attention. I just think everyone loves being in the spotlight. And my friends are like, not everyone. Loves this you. Know so. But people always have the chance to say no. Some people said no. I actually prefer if you didn't take my photo. So then of course I didn't. So. There there was very much a conversation that happened.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's so good. Yeah. And you meet new friends. Right. You, you get all kinds of new cycling friends. So I also learned about you not too long ago and I want to know how it's going. You're learning to use a shoe and pedal system, how's that going?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, I mean, it's intense, isn't it? Do you do this? The cleat, the cleats, yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Full disclosure here, I no longer ride a single I ride the back of the tandem with my husband and I'm always clipped.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[But I did learn how to use them and I. Teach. You know I. Own a bike shop so. I I I've always taught people how to do it inside on a trainer and so I make them close their eyes and clip in and clip out and clip in and clip out until it's sort of changes. The way your brain works so that it's because if you used.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Toe clips. I don't know if you ever used toe clips where it's the little baskets on the front.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Of your pedal, you actually have to lift up your foot and pull it back, whereas on this one you just step in. And twist out.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[So right exactly you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Suck.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Much more efficient, but I understand if you don't practice it, you're going to fall and you'll always fall at an intersection in front.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Of 50 cars.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[This is always like when there's an alfresco cafe, you know, 50 people having. What happened was yeah, so basically I I did a big cycle in the Alps last year and everyone else when I was there was saying how are you doing this without cleats? Well, I just didn't quite get round to getting used to it. And I had a heavy bike and I'm doing it again this year. So it's called liqueur, liqueur de France, and it's to raise money for Cancer Research. So that's happening in the Alps this summer, so this time I'm gonna get a light. I'm borrowing a road bike off my friend, a nice light bike. And getting used to the cleats now another very good friend of mine called Georgina met up with me and she was so kind, she said. I've got some shoes. They don't fit me. They so they didn't fit her, but they fitted me and she set the bolts to really loose and that has been fantastic because there's been twice where at least twice where I've been nearly going over and just managed to whip my foot out in time. And I wouldn't have been able to otherwise, but they're really loose setting so I can get them out quite easily, which has been really good for me. So I did my first cycle across town yesterday with them in and it was OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh good. Yeah. You know eventually it just becomes second nature. You just.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[There's that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Your brain remembers how to do it without you actually thinking about it, and you need to anticipate coming to a stop, you know, so you get one. I always get one foot out before we come to.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, right. Yes, yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[A stop and. Then just put it down. Yeah, that's really cool. Let's take a short break. And when we come back, we'll speak with Carla some more. You're listening to the outspoken cyclist. We are back on the outspoken cyclist. I'm Diane Jenks. Let's get back to my conversation with bicycle campaigner and consummate storyteller Carla Francom. So what else are you working on?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[So well, the TV industry, so I was freelancing TV for over 20 years and that's kind of not there's not a lot of work at the moment and I think for many, many reasons partly to do with the writers strike and people are just, they're watching habits have. Completely. Changed so I don't know what it's like where you are, but over here, people don't just sit and watch TV. I'm sure it's the same. We are people stream things, so they're 70% of the TV workforce is out of work at the moment over here. So I started looking in September and couldn't find anything, so I'm now working for a lovely small tech company called Controllo and we have this great software called Link Space which is all about saving and using data and working and just a great way. I use it for work now just for it's just a great way. It's kind of like where you might. Use a spreadsheet. That's just one of the users. But anyway I am doing kind of Coms for them and storytelling which is the same as what I did with my campaigning. It's very similar to what I did in TV and so that's really just been interesting for me really and I'm really.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Doing it, you're still in front of people and you're still producing. Things that's cool.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, I'm telling stories. And the chief exec is a big cyclist and he'd seen the work I'd done at the campaigning I'd done on on Twitter so. So it's very similar. And actually I think it's really useful for people to know that you can change career and you take all the skills with you. I mean, last week I did a presentation in front of 100 people at Tech UK. It's a brand new industry for me, you know, and I and I told a story and I told the story about the company and about what we do and it was exactly like what I do with my campaigning. Really.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's great. So I I want to just step back a second and talk a moment about the woman's ride. The Women's freedom ride, and I'd like to know more about it. It already happened in London. Does it happen yearly?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes. And the first one, as far as I know, it was three years ago. There might have been one before that, but that was the first one. I went on and at the time it was called something like the Winter Wonder ride and it was so moving to see it was organised by some friends of mine at the London Cycling Campaign and it was just so moving to see. All of these, you know, women just come out on bikes in the city and just want want to be.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Safe do men also come to support the women?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes. And that's really nice. So it's for women and their allies. So a lot of men come and a lot of families come. A lot of people with. Kids. That's a really special thing. And what happened the first year was I did a video, but my camera back I nearly went out of phone battery, but I managed to get enough video. And I wrote words on it like, I guess, like a little bit like a poem. But the words I wanted it to be positive, the words. So I said we want freedom. We want freedom to be safe. We want freedom to. But I didn't put any negative words in. It's so easy to ask for. You know, we don't, but. But you know we we don't. We want freedom from fear. I can't remember all the words but but I think they my friend Claire at the London Cycling campaign really liked it. And and from there it sort of became the women's freedom ride so that was the first year and then we've had we did last year and this year and I always do a video and it's just. Amazing to come out and see all these women, all different ages, all different back. Grounds and people bring their mums, their grandmas and what's actually amazing about it is that there are feeder rides from all over London. So people organise to bring their local community with them. So that means that they're fully marshalled ride so kids can come and and perhaps women who don't feel as safe cycling on their own. So there's women from Hounslow, women from all over London coming in groups, and that's fantastic.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[So is it a specific or route that the people go or do they just kind of meet and ride around?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No. So they all planned the route is really carefully planned and it goes through all of central London. The tricky thing is getting to central London, so that's why we often do it in a group we have. There are these martial rides and ohh my goodness, I mean I do these time lapses when you see people just fly along, you know it is amazing.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It is amazing to see big groups of cyclists. It's all it always makes me smile. I mean, I I have a love for the actual bike itself. Then when you start seeing dozens or hundreds or thousands of people like we went on RAGBRAI, which was across Iowa and it's 8000 people.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. Ohh. Yeah. And it's just so much fun.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes, and it's so nice because you have little chats with people, right? Meet someone and you have a little chat and you've got something in common already, cause you're both on a bike, you know, and you have a bit of a chat and then you lose them again and you might see them later. It's that lovely community and you're all cycling together. So that real feeling of togetherness, isn't it?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, you're doing something that I'm hearing people are not doing, which is really disturbing to me. You've taught your daughter. How to ride a bike?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Hmm.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And yeah, I interviewed a professor from Virginia Tech not long ago who does a lot of cycling research, and in his research he has found that. 50% of the people he interviewed or he. Brought into his research project have not taught their children how to ride. Children are no longer learning to ride in this country and that is very disturbing to me.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's really interesting. Well, I must say that my daughter had one lesson. We did book her in for a lesson, but what was so interesting was she had spent so long on scooters and things like that that she got on this bike at the lesson and she just rode. I mean, it was extraordinary. She just rode the bike. I was crying and the guy was like was she spent so long on her scooter. She's just got the balance. So and from then she was ready. And what was so interesting about it is she was so she was 4 when she learned to ride, ride, bike. And my I've got a son, by the way. He's not so into it. I think she was just so fast it kind of put him off almost. Having a little sister who was so Wister, he's still a work in progress, but what was so interesting was I saw I saw the streets in my daughter's eyes, so when she was four, she learned to cycle in this one. Lesson and we started going around on the pavements and within half an hour she'd cycled into a lamp post and fallen off and then all the roads around here there's, you know, it's like there's there's curbs and there's, you know, normally bits and all sorts of trees. And. And she said to me at the time she said, I don't wanna cycle on the pavements. The pavements are full of trees and people I wanna. Cycle on the road and she said, look. Mummy, you're on this nice, wide, flat Rd. Why can't I be on the road and trying to cycle with her on the pavement? I could really see it from her point of view. And sure at that time it was a really interesting time because we'd asked for a low traffic neighborhood, but we didn't have one yet. And I kept saying to her, you know, soon you'll be able to cycle on the road because we're gonna have this thing. There's no traffic neighbourhood and when it came in we cycled together. We waited obviously for it to come down and we cycled together around the neighborhood and she would sing and she just said Mummy, I've waited so long for this and and and she would sing and she would say it's a beautiful day in the neighborhood. It's a beautiful day in the neighbour, won't you? Come along with me right along and she would sing. And I was just thinking, you know what? What more can you want than a four year old who's singing cycling around?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[The neighborhood. So she got to sing. Really. She got to sing and ride kind of during the pandemic. If it was three years ago.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes. So when was it? If she's 7?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, so ohh, so it must have come in. It came in August 2022. So maybe by the time it. Came in. She was 5.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK, so it was just coming out. Of the pandemic? Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[So August 2022. Yes, cause actually we yeah, we're just coming out and.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It's remarkable.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right. And she it was so funny because I'd asked already. I'd said already, you know, campaigned a bit for this low traffic neighbor. It seemed like a good idea, but it. But then it was funny because it was when it was kind of all in the mix that I realised. How important it would be for children? And and it's got a mixed response locally as as these things have, but I've had friends who were very against it. Send me photos of their children cycling to school and go OK, alright, I see now, you know. And some people still don't like it. I must say that you know it doesn't suit everyone and I totally understand. But for for my daughter cycling around, I mean she just said she was angry because. It wasn't in the whole universe. She wants it everywhere.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[You know, some kids just have sort of No Fear of that kind of thing because they feel like they're in control and other kids are terrified. So, I mean, you have to trust that she's. You know it. It's worthwhile letting her do this stuff well, and you're with her. Yeah. Does your husband ride?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. So he he does ride. I mean, it tends to be me and my daughter that go out, but but he does ride with her. It's very intense. I mean, you are. Look, you know, you've got your wits about you the whole time because it's obviously still intents, even though it's mainly local traffic, there's still cars on the road. So you know, there's a lot of left. No, the other left, you know, and stop at the junction.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[But it's fantastic for her because she feels like. The streets are hers.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right. So she takes the place, she takes her place on the street. Yes, I get it. I get it. And she'll be a lifelong cyclist.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, kids here are not learning to drive a car anymore as much there, even though we are a very, very car centric society here in the states, we are finding fewer and fewer kids are demanding their drivers licenses at the age of 16, which of course I did. I'm like, give me the car keys. But I went back to cycling.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's interesting. Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[As an adult, as a kid, I rode everywhere. And then. You know, those few years of driving everywhere and and then cycling again? I'm I'm worried about the next generation of cyclists, which is why I. Was asking you about it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. So that's so interesting. I mean, I think loads of people here are getting. I see kids everywhere cycling in London and there's a great movement called kidical mass in the UK I don't. Know if you have this in America as well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[A critical mass.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Or critical mass. So this is critical mass. We also have critical mass, but critical mass is for kids specifically.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh how cool.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And it's amazing. And they've been rides the like a couple of weekends ago, there was rides in almost every UK City. It's. To be where it's marshalled and kids little kids are on the road and you know others have said that when you see kids on the road cycling, it really radicalizes you as soon as you see little kids cycling on the road. I just think there's little kids cycling Rd. Let's make 10% of roads like that now 10% of. Roads for cyclists. Let's. Go 20%, I'm ready.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And that I think it's a it's a very low bar and I think we can meet it. We just have to get people to understand that that you don't have to be in such a hurry.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That rotten cyclists down. I don't know what's going on in London.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[We have we are hearing some horrific statistics about vulnerable road users here in the United States. So more than 40,000 people.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Were cold last year.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh wow.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's a huge number, of course. That isn't London. That's that's a 330 million. Yeah, you know, population, but Even so, it's just absurd how people who drive cars in this country think that cyclists don't pay taxes. Those are the kinds. Of things they'll say.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I know, I know. Really, it's ridiculous. And also just in terms of, you know, the climate we're, you know, basically we're we're travelling without producing any pollution. We should get like Queens and kings and royalty. You know these net zero vehicles, you know, roll out the red carpet please.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right. Right. And how about the health benefits? You know, right? Yeah. I mean, we could go on and on about how wonderful cycling is, but everybody who listens to the show already believes that. Yeah, you know, it's preaching to the choir. We have to get to the other people. Well, kind of. How can my listeners find out more about you and follow you and watch for the work you're doing?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[You know.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Cause it's really good work and I love having this connection in another part of. The world.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh and that's fine and thank you to say for saying that and I will just say it's amazing how cycling and cycle campaigning and advocacy connects people all over the. World, isn't it? But yeah, but all want the same thing and you know. So I'm on Twitter or X. It's just Carla francom. So CARLAFRAN for November, COM for mother E. That's at Carla francom. That's the main place I am. Really do everything on there.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK, that's where I found you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And and also will love it. And I'm also on LinkedIn in the various, but you know, LinkedIn and Twitter is the. Main one yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah. And we will post all of that. We're going to also, I'll ask you to send me some of your links and I will get them up so people can see them too. I'm so glad I had an opportunity to speak with you. And to learn more about you, if you see Carlton, please say hello to him for me. I haven't seen him in years, but I know he hasn't.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I will do.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[To bit, he's still he's still curmudgeonly Carlton. He does such cool things.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[He does. And thank you so much for having me on your show. And it's it's just amazing. You've got this bike. Shop. It sounds really good.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh thanks. Yeah, actually it's my husband's shop. I still help out. I I'm a bike fitter. That's basically what I do. I help him do fittings.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[That's amazing. Well done you. Well, thank you for having me. And keep up the.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[And.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Great work alright. You have a wonderful rest of your day. Thank you. Alrighty. Bye bye. My thanks to Carla for joining me today. Since our conversation, she did in fact complete her 100 mile century ride in clipless pedals. I might add and Sadiq Khan was reelected Mayor of London. So more good things for cycling should be coming to the city. You can follow Carla on Twitter at. Carla Frank, home. Let's take a break and we'll speak with Dave Wilkinson the speedy turtle. When we return, you're listening to the outspoken cyclist. We are back on the outspoken cyclist. I'm your host, Diane Jenks. Ram is a team effort, and Dave Wilkinson makes it abundantly clear how true that is. He's completed marathons. His first when he was 40, as well as Iron Man triathlons. He is a skier. And apparently he's pretty fearless because Dave was born blind. Clearly that has never stopped them, and not only is his goal to complete race across America as the first solo blind rider, but he intends to do it in under 11 days. So why is his handle speedy turtle? Let's ask him. Hi, Dave. Welcome to the outspoken cyclist. Thanks for being my guest today. How are you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I am doing great.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Are you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I am. It's a mixture of excitement and terror.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I got it. I got it. That's how we felt right before RAGBRAI only because we knew it was going to be one of the hottest summers on history. And it was. This was 1999. I don't think it's gotten any better. So you are in Louisville and you are, I assume, blind from birth.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes, that's.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Correct, which means that it's not a handicap for you at all.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No, I I was very lucky. And that my family, my siblings, my parents, etcetera really didn't give a damn if I couldn't see or not. It was a matter of you're gonna have to survive on the planet. Do what you need to do. If you bleed, be careful. Whenever it was, you know, whenever you do whatever it was again that made you bleed and learn from it, which sounds much more rough and tumble than it was. But it was my my parents never held me back. My siblings didn't much care if their sibling could see or not. It was a matter we were going to fight and brawl and Chase each other around like anybody else. And it it it made for a fantastic environment to grow up.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[How many siblings do you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I have. I have two sisters. I have an older sister and a younger sister.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh, you. So you got pummeled from both sides. How nice. How nice. Well, let's begin with, actually, what's going to be the ending of of our conversation. And that's ram race across America. It's going to happen June 18th, which is coming up quick. I know you've been training. You are.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes, absolutely.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[A Stoker. I am a Stoker. I ride the back of a tandem. I know exactly what it feels like, and you must have some really great captain, because that's what it takes to do a successful tandem event. Tell us a little bit about the story. And how you decided ram of all events.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And actually it's a little it's sooner than you think it the the kickoff for RAM is the 11th, so it's 21 days out from the day.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I know I'd like that extra week, but it's gone. I don't know the complete story on why. Ram, it's something I'm still trying to figure out. We're we'll we'll approach this in pieces, if that's OK. I've done a number of marathons over the years. I started doing Marathon when I turned 40. I did my first marathon. I had done a lot of. Skiing before that and for a number of years raised on cross country skis. But had never really given anything longer than 10 kilometers, I guess as a serious thought until I was doing my first. Road race since high school and by sheer happenstance, I I was matched up with a guy that I've never met before, named Jacob Wells. Jacob was on my website. There's a little. Him bit to him. Jacob was the most unfiltered human being on the planet and he loved to run, and we're doing this little 5K. It's 1000° outside, and we're sweating and nearly dead. And I haven't run on pavement in. Since since I was the. And about between about miles two and three, Jacob was like we ought to. Do a marathon. And he'd already done a bunch of marathons at that point, and I'm like that sounds really stupid. OK, sign me up. So we we we started training together, and I did the Little Rock marathon in in Arkansas. And the US right after I turned 40 and did. I've done 30 some odd marathons over the years and. It was, it was all great and wonderful and and was really into running. And in the end of 2017, I was in a nasty car crash that. Fractured 2 vertebrae in my neck and seriously damaged two more and it. Pretty much put. Yeah. For a couple months. And I I had some nerve damage in my right arm and was. Kind of mopey and cranky and drugged up, and I was mad at the world because the car crashes aren't supposed to be what was going to Take Me Out. And it had become much closer than than I was comfortable with. And I started trying to sort of scheme on what would prove that I'd come back from the. And that I was utterly invincible in that. You know, I sure I can go through, you know, cars can slam into the car that I'm in. In total, the vehicles and all that kind of good stuff. And I can still get up and walk away from it. And I settled on Iron Man actually, because of a Canadian that I was having dinner with in Toronto, who is a a blind lady named Diane Bergeron. Who had just completed an Iron Man and she had bragged that she had been training for it for two years and I am competitive to a fall and she's sitting here talking about. This and I thought. And I'm gonna for one year, and I'm gonna beat your time. And sort of decided on the spot without owning a tandem bike without really knowing how to swim and having no idea how to train for it. That a that an Iron Man was in my future. And at that point. I found that Louisville Ironman was in October of 2019 and it was perfect. That was a year away and I called a guy that I've done a marathon with, who used to do triathlons, professionally named Mike Hermanson, who now coached trash leads. I'm like, OK. I think it's time that I do an Iron Man. Can you coach me and can you give me tips on looking for a guide? And by sheer luck, Mike was like I've I've. I've been thinking about doing one more iron, man. I'll do it with you. And yes, I'll coach you. And that started my triathlon career. Which was great and I've done a number of iron man's and I have. Uh. 1/2 and. A full scheduled for after a race across America and uh, I mean it's they're they're they're phenomenal. Which sort of brings us to RAM. I had teamed up with another guide that I was that I'd done, Mike. After we finished our Ironman, his wife had a couple of kids during the pandemic. He sort of took a whole different route in life and decided that it was time that he really became a grown up and raised his kids and be a responsible human being, which meant that I was going to have to find another guide and I ended up with a gentleman named Julian. Harris, who I've done a ton of triathlons and stuff. With. And Julian and I were supposed to do ram the original idea from a swim in a lake one morning where I and when you're swimming, when you're when you're when you're swimming, when you're blind, you're tethered to the the other person. And so it's. It's a bit of a a weird experience. You're it's three-dimensional, you know, because you've got. The the the murky depths below you to the sides and sometimes above you. And then when you put in competition, when you're swimming, when other people are swimming you you've you've got people swimming above you and below you, and it's a little bit of a. Disjointed, not entirely pleasant experience. And so I was doing a ton of open water practicing to try to sort of get control of my nerves and we finished a swim and a friend of mine was like you should consider race across America, which I've never heard of. And she started describing it, and it sounded God awful and miserable and really exciting. And the idea started kicking around in my head. And I asked Julian if he was interested. And he immediately said yes. And then realized a couple months into training, I started training for this in. What December, January, the first of whatever 17 months ago is. 2023 Julian realized how much time this was going to take and how much this was really going to impact a number of things that were happening in his family. And so he wasn't going to be able to do it, which left me in a really weird position of wanting to race across America and not having a guide. And. I found a ram. Forum and I'm not of the generation of of of dating online, but this has to be what it feels like. I just wrote up the little thing that was like I want to do race across America. I want to be the first blind person on the back of a tandem to do it. Here are my athletic credentials. This is an opportunity you can't miss. Don't delay. Get in touch with me. Now, now, now. And probably a little less demanding than that. And and then I just thought no one's gonna write back what it's saying. And several people did.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Of course they did. These are athletes. They're crazy.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And the. And one of them was Jim Trout, who was the cycling legend. And so we met on zoom. The truth of the matter is, I don't. I barely remember our first meeting. I've just been in a cross country ski crash in Canada where I'd skied into a tree and I was recovering from a concussion. Is all this is going on? And uh, I do remember that I sent Jim a picture of me hanging from a helicopter. They were airlifting me out of some remote section of Alberta, and I'm like, I'll do anything.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Clearly.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And so we, we had agreed to do this. Before we ever met. And I've argued ever since that we should start our own social platform called Instagram. I think Instagram would be a huge.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Instagram. Oh, that's interesting. Why not?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[What? So by the time we actually rode together?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[We.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[We had met. We decided we were going to do this and then. You finally meet. You're like, for the love of God, I hope we're compatible. We've got a little bit far to to. Back out and. And it just happened to work and we we ride really well together. That's an extraordinarily long answer to your question.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, let me take a moment to reintroduce you and then I want to ask you some more. Questions. We're speaking with Dave Wilkinson and we are going to ask him what Speedy Turtle is all about. But he is the speedy turtle. He is going to launch on RAM. He's a blind Stoker on the back of a tandem. We all know I'm a Stoker and that I love riding a tandem. I don't know that I want to do race across America, but he's going to be the first blind Stoker to complete. And I am assuming you're going to complete. Race across America coming up next month, so let's talk a moment about Speedy Turtle. Where did that come from?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Hell yeah. You know about mile 20 or 21 in a marathon, things either start going really well or the wheels completely come off.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And when the wheels come off, you're moping along and you watch these other people zooming by and you think, man, I'm really not going very fast unless I happen to be a turtle. And then I'd be doing all right. And there's not anything more to it than that. It was just a a delusional hallucination or whatever. At Mile 20 or 21 of a marathon that I wasn't doing so well. And as long as I thought of myself as a turtle, then I was going a lot faster, and it seemed to it, things didn't. Seem quite so bad.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Let's take a short break, and when we come back, Dave and I are going to talk about his crew and how they're planning to manage. The. Ride for him. You're listening to the outspoken cyclist. We are back on the outspoken cyclist. I am speaking with Dave Wilkinson, who will be dipping the rear wheel of his tandem into the Pacific on June 11th as he and his captain, veteran Ram rider Jim Trout, begin RAM 2024. So Lamb is a is a particularly crew heavy event. You need a fairly big crew, you need an RV. I think they require at least two vehicles and I saw your crew online that you have a really good supportive crew. How are you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Able to a take time off of what you normally do and B get all these people to do the same thing.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[We're going to take them in reverse order.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I am extraordinarily lucky with the crew that I have. My younger sister is my crew chief and has. Trades around the country as I've done different athletic stuff and it's just always been there. We're we're very close. I have a a fantastic picture of her when we're little kids and I'm riding her on the back on on, on a tricycle and it's the two of us. He has no idea what the imminent peril her life is in at this point. Riding with her blind brother on this dress. And so when? When I, when I mentioned this to her. He immediately was like. All right. I'm. I'm. I'm headed up. The crew on this. From there, a lot of the crew just sort of. Developed Sarah had an extremely good friend who was like, you know, if you're going to do it, I'm going to do it. And so that took care of her, her friend and. He. I have a wonderful friend Erica, who is a mad scientist and can put anything together who wanted to be my bike engineer and. With Erica came our nurse Jill, who was Eric's best friend, and so that was like they'll keep each other company. And then Jim has his wife and two kids who've crewed for him before, and he brought them back into service for one last go of it. And then he has a very good friend, Josh, that he then he got to do this. And so all of our crew are. Are doing this basically for nothing other than having their expenses covered and they're giving up, you know, weeks of their life to be able to follow us at 15 miles an hour across the country, which would be like 2021 kilometers somewhere in there and creep across the country and watch 2 old. Guys ride bicycles and it's pretty extraordinary.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[If the the, the crew and this is one of the things that I've really learned. From this and you know it before, but sometimes things are really driven home and you you you start to realize just how true they really are. And this is a team effort. People are focusing on me because I'm the. The blind guy and they've never had a blind person finish this as a as a solo project on tandem. But I just happen to be with the spotlight is and all of us together are making this happen. We are, we are all going. To have to be. Work incredibly closely together and we're going to see each other at our best and. At our worst. And it is an extraordinarily humbling experience to know that there are this many people who will go to such extraordinary lengths to make something. And.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Do you have any particular concerns not about the crew? Because the crew all know what they are going to be doing for you, but for yourself, you know things like cause I know a lot of people who are both crude, who say that it is just an amazing experience. Not all good, but.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Not bad. And who have completed RAM. So do you have any concerns that you haven't been able to sort of work out ahead of time that you know might come up?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right. My biggest concern at this point, which I've seen in action and I know better and it happens anyway. I when I get off the bike. I want to move. I want to walk around. I want I I don't want to just stand there and. If. Gym or someone in the crew is. Careful, and if I'm not thinking, I don't want to wander out into a roadway and end up squished.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Got it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I think that's a very wise way to think.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I mean, the chances of that aren't very good. Yeah, I mean, but it's and it's and. And you, you just don't think about it. You get off the bike and you just want to move and you don't realize that you're right on the edge of Interstate and or, you know, whatever roadway it happens to be and you don't realize what imminent, especially if there's not tons of traffic. You don't realize what imminent peril and and when. And you're not thinking. Great. And so that's the kind of stuff that concerns me. We've been really careful about. I can see a little. Bit of light. And because of my eye condition, flashing lights can be extraordinarily disorienting. I don't know if it's what happens to people who. Have. Who have seizures. But it's I. I look at flashing lights and I freeze. And so we've been really careful to make sure that I that I won't walk into the path of like flashing lights at at at any point so that I won't just kind of freak out. Which now that I'm voicing this, seems really kind of lame, but it's, but it's true.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No, not at all. I I would think that that's a concern that you already know could present a problem. So why not mitigate it to begin with? I have a question about your day-to-day living. Do you rely on any service animal like a dog or how do you how do you navigate?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Have.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[On your own when you're not doing crazy things like Iron Man and. I am.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I am I am a cane traveler. I do not have a guide dog. I do have. I do have an application in for a guide dog and I'm also following very closely a project that is developing a robot that is designed to at some point fill a lot of the purposes of a guide dog.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK. How cool is that?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It is. It is crazy cool.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Why?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[But I am a cane traveler. I have worked in in previous jobs where I've I've traveled really all over the world and for for work.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[What do you do?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[At this point I do I do not do a lot of travel, but I I work for Hilton. I'm a computer geek for for Hilton corporate and I get to stay in my house. We're all remote. At least my team, and so I get to work from home and. Occasionally travel, but it's not as near as much. A part of my job as I used to sell a different assistive technology for blind computer users, and those jobs took me all over the place, sometimes up to like 40 weeks out of the year. You know, you almost literally just write down what city you were in, so you remembered where you were.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Hmm.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right, right. That's craziness. That kind of traveling. Yeah. My dad was a salesman on the road. He traveled 40 weeks a year. That's hard. It's really, really hard. OK, I want to get back to a couple of things about.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Them one of the things being in the bicycle business and understanding how bicycles work is the bicycles are really, really important part of what's going on. What do you what will you be riding across the country?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Our primary bike is going to be a Santana tandem. I I should know the model number. And I don't.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh, that's OK. Santana makes great bikes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[They do and they offered us a fantastic deal on this bike and it was one of the funnier conversations Jim and I had. Jim has done a lot of tandem cycling over the years and when Santana offered this deal, he's like, well, you buy it like are you saying you want it? Yes, and so. So Jim now has a sparkly new beautiful Santana tandem that we're gonna be using. I have a burly which is not quite as comfortable, but is probably faster that I think we'll use on a lot of the flats. I think it would be perfect for things like Kansas and Illinois.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh, you're taking two bikes. OK, I get it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh, oh, no, we're not. We're not taking two, we're taking three.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Of course you are.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[The third bike we're taking is an old commotion. I don't know what that thing is made of. I would guess lead except. That I know wrong.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[No, it's still come on. We wrote a commotion for years. They're wonderful.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[They're wonderful bikes, but they're slow. However, it gives a lot of we want it for two we want it for the the glass elevator and we want it for Wolf Creek.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, they're heavy.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[For controlled descents, right? And so that that commotion is going for those very specific descents and the rest of the time probably won't be used unless it's an absolute emergency.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[The Santana is a is it a carbon or an aluminum bike?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It's aluminum bike.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK. Yeah. So Santana has a lot of proprietary stuff on their bikes, but they are such an innovator. Bill McCready is an interesting guy, such an innovator in the tandem space, which is shrinking by the moment in which it very sad. Tandems are not super super popular. In the.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Called.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[And and and. I mean, nothing against the commotion with, with, with about it, but it's they it. It is a. It is a pokey bike. It was. It was actually. Jim bought it as an engagement present to his wife years and years ago. And they've they've done tandem cycling all over the world on that thing.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I know, I know. So are you comfortable with things like clipless pedals and meaning step in pedals and sitting in a saddle because on a tandem you really have to sit, you aren't up and about. What?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[You're not up and about a lot. I've been. I use a a wahoo kicker for a lot of my training that I've got a street bike set up with that has clipping pedals. And we have played and I should know, the pedals that I'm using. They're actually mountain bike pedals, but it's it's it's much easier. We found the pedals that are easy to clip into without actually looking at them and knowing where your foot is oriented. So you can just slide under your shoe into them. I'm very comfortable with that. I've done. Tandem this this last weekend I did almost 12 hours of cycling on that Wahoo kicker, which is not anything compared to what you're going to get on a tandem bike, but riding in place for 12 hours, we'll, we'll, we'll we'll give your \*\*\*\* a really good idea of what it's going to. Be in for.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yeah, I guess. So do you have nutritional concerns?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Probably should, and I don't. We are. I'm using infinite nutrition as my primary. Fuel.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[What is it?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[It's called infinite nutrition, and they've given me a great deal on on a lot which has a lot of your proteins and carbohydrates and electrolytes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[And such things. The the RV is going to be constantly cooking us hot food that will get back to the follow fan. You know anything going awry we'll we'll make. Adjustments accordingly, our biggest concern at this point is that I'm a vegetarian and I have agreed that if worse comes to worse, I will eat meat. But I really don't want to. And so we're looking at other sources of protein from, you know, eggs to tofu to beans. You know, etcetera and I've.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[How long have you been a vegetarian?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[25 years.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yeah. So you, you know, introducing something as heavy as meat.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Could create other gastrointestinal problems that you don't need.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[No, no, I do not. It would be an absolute.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[We.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Emergency measure, kind of like trying to save the Titanic. I think at that point, you know and it's it's a it's a road that I really don't want to go down. So I I don't know I I try not and this may be. This may not be the way to do it, but it's the way that I have to do it for for sanity, I've tried to focus on some of the details and let some of it work out for itself. My body is going to tell me what foods it needs and I'm going to give it to it. That, combined with my crew paying attention to what I'm eating and if they realize that I need that, I'm not taking it. Enough. You know, whatever. They're gonna feed me more of it. And so I'm trying not to overthink it too much, OK? You sound very dubious about that approach.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[So no, I'm not dubious. I think that you know yourself well enough, and you seem to be willing to. Push yourself my my only thinking about this particular event are things I know. Like what happens if your neck starts to bother you and you start to lose it? Now you're on the back, so it's different. And but you know what about your your captain. He's done, ram before, I guess. And he was a DNF at one point.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[He was a DNS which had to do with he. He was retaining too much fluid.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Ah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[And and just just couldn't function. He has completed this twice and the last completed. It was two years ago and he.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Was number 4. Overall, the fastest American, so he took his DNF and went back and started really thinking about how he got to that. Point. And really put a lot. Of thought into what he needs to. Do to not. So. For again the DNF I think deeply and and Jim, if you're listening to this, my apologies for psychoanalyzing you, but I think the DNF had a profound effect on Jim being at the finish line and watching others finish is something that I've heard about a lot during our rides. And I think there's a sense of motivation that comes from that. Make sure that if it happens again, it's gonna be not from lack of trying.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Do you have a finish time goal?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[This is a hot topic.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I'm sure it is.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I am bad about. If someone mentions something. And it seems like a reasonable. Idea. Then it becomes fact. An example of this when we did our qualifying race, when we did the the Natchez trace, Jim sort of blithely tossed out that he thought we could be done by noon on Saturday, which was at about 30 hours. This is a 444. Mile race, OK. So when we came. Up to the. Last hour it was 11:00 and we still had.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Said.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[I don't know 1415 miles to go and to go and they were pretty hilly miles and. I'm like, I guess we're going to have to really work if we're going to make it by noon. And Jim's like, well, I'm not really worried about that. There are a lot of hills. We'll survive. And I'm like, no, that's not the way this works. We're gonna make it by noon if it kills us. And so we really, it had a fantastic last 49 minutes and we crossed the the the line at 11:49 in the in. In the morning because in my head noon was when we were supposed to make it, and that's non negotiable. It's just the way that my my brain works. The last one of. The last tandems who finished this did it in 10 hours, 22 or 10 days, 22 hours that has been. Tossed out as. A goal and I am fighting to keep it from becoming a locked in necessity. I would love to get under 11 days. And if I can beat that ten hour 22 or 10 day, 22 hour goal, it would be fantastic, but I'm really trying to not let that become hard and fast.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Got it. So the last thing I want to talk about. Is how people can follow you. Are you going to have some sort of tracker?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[You can track us through raceacrossamerica.org. They have little dots apparently, that move that show where we are. We're going to be doing daily Facebook posts. You can find us at Speedy team speed, turtle races across America. Or if that's more words and you want to write in, you can go to speedy. Turtle.net. And we have a link to our Facebook. Page we do do also have a newsletter sign up. We have not been great about doing as many newsletters as we should, but we will be doing one before the race to outline how people can track us. So that is all I know about tracking. I know that you can do it through the the race site and I know.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[That, my friend Erica. Who has gone? Who has used this as an excuse to buy every video toy on the freaking planet? He's gonna be doing daily blogs and Facebook posts for us.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[That's perfect. That's perfect. Well, I have to say, I wish you and Jim Luck and happy riding. I don't know. Do you guys listen to music? Hello.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[I intend to. I proposed the other day that we only listened to the band to Kansas when we were in Kansas, which was rejected pretty quickly. But I thought.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yeah, I would reject that too. Sorry. That's way too many miles to listen to one band.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[I thought it would be really funny. It would make it pedal faster.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Yes, it would.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[I intend to listen to. Do. A lot of audible books that. Don't make you think very. Much.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Ohh good I I understand. Mel's Mel Brooks book which he recorded himself is hilarious.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Ah. Ohh that would be fantastic.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yeah, yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[My wife got me a set of those Bose frame sunglasses that have the little speakers in the.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Oh, that's cool.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Yeah. And so, you know, I've been downloading new music and books that don't require me to think too much.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Do you 2 have a communication? So Brian and I have radios on the top of our helmets that have little microphones that. And you can listen to music through that too, and you can answer your phone, but they have to be charged, of course.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[We have. We're using cycling helmets by Cena. We have. A fistful of them so that if one is, you know it's as as they go. Dad, you hand it to the crew and they give you another one.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[This is where I become a pain. I don't like the Sound of Music through the helmet. It's too tiny.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Bit.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Not that the Bose frames are high. I mean, they are sunglasses after all, but it's better than the than the helmet. And so if I listen to music through the through the sunglasses, then I can also. Still talk to Jim through the helmet.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Well, interestingly enough, I would imagine that your hearing is heightened more than many of us. Just by virtue of it being at such an important sense for you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I think what it is. And we, we've had a lot of my. My wife is also blind. And so we've we've talked a lot about this over the years. And this is a purest side. She's the first visually impaired person I've ever dated. I totally wanted sighted chicks with cars.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Of course. Yeah, but now you'll have self driving cars. It won't matter.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I you know, I was so excited about self. Driving it occurred to me one day that I wasn't going to be able to engage in road rage, that these were all going to be controlled, and I wasn't going to be able to. Like be obnoxious in traffic and it's pointing.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[That's a good point, yes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Like harassing cyclists on the road, right?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Or just other.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Cars or anyone. I would just you know, just like I think what we do with our hearing. I probably I don't. Know if I could pass a hearing. Test at this. Point I went to too many metal concerts in high school. And college, but you pay. Attention to what your ears are telling you a lot more.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Hmm.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Umm, so they fill in the gaps. If you asked me to write down everything that I hear in a 2 minute period compared to what someone else hears, it's focused a lot more on things like where the door is. If someone walks in, you know, or if you hear ice in a pitcher of water and where that approximately is. Compared to me where someone else is paying attention to the birds. Outside.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[OK. So it's a it's environmental cues.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[It really is.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[I get it. Very interesting. Well, I know we need to wrap this up. We've been speaking with Dave Wilkinson. He is a Stoker on Ram. Coming up right? Race across America. The I guess it is about the toughest bike race that isn't A-Team event like Tour de France or the Jiro. It it really is a grueling, grueling event and I hope you guys have a great time get through this year. They're going to Atlantic City which is a new destination. It used to be. I think they went. To Virginia, but.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[We went to Annapolis, MD and there.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Maryland, right. Exactly. The last person I spoke with who completed RAM was Leah Goldstein.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Ohh.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Who is currently on. A 4000 kilometer solo event right now, no support whatsoever. I know she's really a remarkable woman. Thank you so much for talking with me. And I hope when you are done, we we can check in again and see how it went.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Oh my gosh. Thank you. I'd like to put in a quick plug for two. Things before we. Go one check out.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Absolutely.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[My sponsors on our website and I'd like to give a particular shout out to Hilton which awarded me a thrive sabbatical, which is only given to 10 employees per year. It's several 1000 applicants and what that allows and this answers your very first the this the. First part of your first question. Part of that thrive sabbatical comes with the month of June off, specifically to be able to do RAM, and I'm eternally grateful for them. They've been wonderful to me, so thank you, Hilton and all of my sponsors.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Thank you so much. You have a great trip and be very, very careful.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Thank you. And I will be. Thank you, Summit community.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[All right. Take take care.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Thank you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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[Bye bye bye bye. My thanks to Dave Wilkinson for joining me on the show today. Hugh, I have no doubt that Dave will complete RAM and wish him and his captain, Jim Trout a speedy sub eleven day ride. You can follow them on the Ram siteram.org once the race is underway. Or at speedyturtle.net. Thank you for listening today. I hope you enjoyed the show. Please remember that we have links, photos and a written transcript on our site outspokencyclist.com. You can also download each episode there and leave a comment. You can also follow us on Instagram, Twitter and Facebook. I'll be back with the new episode soon, and in the mean time, stay safe, stay well and remember there is always time for a ride. Bye bye.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

[Speaker 1](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!s74ec9b2d44ee4d978feb09faef2bde30)

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