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

Yes, it’s been a minute – well, maybe a bit longer – since the last episode, but I’m back and today’s show is the first in our year-end series highlighting gift-giving opportunities.

That’s not all though. My first guests are husband and wife Deb and Tom Gardner. They live in Indianapolis and have such a great story to tell.

Both are now retired and the accomplishments they have under their belts are mind blowing. Before they became heavily involved with long-distance cycling, they decided to run a marathon in every state. Done.

Then it was on to some pretty spectacular bicycling, and we’ll learn more about that in a moment, including their big 2025 plans.

Then, we catch up with the president and CEO of People for Bikes, Jenn Dice. People tell me I’m “so enthusiastic!” But, next to Jenn, I feel pretty laid back!

And, her enthusiasm for the work she does is contagious! Running PFB, which is celebrating its 25th anniversary – thank you very much – is a big deal and from the city ratings program to eBike battery recycling, Jenn can recite chapter and verse on all the many spokes in the PFB hub.

So, I’ve always wondered what drives some people to aim for and achieve such amazing objectives such as running a marathon in every state or riding across country.

After my conversation with my first guests, Tom and Deb Gardner, I think it’s just the way some people are wired – but what is so cool about this couple is that they seem to be wired exactly the same!

My thanks to Tom & Deb Gardner for speaking with me today and allowing ME to be the first to broadcast their newest adventure! Their blog site, “Keep Calm and Pedal On,” is full of great information as well as some preliminary details of their upcoming New Zealand trip.

Let’s take a short break and when we return, we’ll catch up with President and CEO of People for Bikes, Jenn Dice. You’re listening to TOC.

We are back on TOC. I’m your host Diane Jenks.

My next guest is a bicycling powerhouse. Jenn Dice was named “one of the [50 most influential people in American cycling](https://escapecollective.com/50-of-the-most-influential-people-in-american-cycling/)” in 2023 by Escape Collective .

She is a tireless advocate for cycling at the grass roots level, moving a vast array of cycling projects from start to successful finish.

Her successes are innumerable and when you ride that path or trail, you might want to thank Jenn.

My thanks to Jenn Dice for taking time to talk with me today. You can find all of the projects we talked about plus a lot more at peopleforbikes.org. Join the organization, learn about the many great programs and opportunities available, and find out how your city rates as a great place to ride – or learn how to effect change in your city using PFB’s advice.

I hope you enjoyed the show this week. Remember that there are links, photos, and a written transcript of the show at outspokencyclist.com. Subscribe to the podcast on your favorite app so you never miss an episode. And, follow us on FB, Instagram, YouTube, and Twitter (X)

Next time, we’ll be speaking with WBR’s Leah Misbach Day. It’s time we caught up with her and learn about the organization’s most recent programs and progress.

We’ll also be speaking with BikeFit expert Paul Swift. I think we’ll have a lot to talk about!

Thank you for listening. Please stay safe, stay well, and remember, there is always time for a ride. Bye bye++

# Audio file

[wjcu-the\_outspoken\_cyclist\_2024-12-07.mp3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It's time for the outspoken cyclist to weekly conversation about bicycles, cyclists, trails, travel advocacy, the bike industry and much, much more.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Hello and welcome to the outspoken cyclist. Your host, Diane Jenks. Thanks for tuning in today. Yep, it's been a. Well, maybe a bit longer since the last episode, but I'm back. Today's show was the 1st in our year end series. Highlighting gift giving opportunities. That's not all, though. My first guests are husband and wife Deb and Tom Gardner. They live in Indianapolis and have such a great story to tell. Both are now retired and the accomplishments they have under their belts are mind blowing. Before they became heavily involved with long distance cycling, they decided to run a marathon in every state. Done. Then it was on to some pretty spectacular cycling and we'll learn more about that in a moment, including their big plans. 2025. Then we catch up with the President and CEO of people for bikes, Jen Dice. People tell me I'm enthusiastic, but next to Jen, I feel pretty laid back. And her enthusiasm for the work she does is contagious, running pfb, which is celebrating its 25th anniversary. You very much. Is a big deal, and from the city ratings program to E bike battery recycling. Jen can recite chapter and verse on all the many spokes in the people for bikes hub. So I've always wondered what drives some people to aim for an achieve such amazing objectives as running a marathon in every state or riding across the country after my conversation with my first guests, Tom and Deb Gardner. I think it's just the way some people are wired. But what is so cool about this couple is that they seem to be wired exactly the same. Hello Tom and. Welcome to the outspoken. Thanks for being my guests today. How are you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh, we're doing great. Wonderful.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So let's begin with who are Tom and Deb? One of you pick it. I'd just like to know how you met and who you guys are and then we'll talk about all the cool things you're doing.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Alright, Tom and Deb Gardner, we're both from Indianapolis IN. We met 21 years ago. Deb was a teacher at a school, a technology teacher, and she needed some volunteer help during the summer to help work on the computers. And I volunteered. I was the only volunteer.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Surprised the default volunteer got it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It worked out well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Apparently that was 21 years ago.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[And here you are.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Well, that's interesting. And you taught technology meaning like computer science.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I was technology coordinator for a small Catholic K8 school and it was before the time of e-mail. And so we kind of got a really great group of volunteers together and parents and we got. The school ramped up for e-mail and all kinds of things. So it's good, good time to be a technology coordinator.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Tom. So your background is in computers.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, I was. I was a software developer back in the 80s and always have been in information systems, type of sales or something. So my degree was technology. I was. I was always pretty good with computers I can. You know, I can take care of them if I need to.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Right. So that's how you. How did you figure out that maybe bicycling?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It was running first so.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, that's right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We need to talk about your marathons. You guys are nuts, but that's OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Right before I met Deb, she had just finished running the Boston Marathon, and on one of our first few dates, she wanted to go running with me. And I've got there half hour early to get warmed up to 'cause. I know she was going to really whoop on me but. We we just, we just had fun. You know, running. And then she talked me into running my first marathon. Back in 2005 and there it went, you know, then we, you know, we talked about running lots of marathons.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, you sure did, didn't you?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[And then she wanted to do a bike ride, and I had a 1983. Called it old blue. That probably had 200 miles on it. She goes. Let's go do a 30 mile her and. About killed me.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, probably. What kind of bike was it you remember?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[A cordo centurion.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh, they were nice bikes centering. They were actually.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, they.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, it's a nice bike.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Were actually Japanese made they. Nothing was made in Taiwan in those days. No, that was a real bike. Very cool. So I know you. Quote UN quote Working anymore, meaning you're retired. And we know that retired. Nobody's ever retired. It's baloney. What made? Possible for you though to quit working and and follow all these cool dreams that you have.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[But you go first with your retirement.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[After I left. Pius, which was a wonderful AKA school, which really I wasn't trained to be a classroom teacher. But as things turned out, it turned out to be one of the best decisions of my life as far as a career. It was time for something different. I taught for. A year at a high school, so shortly after I left high school to teach, I went to Catholic University. And taught there and then I I it was time for me to quit teaching in 2017 and I stopped working and went full time retirement and I've been grateful for that every day retiring. Yeah, is all of my learning is self-directed now and I just go where the wind blows and I get to learn all sorts of things and read books and take care of family and garden and do all kinds of fun trips.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That's kind of my story about.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[In Utah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yes. Our our company had worked for software sales for 16 years for this company helped we develop software for the medical device industry and we were approached 4 years ago. By a company out of Silicon Valley and they acquired us and I think they had other plans for me, but my plans would retire.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I love it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So 2 1/2 years ago I said I'm giving my, you know, 2-2 months, 2-3 months notice, however long you need me to hang around and. So I retired a little over 2 1/2 years ago. It's wonderful.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Sayonara. I get it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That's right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Let me take a moment to reintroduce you. Speaking with Tom and Deb. They're in Indianapolis, but they're not always there. They have an amazing blog called Keep calm and pedal on, but it's not just about that because I do want to know. Whatever got into your minds about doing 50 marathons by the time of 60? You're both the same age.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We are. We just turned 65 this year. Sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Congratulations, I'm ahead of. But wait a minute, OK, so I it looks like you see somebody do something and you're like, oh, that would be kind of cool. Me do that. Is that what happened with this?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Sometimes, but we don't blindly follow Willy nilly like you'll never see us jump out of a plane with a parachute. You probably won't see us go on long. Horseback riding rides and I we're probably not going to learn how to downhill ski at this age because we're Midwesterners and there's a lot of not a lot of snow. But for there are certain things that really pique our interest in running is one of them. Because it. And it's efficient and anybody can run because most people can put one foot in. The other. You know, we live in a really beautiful country and to be able to have a purpose for visiting every state such as a marathon and a marathon, is 26.2 miles. It's not really a short distance now. It's not a long distance either. But it really enabled us to enjoy the country together.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[So that's.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We that's how we got on that kick and there are there is an organization called 50 States and we thought well that might be something. To. So that's what we did and we actually finished that goal early and then we were like. What are we gonna do next?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Kind of a fun little story. My insurance agent. I was sitting down with him. I had. I had just run Big Sur marathon, my very first marathon, and I sat down with him and I knew he was doing all 50 States and he had 10 to go. And he I said, boy Joe, I wish I would have started running marathons earlier in age. He goes how long do you think I've been doing this? And I said I don't know, 20 years he goes. No, I started 10 years ago. So he says don't tell me you can't do it, Tom. And I went home and that evening we went out, had a couple beers, and we picked out our first 12 marathons that we were going to do that in the next couple years. That's how a lot of shenanigans start over a couple beers.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Just gonna ask the beer thing, but. We. That so how long did it take you to do? 50 marathons. You didn't start when you were 60?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[No. So it was 2012. And we had done. We had. I had run 7 by then and we said all right, 2012, we're going to start this goal. Going to do the next. Rest of them, we planned it out and we finished five years later, 2017.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That's pretty cool. So do you have like metals and finish stuff from every single one? Do you display? Or do you? Do you display them?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We do display. We each have our own, and my dad is a was a woodworker and he created this really cool rack and after the marathons were over I decided, well, I'd kind of like to run a 50 mile race so I did that. And then I thought. If I can run 50, I wonder if I can run 100. So I did. Then I thought, OK. Think I'm done running. Let's just run. Just ride.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Wow.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Somebody else.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Just paste one of my yoga students. Paste somebody doing 100. Paste the last 18 miles, he said. They walked.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, it's it's not. And I walk and it's not all that unusual. And I think I think comparison is the thief of joy. If you begin to compare yourself to what others could do or might be able to do, that might. Stop you from doing something that you might want to do. So you really have to search your own self and not compare yourself to others, but just go forward.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I have to say I'm very envious of all your running because I always dreamed I could do it either 1/2 marathon or a. But I've always had since college when I was in a motor scooter wreck. I've had a problem with my right knee. Now, having said that, stem cell therapy has helped it. I don't know that I could still run 1/2 time. We'll see about that. Let's talk about your cycling. From what I can tell, 2018 was your coast to Coast Tour, correct? Where did you come up with that idea? And where did you start and? Because there's like the northern and there's the southern. So. What did you decide to do for that coast to coast?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[4.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[When we were out in the Pacific Northwest, we went out there to run a marathon in Coeur d'Alene, Idaho. One in. The state of Washington and we were on our way back to Spokane to fly out and we happened to see. A mother daughter. Couple pair of cyclists that were riding across the country West to east raising money for police dogs, equipments. It was the the mother's husband. As the girl's father. So we're in Tom. I'm like well. People do that. Really and. We're like, well, we want to do that. So that day, that route, that's what we decided.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That was a northern. They had just started from Anacortes, WA the day before and they had a blog and we followed them the rest of their trip.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Wow. You follow them back across.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Well, we went back home from. We flew to Indy, but they had this blog and we were able to get money and we were just intrigued.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh, I see you follow your block.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[By what they could. And we're like, we're doing it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Did you already own bicycles that were appropriate to?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[That well, I mean, I did, but mine was a a very old Cannondale steel bike.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[You do.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It was fine.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I. I went to Rei and bought a nine. Dollar Co-op. And put frames on it and.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Away you went? Yeah, yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You really don't need the latest greatest.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[No, no, I. And you know, coming from the background, I do where we've always built bikes, you know, that's what we do custom. Bikes all that changed with the pandemic. So now we're kind of going back to something a little different and building adventure bites that are not necessarily one off perfect geometry. You know, we're just. This we can. All these bike shops are. Some, unless you're a big truck dealer and then you're just selling a bunch of carbon fibre. Track what other bicycle adventures have you done that was in 2018, so you had to run into the pandemic at some point.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We did, I think, before we did the cross country from Washington to Maine, we did dip our toes in the stream. To. And we practiced on the Katy Trail. And we we did some of those shorter to test out equipment, make sure our stove, you know our tent, make sure that we weren't packing too much. But then you know after after that cross country trip, that really changed. That really expanded our boundaries and gave us the confidence to think big. And you know, we we reached out to people for help, just like people reach. To us. And it's kind of one big family. A. Way to connect with people across the country or even the world, who are thinking about either coming to the United States and you know the next big trip was. The great divide, and I'll let Tom tell that. If you're ready for it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That's a crazy trip. I know several. I've spoken with them over the. Who have done it? Apparently you were successful. Tom tell. About your what year was the great divide trip?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So we were supposed to. It 2020 but. It's it starts in Banff, Canada and goes down to the border of New Mexico, Mexico.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So during our Northern tier part of our ride went through Eureka Mt and we were rolling in the end of our day to Eureka Mt and we see these bikes, they're mountain bikes and they're covered in mud and there's a bunch of them and they got bags on. A total different set. Than what we were writing. And we said, what are you guys? And they said, oh, we're doing the tour divide race. Start Advanced Canada week ago and we're going down to Mexico we. We've never heard of that before, and so we finished our trip and I started investigating the great Vibe ride and we went to a website, calledbikepacking.com. And that's how we learned everything about bike packing. And you know those type of bikes, that type of setup. And we said, alright, we're gonna do it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Let's do it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[You look at, if you look at the tour divide, you know 3/4 of the bikers ride a salsa cutthroat. And so that's what we we wanted to go ahead and get a salsa cut throat. We went out and acquired. Got. I got 1 and that's that is our bike.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We ride now every.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That's the only bike I have.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Only bike we have now.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yes, Salsa is an interesting company and they did a really nice job. Done a really nice job for a long time. That they're nice fights. Very, very. So what kind of bags do you have?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Revelate revelate bags we have. We have a sweet roll. If you go to our website you can see the set up a sweet roll which is in front of the the drop bar. We have a sweet roll. There. We have frame bag inside the frame. We have two. Fork bags hold anything bags that are attached to the front. And then a backbench off the back. The seat. That's that, you know, really expands waterproof bag and then little gas tank bag.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[So you do not have a full. Of rear panels back there.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[No, just one bag of.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Interesting that the front end of your bike is loaded. That's interesting.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah, there's a seat bag, but I mean, really, no matter if we're going, you know, if we're going somewhere for five days like we did the Otezla, I know that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Know Tom on. Trail. I saw that he's on your. Cast and we met him on the Otep. No matter for going out for five days or 50 days, we basically take the same stuff and it's pared down. Super simple.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Right. Let me take a moment to reintroduce you once. And then we're going to actually bring it up to speed. I want to know what happened this year and what's going to happen next year. We're speaking with Tom and Deb Gardner. Have this really cool blog site you should go to keep calm and pedal on. You can just glean what you want from that, but they've got all this interesting stuff that they've done and we will talk about your nonprofits because I think those are going to be we'll wrap up with that. Important that you're doing some philanthropic stuff with the work you're doing too, so. What happened in 2024?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We just had did short tours. We finished our riding a bike in every state.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, but I thought that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh, the Idaho trip.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Oh yeah, the Idaho. Well, you know, sometimes The thing is like we come up with these ideas and, you know, they pop in our head and he's just like, OK. Let's do it. So we we were out and you know maybe having a couple crafties and. We thought the Idaho Hot Springs wrap sounded fun and there were nice adventure cycling maps to to use. Of course, it's in the Pacific Northwest, which we love. And we had bike bags and we wanted to give those a try because of our upcoming trip. We wanted to see how those work. We went out to Idaho and went to the Sawtooth, Boise and Payette National Forest, which are absolutely gorgeous. The only problem is you really shouldn't go. August because. There are just wildfires everywhere. The smoke. Becomes problematic even if you don't have respiratory. Tom, I have great lungs and great legs because we love to cycle. Done it quite a bit, but it's just too. There's too many wildfires, and then you're putting the emergency crews at risk. We. To cut that short after only a. Nine days. I think we were four days. But we made it work. Know we pivoted and I think that's a good life skill. Sometimes things don't end up the way you plan it. You know. We met some amazing people. And we do the same. Probably wouldn't go again in August, though. Yeah, right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[But highly recommend it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Well, and climate change is starting to make it different for everybody. You know, you're gonna need to to rethink some of the things you've.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It is.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[All. So you have a big trip coming up for 2025?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[We do.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Are you ready to announce it?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, nobody knows yet.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[They will now.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Our family, our. Knows I want to let you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Know. So. So we finished our 50 state ride, got 50.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I know but.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oregon was our last day. And then we decided. All right, what's? Well, we're going to try to ride in every.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Of course you are.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So Dev comes. And she finds this route, called the Tour, a tour. I. Know if I'm pronouncing that correctly in New Zealand and it starts.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Off.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Starts at the top tip of the North Island. Goes all the way through the North Island and then you jump on the South Island and go all the way down to the bottom. And. So it's about. 3300 kilometers, I think around eighteen 1900 miles. And so these two brothers are the ones that have. This route. They did it like 15 years ago. Listed this all you know, download the the files to your Garmin and they put together these great little. Brochures. Little booklets for each island and you know they they mailed them to us and it has all you know, all the details in it. Like adventure cycling. You know, the stores, the campsites, all that stuff and the route you have to coordinate. The 1st 90. Kilometers is riding on the beat. And you have to you have to coordinate writing during the low tides.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So we're gonna leave February the 8th and that we have a week, week time period that you can ride that beach. And then the next time you can ride it is 2 weeks later.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Mm.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So if you miss your window, you're gonna have to wait two weeks.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Wow, how? So this is not an organized tour like you're gonna meet up with a bunch of people. You're doing this on your own.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[There is an organized tour, but we're not going on. They start.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[They start two weeks after.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, that's.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[By somewhat some some. Probably raise it and they'll fight passes, of course.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Maybe.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah, well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[These two quiet people, they just kind of like to go do our own thing and sure, it wouldn't be like us to because everyone says, oh, you got to do ragbra. And I think it sounds fun, but it just sounds like loud and a lot of people and. Well, just go on my own thing, you know. It does sound great.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[RAGBRAI is loud and a lot of people. We did it. You know it's you and 8000 of your best friends, but it's. Yeah. And and it's.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[It sounds fun.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Done the they. The hottest week of the year, the last week in July. So it's just like bluff, but.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Hi.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[We did, we did it. My. So it was already 25 years ago. We did it in 1999. That's good. Yeah, it was a.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[It was a tough ride, but then we were also 25 years younger so.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Maybe it wasn't so bad.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh man.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah, right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[So I want to ask you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You what advice you might give to somebody or a couple who are saying, well, we're we're just retiring, we're still active. Want to do some stuff? These trips sound daunting. What kind of? What kind of thinking do you think you need to have to? To plan and then execute one of these adventures.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Well, that's a great question. That really is a wonderful question. And I think first having the desire to do so is big because I think that really drives the learning. When you have a need or a desire to to set a goal and to work towards that and. Do it together. Is so wonderful, as you know, because you do that with your husband and all the things that you do running a business and touring and all that. You do. You know you. You start. You know, how do you eat an elephant? Bite at a time. Start small and build your confidence. You know, don't. It might be daunting to. A cross country. Well, don't start with cross country. With the KD trail. With the CNO. Start with the. It's a beautiful the oet is probably. Of the most. Under spoke about underrated. I highly recommend that for so many different reasons, but that's what that's what my advice would. And then to reach out to people because people love to be asked questions and don't be afraid to reach out because we we like to hear from people and we do the same thing every trip, we do that. Does that answer your question?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It does. I mean, I already kind of knew. It's obvious that you take advantage of things like probably warm showers.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[We. We have before.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[And and going to the llama. Tell me. OK, I need to know about the llama lady because I love animals and I love the idea. And she seems like she's just this kind hearted woman who just says cyclist, come on in.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yep.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[And that it really is a special place and it's well, it's well. Also, you know it's kind of at a time when you really need some tender loving care. Has sandwiches in the fridge. She has cold drinks. There's llamas that, you know, meander around. There's little standalone structures, there's a TP. A couple cabins.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[\*\*\*\*\*\*\*\*. You know several sheds, you know just.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah. So where exactly is the is the place?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[It's outside of Helena. Mt is. Yeah, yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh. It's in Montana.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[And she really is a cool person. No charge.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[No, I know. I saw him.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[It's pay it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Forward and it's beautiful and every in every little structure has eminems all the fresh fruit. I mean, it's a it's incredible.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[How do you think she finances this?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[You know, I'm not sure. I don't know. Donations, I mean, we need donations are sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah, sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Of. You know. Not going to leave a piece like that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[That still doesn't cover the cost of the land and upkeep, but she really is. Truly there are these kinds of there are these kinds of Americans. I mean like the bicycle.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[What is it?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[The one out in Nebraska, the bunkhouse, bicycles, people do this.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Oh the.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Incredible.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah, I think there's a woman in. Can't. It's in the southwest. Whether it was Phoenix or. Sin of I. Same thing, same thing. This little old lady who just loves having cyclists stay.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[This kind people.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[ING. So let's talk about. The last thing which is your to nonprofits that that I thought that they were both really interesting, but especially the one for homeless.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah. So back on my feet is a not-for-profit organization that organizes runs and the one here in Indianapolis, the shelter that we worked with is for veterans and they plan early morning runs. As a way to help build physical fitness and confidence in themselves, and in turn they will provide job training and other some some financial incentives. Tom is a team lead for five years and that was our primary focus of that and St. DePaul food pantry. I think everybody has one.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Sure.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That was our primary focus for quite some time, especially during our cross country trip in 2018. Since that time, we have seven children between us and they all live in Indianapolis, and they're all having children. And so really our way of giving is really helping our families. And helping to take care of them when they need us. We have not found as much time as we had before when when they were off in college and doing their own thing. They've got these young children and if we're not babysitting, we may be preparing a meal. Or just taking them out to chat with them. That's kind of our focus right now and I'm sure that as our grandchildren grow older, we will be returning back to some of those not for profits. Means so much.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So that's so interesting that how important your family structure is so that. A lot of. Don't grow up with their grandparents nearby. My daughter didn't my parents decided to go out West and leave us here, but her other grandparents she was with her a lot with them a lot. And and you can see the difference in the children who have grandparents who are involved in their lives. And I think that it's really important that they see that generational change.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It is, and we're lucky. We're lucky. I mean, our grandchildren have other sets of grandparents that are equally as amazing and wonderful, but we happen to live in the same town, so we're in a good position that. I. Two of them live within a mile of us. You know we're. Them like a lot, but.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We're just lucky, so. So, you know, look to get. To the pampers.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Are you teaching all these grandchildren to ride a bike? I.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You betcha she did.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 3](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[She did last summer.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I bet you well, you know I. I interviewed a a professor down at the University of. I think it's UVA. University of Virginia who does a lot of statistical work on cycling related issues. And found that 50% of parents are not teaching their children to ride a bike, and that was really terrifying to me. Like it's like not teaching your children to swim.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Oh no.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[It's that same kind of basic fundamental skill that I think all kids should have so.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Yeah. So anyways, you know, we always wear. That's a, you know. So yeah, we teach them how to tie their shoes, ride bicycles. I'll teach them how to shuffle. Deck of. I mean, all the life skills. Are important, OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Well, there's a good one there's. Vegas. Wow, this has been. Delightful conversation. We've been speaking with Tom and Deb Gardner. You wanna go out to their blog site? Keep calm and pedal on. Will have it up on our site outspokencyclist.com. Will follow. Are you going to do a blog while you're in New Zealand? Really want to see what's going on.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 4](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Absolutely. And it's just been a pleasure to see you and chat with you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 2](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Good.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You for us having us on your. It's been fun.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It was my pleasure and I hope we get to talk again. Will, when you come back from down under.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[All right.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks. Have a great fall. A great holiday season.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You. You as well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks. My thanks to Tom and Deb Gardner for speaking with me today and allowing me to be the first to broadcast their newest adventure. Their blog site keep calm and pedal on. Full of great information as well as some preliminary details of their upcoming New Zealand trip. So let's take a short break. When? Return. We'll catch up with the President and CEO of people for bikes, Jen Dice. You're listening to the outspoken cyclist. We are back on the outspoken cyclist. Your host, Diane janks. My next guest is a bicycling powerhouse. Jen Dice was named one of the 50 most influential people in American cycling in 2023. She is a tireless advocate for cycling at the grassroots level, moving a vast array of cycling projects from start to successful finish. Hi, Jen. Welcome back to the outspoken cyclist. Happy. It's so good to see you and get to see you. Last time we spoke, it was by phone.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I. Happy holidays, so great.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, it. Well, we're past Thanksgiving and it's a short window between Thanksgiving and Christmas. So I wanted to get to you because I think pfb people for bikes is an important organization that listeners need to know about. So let's get to it. What's been going on in 2024? And what is the organization doing going forward? Let's start. What 2024 was like?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah. Well, first of all, people from bikes were a national bicycling nonprofit. Work at all levels of government. Our goal is to get more people on bikes more often and make biking better for everyone. Have headquarters in Boulder, Co and Bentonville. And we've got a team of about 30 passionate folks, nonprofit, passionate, mission driven folks that are out there every day trying to make biking better in America. And so things are going really well actually to report back. 2024 was a fabulous year for bikes. You know more money is flowing than ever before at all levels of government to put in bike infrastructure. A big, you know, recent win this November on the November ballot. Know a presidential election year is always a bigger ballot year. So we. It was like 27 measures across the country. And helped secure $27.4 billion. With the. Towards, you know, dozens ultimately hundreds of biking and walking projects across the country, recreational trails, bike parks, trailheads, you name it. It was a really active year at the ballots for more bike infrastructure, both on road and off. Was probably. Biggest win of 2020 for.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So these are definite. These are like, this stuff's going to.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[For sure. What? What holds bike infrastructure projects back is the funding. And with more federal funding flowing than ever before because of a few years ago when we helped pass the bipartisan infrastructure law, you know, unprecedented amounts of federal funding are flowing down. To infrastructure, so both you know protected bike lanes, connected bike networks. Like parks, single track trails trailheads. So both on road and off, all kinds of bicycling. But to get a federal grant, you need a 20% match and big transformative projects take a lot of money, so. It These are not bipartisan. These are not one level of. It takes cities, it takes states, and it takes the federal government all to come together to build a lot of active transportation, a lot of bike projects. It's. Super exciting that local money also helps match the federal money. To make it happen.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So do you see what the incoming administration any way for them to stop some of these projects?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, we certainly hope. And the great things about projects are they're not just for. There for everybody. Every time you have a community with better, safer infrastructure, for example protected bike lanes, those same communities get 44% safer for everybody. It doesn't matter how you travel, whether. You're walking. You're in a bus. We know that those communities that have better bike infrastructure get safer for everybody by 44. Percent. And so we've been lucky in that bikes sort of transcend politics. Republicans, Democrats, independents, everybody loves bikes and they ride in different ways. And so in two years, there will be a new transportation bill. The federal government every six years reauthorizes their surface transportation legislation, so we're already active on that with a coalition of other national groups. Gearing up to make sure we improve the funding that's out there, you know? Cut through bureaucracy, cut through red tape, you know, get it on the ground in actual infrastructure that can help communities. We're really looking forward to working with the new Congress and the new administration on all of that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So do we have any idea of who the new Secretary of transportation is and where it comes from? I assume it's a man and what to expect.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[His name's Sean Duffy. He's out of Wisconsin. We know. His family loves bikes and we haven't. Obviously the new administration is not in yet. So you know January 20th, they go into office and we'll meet with the new Secretary of Transport. Ations team, the new secretary of Interior, which is Governor Borgam out of North Dakota. And you know, there'll be a whole host of new members of Congress, new chairs and ranking members. Our teams in Washington, DC will be busy. Getting to know New Congress, new agencies, new secretaries, you name it. A lot of work to do.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah. Let me take a moment to reintroduce you and we will move on. Speaking with Jen. She is the head of people for. It is the organization that matters for cycling nationally, so communication with her is important and her organization, we will let you know how you can get involved toward the end of our conversation today and. More people on bikes more often that, as I remember, that's how we all started. People on the little I think we had on our counter a petition. Years and years and years. Gosh, that had to be over 20 years ago. Long has PF be been around.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks for asking. And I didn't even cue you on that. Our 25th anniversary this year. Celebrating 25 years. We started. Bikes belong. I'm sure you knew Tim Blumenthal, my predecessor. Legend, we've been around 25. We're doing a lot of 25 year annual celebrations, year end fundraising campaigns, you. It but. Our mission has. Been, you know, make biking better for everyone. More people on bikes more often. And really, because we run the city ratings program and the great Bike Infrastructure Program, our goal is to make America the best place in the world to ride a bike on road, off road, young to old. All ages and abilities, and so we've really gotten clear on making America the best place to ride. And that's what we do through infrastructure and the policies that support it.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Well, you know, somebody would take some exceptions to that if they lived in the Netherlands or you know, something like that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We're coming for the Netherlands, Diane. Gonna get them.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Let's do. I love that. I love that idea, Professor Ralph Buehler, in a conversation I had with him earlier this year, said that his studies are showing that parents are not teaching their children to ride.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[That that is like 50% of the parents aren't teaching their children to. How are we gonna fix that in terms of infrastructure interest, getting parents not to be afraid to let their children on a bicycle? Even out of the. How are we gonna do? And I think people for bikes might be poised to help.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We have lost a generation of cyclists. We are very worried about getting more kids on bikes, teaching kids to ride, but even more keeping them riding one of the tests we have is. What will it take for you to let your kids ride without you? And how safe is it in your neighborhood to ride a bike? Of course, there's many great programs to teach kids how to ride, what we fixate on is once they know how to ride. They have a. Will they actually do? Do they have a safe place from where they live? To where they want to go. Protected. That's connected. That's safe. So we think a lot about the infrastructure around schools. Many years ago you probably remember in our history we were a partner in the fiscal agent to start the safe roster school program with a bunch of other national partners.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[And so the idea is, how do you lower speed limits you put in protected bike lanes? Designed intersections. So that we can let kids, you know, have the freedom and independence we had. When we were. You know, we want more kids riding and we know bike infrastructure is the way to do that.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[So, you know, I passed the school on the way to the shop all the time, and parents are literally lined up to pick up or drop their children. And I know the idea of a quote UN quote bike bus is a great idea that some parents get together. Of them leads out the kids. Of them follows the kids. I'm not sure, though, that we're getting to the source, which would be the parents. You know, are there programs that pfb is looking at or that maybe need to be started?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We love bike buses and actually two years ago we gave Sam Balto a national award. This, you know, phenomenal community that he's created and bike buses first in. But you're seeing bike buses pop up all across the country, and you're right, it's the concept of parents and kids writing to school. Usually they start one day a week and it's so popular and it's so much fun and it's safety in numbers. That it sort of cascades from there. We actually Sambalto had this great legislation in Oregon about flexing some of the transportation funds to help pay for those bike buses because, of course. It was a good problem to have. They got. They expanded from sort of one day a month to so much more, and you love the idea of helping create bike buses all across the country. Again, I'm going to be a broken record on this. Comes back to bike. You know you're not going to take the bike bus. On a speedy county. Or highway like you have to have. Have protected connected bike. You have neighborhood greenways where it's safe to ride in neighborhoods. You know, I would never want a bike bus to ride anywhere that's unsafe, and so if we don't fix infrastructure and it's not that difficult, we can do it. Got lots of. People do it all across the country and all across the world. But if we. Fix bike infrastructure around critical places where people want to ride. Everything gets easier.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Let's take a short break, and when we come back, I want to talk about the five cities paving the way, project and some other things that PFP are doing. We're speaking with Jen. She is the president and CEO of people for bikes. You're listening to the outspoken cyclist. We'll be right back.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We are back on the outspoken cyclist. Guest today is Jen. She is the president and CEO of people for bikes. It's peopleforbikes.org and you want to put that into your browser and take a look around. A lot of information there and ways to get involved. Talk about that some more. Let's talk about 5 cities paving the way. So I read through it on the site and it sounds like an exciting thing. I think I knew about it before, but tell us about the project and how it came out this year.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[For. That was our final model program. We worked with five cities, you know, ready to go best and the brightest to move quickly, to build bike infrastructure in those communities. Those five cities were Austin, Denver, Pittsburgh, New Orleans and Providence, RI, and they set bold goals. They said instead of slowly layering in the bike master plan over the next 30 years, we're going to go fast. Going to be. We're going to RIP the Band-Aid off and we're going to build it in about 3 years. So it was hugely successful 400 miles. Of protected bike lanes federally sections. Austin was probably the the biggest achiever, had the most success and all that. I want to say they built about 100 and 25150 miles and committed to build another 100. It was just phenomenal. But the modern version of that program is again, that great bike infrastructure program paired with city. So we believe what gets measured gets done. And of course we love bike projects, but we really love bike projects that are game changing, that they connect. Other bike infrastructure that they really go to all neighborhoods or from where people live to where they want to go, that we really meet the needs of a community because we know that's how you improve. City rating score and there are dozens, if not hundreds, of phenomenal state and local advocacy. Groups that have these really great game changing projects out there that we're trying to help them get over the finish line and our great bike infrastructure program, I think we're tracking about 2000 projects this year will track even more next year. And the idea is. Focusing on local infrastructure, making sure we find the funding, making sure we give local elected officials the political courage to get those projects across the finish line. Every project is controversial, no matter what you're initiating in a city. And we know we've got to show up. And showed that it's not just about bikes, it's about mobility. It's about the entire community. Bike infrastructure makes the entire community safer, and we're really focused in on bike infrastructure through the great Bike Infrastructure project.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[You mentioned the word. It's one that comes up a lot. I think it's why people don't ride a lot is because of the safety. Or lack thereof. And so I'm wondering how much communication you have with like the what is it? Institute highway safety. You know the ash toe. All of that. And is there any coordination among? Those organizations that you monitor that we can go back to people like Steve Magus here in Ohio who tracks? Cyclist fatalities. New York City. I talked to John Sirico. Talked to people all over and that's the. Women, especially with kids, don't want to ride where it isn't safe. So I'm just wondering what kinds of programs you wrap up into and? Whose resources you're able to use to address safety issues.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We most directly work with safe. In our city ratings program, so from the standpoint of, there's a lot of different ways. Can answer that but. We come all back to our measurement tools. Look at forest safety data. We look at what the FHA is doing, the Department of Transportation. We look at open streets, maps, our city ratings formulas have about 188 calculations to go into. Is it safe to move about your community? Are there connected protected bike lanes? Are the speed limits? Where do people travel? And So what gets measured gets done, and we work with. We give them a score on a scale of zero to 100 and we show them specifically what they can do. To increase their city ratings city rating. Part of it is OK. A 30. Here are the five things you can do to get over 50 a city like in Amsterdam A. And Oslo, you know, they're in the 70s and 80s. And so we we really fixate again on infrastructure and your city rating score to be able to move you in the right direction. The perceptions of safety. And the actual safety, you know, they're they're real like you do not want to ride in an unsafe community for for many Americans, that's just never even a choice. And they just don't live in a community that lends itself towards being able to ride. Want to change all of that? And we know when you put in a protected bike lane again, it's safer for everybody. Even if you never ride a bike and who you have no desire to ride a bike, you don't want to hit a cyclist or somebody. And so when you know when you're in your car, you want to know where you should safely drive and when you're biking or walking. We like to organize the street to sort of make sure that everybody has a piece of the road. In those communities that we can make it happen and we're big champions of the complete streets legislation. And the idea is when you look at a community and you're refurbishing a road before, you just blindly put it in like it was before in the status quo, you look at what can you do for biking? Can you do for walking? People in wheelchairs for mobility of all kinds and we just passed that in California. We just helped pass it in Los. That's going to be game changing for the people who live in California to really as they refurbish roads or as they build new roads to think about all user. Not just moving cars as fast as possible.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Let's talk about some of the other programs that people for bike has. I know there is an. Isn't there a battery recycling program for E bikes OK. Guess we need to talk about E bikes. It is a category that is. Exploding, no pun intended, about the batteries, but but in terms of sales, people are buying and. Bikes I I don't know what the tariffs are gonna do. I think it's gonna have a huge impact on the E bike sales in this country if an American manufacturing company is listening, it might want to consider tooling up to make E bikes. That hasn't happened yet. So what is the battery recycling program? I. That I think it started with people for bikes.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[Speaker 5](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

[We did great memory. Love ebike? Everybody's buying ebikes right now. So. They're really exciting in Germany the last two years, I believe the majority of sales are E bikes, not analog bikes. That's where a lot of things are going in every. Sometimes I joke that we're people for E bikes because it's become so exciting. Popular and it's a it's a great it reduces barriers to cycling and gets more people on. So with battery recycling great memory, two years ago we launched the first transportation sector, battery recycling. So basically, E bikes are great, but they have a lithium ion battery on them and we want to clean up our own mess and we want to encourage people who are making E bikes who are buying E bikes and ultimately. That battery or selling that to make sure they do the right thing by that lithium ion battery and they're storing it well along the way. We launched a nationwide battery recycling. We were the first group in the country to do it, or transportation sector group. We partnered with called the Recyc. And we've helped recycle over 80,000 lbs of E bike batteries through our hungry for batteries campaign. And so we run a campaign year round to really encouraging to encourage consumers to recycle that battery. If we don't want them to be confused. Any battery will. We don't say you have to bring in this brand or that. We just want your batteries because we want to make sure they're properly. So it's been an exciting program and we've been doing a lot of education around it too. Bikes are fantastic. They have to be. We have to make sure that people know the proper etiquette, what speeds to ride, where they can and can't go. What class of you bike is allowed. So we do a lot of education as well.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[OK. And that became another question that I was going to have about these Class 123 bikes and where they can go, where they can't go. They. You know, there's a question about what should they have licenses. You know, you have a throttle bike that can go 35 miles an hour. It's a. It is no longer. Just a pedal assist bike, so yeah, there's a lot of quest. Where are these recycling? Is it through bike shops or through bike shops?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, true.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[It is through bike shops, OK?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, there's probably. There might even be close. 2000 by now. Bike shops around the country that you can drop off, you can go to hungaryforbatteries.com and check out. Put in your zip code and check out a place to recycle your battery near you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[OK. That's we're going to put that up, hungry, hungry for batteries.com chomp chomp. OK. Other programs. Can listeners jump up onto the website and find where they might get involved?](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[We would love your listeners to get. We'd love for them to join people for bikes and our campaign for more and better biking to help create fun, you know, safe, accessible places to ride. You can see our. We picture a world where bikes connect communities that you can ride from where you live to where you want to go. You know all ages and abilities young to old, you know, bike parks and bike share in every community. And we'd love for your listeners to join people, for bikes, invest in our work by becoming a member, a dues paying member and be part of our work. Shaping the future of biking, we would welcome them to join our campaign. Our crusade really for more and better biking across America.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[I believe there are grant programs from people for biking. OK.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Yeah, great. We run the bike industries Community grants program, where we do grants around the country to help facilitate more bike infrastructure and great advocacy groups that are pushing these game changing projects across the finish line. Every year we do a grants program. We invest in a lot of other non. Doing fantastic. There's so many great nonprofits out there, and really our sweet spot is that we work at all levels of government. Work with. We work in all 50 States and with about 2000 cities, and that city ratings program, so. We're looking for game changing projects that really give us that traction to move faster further. So it's really exciting work and and we support both the infrastructure and the policies that make it happen.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[As usual, it's great to catch up with you. Been speaking with Jen. She's the CEO and president of people for bikes. It's people. Org login you will find all kinds of things going on there. If you are an ad. It's a great place for resources if you're not an advocate, you will become one. I think by going to people for bikes. You so much for talking with me today. Hope you have a great. We'll catch up in the spring sometime and see how things are going with the new administration. And. I hope you have a wonderful 2025.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thank you. It's always an honor and a privilege to get to hang out with you and talk bikes and talk about changing the world to the power of the bike. It's pretty great legacy work that you and I both get to do and it's. Honor to get to do it with you.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thank. I appreciate. Talk to you again. My thanks to Jen Dice for taking time to talk with me today. You can find all of the projects we talked about plus a lot more at peopleforbikes.org. Join the organization. Learn about the many great programs and opportunities that are available. And find out how your city rates as a great place to ride or learn how to effect change in your city. Using people for bikes advice. I hope you enjoyed the show this week. Remember that there are links, photos and a written transcript of the show at outspoken cyclist com. Subscribe to the podcast on your favorite app so you never miss an episode and follow us on Facebook, Instagram, YouTube, and Twitter. Next time, we'll be speaking with World Bicycle Relief's Leia mizbach day. It's time we caught up with her and learned about the organization's most recent programs and progress. We'll also be speaking with bike fit expert Paul Swift. I think we'll have a lot to talk about. Thank you for listening. Please stay safe. Stay well and remember there's always time for a ride. Bye bye.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks for joining us today on the outspoken cyclist with Diane Jenks, who welcome your thoughts and contributions on our Facebook page. Or visit outspokencyclist.com to leave a comment on any episode. We'll be back next week with new guests, topics, conversations and news in the world of cycling. Subscribe to the show in your favorite podcast app and you'll never miss an episode.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)

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[Thanks again for. Ride safely and we'll see you next week.](https://onedrive.live.com?cid=ed6297f895b7f2d7&id=ED6297F895B7F2D7!sf3e6a80750464dc7a0dcd1c38166f277)