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Transcript

Speaker 1

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

Speaker 2

Hello and welcome to The Outspoken Cyclist. I'm your host, Diane Jenks. Thanks for tuning in today. My guest says she is one gear short of normal. In fact, that's the title of her Substack and after our conversation, I can see why she might think that. Me, I can relate to so much of what she has to say that either I fall into the same category or we aren't so abnormal after all. Amanda McMahon loves the bicycle. Everything about it. She loves riding it, racing it, talking about it, writing about it, and would be happy to quit her day job if she could do bicycle all day every day. What is so interesting about her though is that she's very pragmatic about it all. She wanted to make certain that women have a prominent place in the bicycle world, not only on the roads, but in the bike shop and beyond. So she asks some women if they'd be interested in riding. Oh yeah, hands went up. Now she's a USA cycling coach, has a new club launching in 2027, and thinks of her work as a human cycling cooperative. Oh, and then there's Chad. You definitely need to know about Chad. I hope you enjoyed the conversation with Amanda as much as I did. Hello, Amanda. Welcome to The Outspoken Cyclist. Thanks for being my guest tonight. Apparently, I wasn't paying attention. We have literally more than 240 friends in common. How did I know about you?

Speaker 3

I don't know. I wrote this really stupid Chad joke and all of a sudden it just shot me into the spotlight and it has, I don't know, it's just like grown legs and taken off since then.

Speaker 2

Yeah, we need to talk about Chad. We need to introduce him. We'll do that in a little while. So I want to know a little bit about your background. People are waiting for this conversation because I told them we were going to do it. Plus I wrote a substack about you, even without meeting you.

Speaker 3

Holy cow.

Speaker 2

Well, because You know, I kind of felt this like attachment. Like I could tell that we would be friends because you are probably more funny than me, but maybe almost as funny as me. I can't figure out which. So tell me about where you grew up and how you became interested in cycling.

Speaker 3

Yeah, so I grew up in a really small community in the southeast corner of Kansas. very much a farm community. I grew up with an older brother who was just no nonsense and all of his buddies. And so I have just been rough and tumble my whole life as long as I can remember. I went to school over in Lawrence, Kansas, and then I settled in Kansas City and I have been there ever since. Gosh, what else? I've been married almost 20 years. I have a kiddo in high school and I just love the bike. I love the culture of the bike. I like riding my bike. I like racing my bike. I like hanging out, talking on my bike. I like hanging out in the bike shop with my bike. Like anything with the bike, I'm there. Like I'll ride any kind of bike. I have a time trial bike. I have a fat bike. I have a road bike. I have a single speed. I have a super fast gravel bike. Like I just love the bike. Anything bike, I'm down.

Speaker 2

Okay, then I won't ask you what your favorite bike is. It's probably the bike you're riding.

Speaker 3

All of them.

Speaker 2

I was going to say it's the bike you're riding at the time you're riding it. So I do want to know though, just curiosity, what kind of road bike do you have?

Speaker 3

It's a state crit bike. So it's an old racing bike that they would use for crits from the state race team. So I got it used and have converted a little bit. So I just use that as my road bike.

Speaker 2

Do you know the ma the manufacturer?

Speaker 3

Uh, estate manufacturer. It's state, the brand estate. Uh, it's, um, and all, yeah, I'd have to go look it up. I think it's like an all road. It's like an all road carbon. Okay. Um, but

states, states are really good brand because they ha they make really high quality like frames and parts and stuff, but at a really reasonable entry level price. And so you can get a really good rig for a really good price and it's really friendly with other bikes and components so you can upgrade and swap things out pretty easily. So my first couple bikes I ever had were state frames just because I was able to modify them a lot and just rode them hard and then someone else bought them and then got another one and rode that hard. So I just like them.

Speaker 2

So when you say you upgrade them, you work on these bikes yourself.

Speaker 3

So I'm a bike shop fly. So I hang out in the bike shop a lot. Like I just like, and I think it's because I, you know, growing up with my older brother and all of his friends, they were, my brother's a mechanic by trade and my grandpa's also, he wasn't a mechanic, but he worked in a lumber yard. He owned a lumber yard. So he was always working on projects. And so I've just grown up around hanging out in the shop, smelling lumber. And so when I got introduced to the bike, I just hung out at the shop and hung out in the service bay just because it was fun. And just by being there all the time, I got to know a lot of the guys and learned about bikes and learned about how to work on bikes. But I don't have like a shop or anything here at my house. I hang out at the shop a lot because I keep all the guys busy. But but I do hang out and like to supervise and boss them around a little bit. But it's all in good fun.

Speaker 2

You want to give your shop a plug.

Speaker 3

Yeah, it's Hanover Bikes in Overland Park. And I really credit the whole bike, you know, lifestyle to them because they were the ones that got me started on a bike like their fitters got me fitted to a bike because at the time, like there's a story there, but I had a gastric bypass and my body was changing. And so that whole shop and that fitter really embraced me and like taught me everything I've ever known about the bike. And so I still go to them to this day because they're my friends are almost like a second family to me.

Speaker 2

Yeah, I'm a bike fitter. I know how that is. And yeah, there is nothing better than a good bike fit.

Speaker 3

Oh God. Yeah.

Speaker 2

And there is nothing worse than a bad bike fit.

Speaker 3

Oh yeah, that's true.

Speaker 2

So, you know, we've got both extreme. Well, you've been writing some stuff about that, which I think is really interesting. Let me reintroduce you and we'll keep going. We're speaking with Amanda McMahon. You cover you cover a lot of ground. What do you actually do professionally? You're writing, you're racing, you're coaching. You've got a new club coming up.

Speaker 3

I do.

Speaker 2

Yeah. So if we were to just say, okay, what does Amanda do for a living? All of it.

Speaker 3

All of it.

Speaker 2

Okay.

Speaker 3

Yeah, all of it. I so during the day I work and work in health care tech, so I am in I.T. But at the core of my heart, I'm a writer, so I love to write. I'm always writing. I will get up really early in the morning when the house is quiet, when my husband's asleep and the kid's asleep, and I'll just write for maybe like two to three hours solid. And I just love it. So if it was up to me, like, you know, I could have any job in the world, like I would just get paid to write and then ride my bike. But I write a lot about writing because they always say write about the things that you know, write about the things that you love. And so because I love to write and I love the bike, those two always come together. So I'm always writing something about the bike, the culture of the bike, a bike fit, a new bike. I got a race like because it all just kind of comes back right around to the bike.

Speaker 2

So it's interesting that now at this point in history, there's so much opportunity to get that information out there.

Speaker 3

Oh yeah, 100%.

Speaker 2

Like Substack, for example, where you do not need a publisher, you do not need an editor. You can do this stuff and get your stuff out there and people will read it.

Speaker 3

Yeah, absolutely. And I feel like I could really lean into my voice, like my unfiltered voice, because I have a lot to say and I don't feel censored. Like you can write it, you know, you can read it or you don't have to read it.

Speaker 2

Right.

Speaker 3

I can just really speak the truth. You know, responsible truth, right? I'm not irresponsible with it, but.

Speaker 2

If you don't like it, change the channel.

Speaker 3

And yeah, exactly.

Speaker 2

And I totally, totally get that. So I do want to talk about your love of gravel racing because.

Speaker 3

Oh, yes.

Speaker 2

My husband and I talk about this all the time. Gravel racing to us is adventure riding. It's just taking whatever road is in front of you. And whether you put panniers on it or whether you just take a water bottle, it can be anything. Tell me about your experience of gravel racing, though. You are actually competing.

Speaker 3

Yeah, so I've done Unbound two times, not the XL, but the 25 and the 50. My most recent, I think my first ever like real podium, so to speak, was actually in my hometown, a community gravel race called Coal Miners. And that was the first time I've ever got first place, so first place on a podium. So that was kind of cool. I've got second place a

couple times, but first place in my hometown, like that was kind of a big deal for me. So when you say competitive, I mean competitive, right, for a local fundraiser in your community. But like competitive in its formal sense, like not really. But you know, I can beat my husband. I can do okay in a local race. So, you know, priorities.

Speaker 2

How about your kid? Does your kid ride?

Speaker 3

No, my kiddo doesn't ride. He's very much like into tech and computers and and gaming and things like that. So, yeah, Mom's weird. Mom's weird because she rides her bike. Like, that's weird. Like, he'll tell his friends how weird I am. And that's okay.

Speaker 2

He's probably of the age where he doesn't yet appreciate how important it is that you're doing what you're doing. But some important stuff I like. stuff you're doing. I think it's really.

Speaker 3

Oh, thank you.

Speaker 2

So I want to talk a little bit about your coaching. You are a USA cycling.

Speaker 3

Yes.

Speaker 2

Coach. And I'm not sure. I haven't heard of anybody doing that recently. How long have you been a coach?

Speaker 3

Very recent, like with the last four months, three months. Ah, okay. Very recent. Yeah.

Speaker 2

Are you coaching locally? Is that what you're?

Speaker 3

Yes.

Speaker 2

Okay. Yeah. Yeah. You have clients already.

Speaker 3

I do. Yeah. So it kind of came about in a really unusual sense because, you know, just being in the community, being on a board, like I just meet a lot of people. I'm out and about a lot. And I had a local bike shop, a local truck bike shop, reach out to me and ask if I would be interested in running a women's only gravel program. And when he asked me, I said, well, if you want me to do that, I'm not gonna do a group ride because that's not what this is about. Like for women, we don't need another group ride. We need psychological safety and we need space and we need to make the bike shop comfortable for women to be in. So he's like, great, design whatever you want. And I'm like, sure. I made it however I wanted. And I, I did a lot of research. I thought about my personal experience. You know, I thought about the culture of the bike shop. I thought about, you know, what makes women uncomfortable in group rides, like all those things. And I packaged it together and I brought it to Trek and they're like, great, do it. And so I set it up as a pilot called More Than Miles. I didn't know what would happen really. I, you know, just let's give it a go. And I had like four or five women raise their hand within days saying, Hey, I wanna be a part of that. So that was kind of surprising. So there are now my four athletes that I have. And then I have a second cohort for more than miles and I have another four that are getting started. So that would be eight within of like, I don't know, four months. I mean, it really has happened really fast. And when this all started, I wasn't a cycling coach. I didn't even think of myself as a cycling coach. And so I was like, that's kind of unethical for me to be leading these women and giving them advice without any kind of like real training. So that's when I went to USA Cycling and I'm like, okay, like I need to get something to make sure I'm giving appropriate advice, you know, and having some information so it's safe.

Speaker 2

I can appreciate all of that. I can also appreciate the approach you're taking that it's not just about a group ride. And so, I mean, that is, I think, where these programs falter.

Speaker 3

Yeah.

Speaker 2

That they're forgetting the whole culture around what keeps people from riding.

Speaker 3

Yeah, absolutely. And when I designed it, my goal was to have someone who's a lifetime cyclist. So it's not that they're gonna finish a program, they're not going to finish a ride, they're not going to do an event. I want them to be a lifelong cyclist. Like I want them to love the bike, be empowered, you know, be part of the fabric of cycling. for their life. And so when I stood this up, like we spend three weeks just getting to know each other, getting our bikes fit, working with the fitter, getting to know the mechanics of your bike,

building a relationship first. And so when we start riding together, it makes sense I have really the bike shop is like the core of the program. So I'll have experts come in. I have a legal expert, a lawyer come in and talk about their rights as a cyclist and talk about, you know, if they get an accident, what are they supposed to do? So they're informed. I have a very experienced gravel racer as a co-coach. And so he will offer like specific gravel handling techniques. So when we'll go on a gravel ride, we'll talk about how to navigate a loose gravel, how to do turning, but all together. And then we'll have live meetings like this where we'll ask questions, talk about fueling, talk about planning the ride. So it's so much more than a group ride. It really is about establishing somebody as an empowered cyclist so they can participate for the rest of their life.

Speaker 2

What age group are you seeing that has an interest?

Speaker 3

Probably like 40 to 55, I would say older. Yeah. And the women that typically come to me are either going through some kind of life change where they just got divorced or they're getting kind of lonely or they're wanting to do something different in their life. And some of them have even had a bike before, like they're like, I want to try cycling. And so some of them have literally bought a brand new bike in the shop and just learning and didn't even have a helmet. Or if they had a helmet, it was old and used and it wasn't fitted right. So it's really taken them from, I think bikes interesting to like off to the races they go and they're like riding their bike all the time.

Speaker 2

I think it's awesome.

Speaker 3

Just awesome.

Speaker 2

Let's take a short break and when we come back, we're going to meet Chad. We're speaking with Amanda Man. She is in Kansas and she is a Renaissance cycling woman. Isn't that it? I think that's a pretty good handle. We'll be right back. You're listening to The Outspoken Cyclist. We are back on The Outspoken Cyclist. I'm your host, Diane Jenks. We're speaking with Amanda McMahon. She is, I'm calling her the cycling renaissance woman. And I wanna know, okay, so you have introduced us online And we will give our listeners a way to follow you and find out about this.

Speaker 3

Yeah.

Speaker 2

I assume he's a fictional guy named Chad.

Speaker 3

Yes. Fictional guy named Chad.

Speaker 2

All right. So poor Chad. Poor Chad. We beat the living hell out of Chad on a daily basis verbally. So tell us about Chad and your sort of reason for having this dialogue. And who's are you doing the illustrations?

Speaker 3

No, no, I don't do. I do all the writing and I use ChatGPT to do the illustrations for me.

Speaker 2

Really.

Speaker 3

Yeah.

Speaker 2

They're so cute, these little guys. Okay. Tell us about Chad and the Genesis. How did Chad become this character for you?

Speaker 3

Well, So Chad is really kind of like this persona that I would see in the bike shop when I was hanging out. And I don't wanna say Chad's bad, like Chad's a good guy. We need Chad in the cycling system, but Chad does some stupid **** and it's so entertaining to me. And so he's the guy, he's the persona that always wants the best gear. He always wants the best fuel. He always wants the best kit. He always wants to get lighter and he's always like checking his data against everybody else. But mind you, he's riding on a Saturday morning to the coffee shop and back, you know, maybe 15 miles. But it's really kind of like the persona of that guy. And so that guy is so funny to me. I see him in the shop doing stupid ****. I see him on group rides, you know, asking people's FTPs. I see 'em when they roll up fully kitted out, you know? So it's just kind of like this persona to me that just makes me laugh because it's ridiculous. And so I write jokes about 'em 'cause I just think they're really funny. And what's interesting to me is people really connected to Chad quickly. And I didn't even think about it, but I really, I chose the name Chad because that's just like the most common name for guys in my generation in cycling. Like literally there's no other reason than that. And so that's how Chad came to be.

Speaker 2

So our generation, his name was Fred. And that has a whole different connotation from Chad wanting to wanting to tell you what's going on his Strava. But that's hilarious. And I have been reading it and I really wanted to know how Chad came about. And I know exactly who he is. And I think anybody who has spent any time in a bike shop or around a group of cyclists, men especially, all right, men definitely, There's a Chad in there somewhere.

Speaker 3

There's a Chad in there.

Speaker 2

Where do you think Chad's gonna go? I mean, where is the story going?

Speaker 3

So I think Chad is gonna be a very lovable character that people are really gonna like and wanna like talk with them and engage with him. He's the guy that I'm gonna use to feel like he's being left out of things. or he feels like he's being ignored, or he feels like he's being excluded. So Chad's this lovable guy that really wants to be a part of these communities. He wants to be included, but he's kind of have to like behave his way back into the community, if that makes sense. Yeah, sure. Yeah.

Speaker 2

Perfect sense. I love it. I love it. Okay. So we're going to leave Chad there because I want people to go out and read about Chad on their own. But there are a couple of other things I want to talk about. And one is the gravel situation room. It's a very interesting site. I've never seen anything quite like it. I assume it is basically for your area.

Speaker 3

Yes.

Speaker 2

Okay, explain what it is because I think people could pick up on it and possibly adapt it if that's, you know, if that's something that they would come to you and say, well, how would I do this? If that's something you're interested in, explain what it is, the gravel situation room.

Speaker 3

So it is like the state of gravel. It's like the state of the state, what I think of it. And it's almost like a news platform on what's going on in gravel in the community. And it features different sections on how like women involved in gravel, new gear technology is coming up in gravel and just some like opinionated pieces about it. And so I call it like kind of like a state of the state, maybe like a situation room, but just all things gravel.

Gravel, you know, I haven't seen a platform like that for gravel yet. There's been a lot of little pieces here and there, but I put that together because I was like, man, there needs to be something that really pulls that whole gravel ecosystem together. to talk about what's happening in the state of gravel. And so I put that together and I've just been picking at it because I like it. I mean, that's kind of why I started it because I'm looking for stuff like that.

Speaker 2

So the thing that attracted me first, the first thing I saw was the environment that you were talking about smoke from the fires.

Speaker 3

Yes, yeah, so current events.

Speaker 2

Yeah, which was really interesting because I mean, you can look, I can look at my air quality app and know what's going on. But if I want to go out for a ride or I want to know what's happened in the last few hours or even forward, you make it so convenient to know everything that's going on in the area.

Speaker 3

Yeah, because even when I'm like gravel racing, I want to know what's going on in that area. You know, what's going on with the weather because I have allergies. Like, what am I going to be dealing with? I mean, you mentioned smoke, but there are some races where they're having farmlands burning next to you when you're riding your bike. And so you need to know about wind. You need to know about to participate that rain. whatever rain and all the things, because some of these races, like they could be burning fields next to you. And so there's a lot of things that I feel like I need to know when I'm going to different rides or events. And so I just research that and learn about that.

Speaker 2

So there will come a point when I say, when do you have time for all this, but we'll get to that. I do want to talk about what's coming up in 2027. You are actually starting a new club.

Speaker 3

Yeah.

Speaker 2

Talk to me about it.

Speaker 3

Yeah. So with the women's group, they showed a lot of interest in terms of staying together after the program. And so I asked if they would want some kind of club and they're like, absolutely. And so I'm like, okay, I need to build that. So I have the women's part going, but also with my coaches I have because I have two cycling coaches that I work with day-to-day and they asked about forming a club with the three of us. And so that became like the guys side. So I have the women's club that's already percolating and then the guys club. And so now I'm pulling this all together for 2027 to really have what I'm going to call a human cycling Cooperative I don't know if that's what it's going to be eventually but the thought is to like put everything together under one big umbrella and have a club from a different lens so it's not just like group rides but it's like building true community through different engagement and events and techniques And I don't know how to do all that just yet. I have a couple things I have in beta right now, but that's where I want to go eventually. So right now it's just kind of like conceptual and like there's a demand, but still working through like what that even is. Like I'm still figuring that out.

Speaker 2

I think you'll get a lot of feedback that'll begin to fall into place. Yeah. I mean, you seem to be able to take things and know what slot to put them in.

Speaker 3

Yeah, I mean, definitely it's not gonna be just a ride.

Speaker 2

Right.

Speaker 3

And it's not gonna be a jersey and it's not gonna be a t-shirt. I want it to be community. And I don't know how to do that without the rides. And especially like the folks that have shown interest are across the United States. So there's people in Oregon, Chicago, like, I don't know how, I mean, I have some things I'm experimenting with, but- I wanna put.

Speaker 2

My vote in for one thing in particular, if you're doing this across the country, and that's advocacy.

Speaker 3

Yeah.

Speaker 2

And I agree. But advocacy on a different level. The advocacy I'm thinking about is about safety and about your idea of lifelong cycling.

Speaker 3

Yeah.

Speaker 2

And how to pull that all together. It's something the industry should have been doing for the last 50 years. They have done nothing, and all they do is argue about it.

Speaker 3

Yeah.

Speaker 2

Anybody who can pull it all together, if anybody can, it might just be you.

Speaker 3

Oh, thank you. Well, definitely for female cyclists, like I'm very passionate about getting women in cycling and being empowered on the bike and feeling confident to speak up and feel like they have a place and they've always had a place. But getting them there, like that's what I'm really passionate about.

Speaker 2

The last thing I want to talk about is your Substack and the name of it, One Gear Short of Normal. I read it and I'm like, of course that would be the name. All right, how'd you come up with that?

Speaker 3

Well, so I am kind of odd and obviously I love biking. Yeah, so I am just kind of like, a little short. So I'm a little eccentric. I'm not like the full chain ring. I'm missing one little little notch there. And so I'm just one gear short of normal. I'm just not a normal person. So I thought that was perfect. It's like a bike thing and also being a little weird and quirky.

Speaker 2

So it's interesting you say that because one of the things we say in our bike fitting is nobody's average. So you can also now say nobody's normal.

Speaker 3

Nobody's normal.

Speaker 2

Yeah. I mean, if they wanted to find normal for me, I'm not sure I know anybody who would fit into that category at all. This has been fun so far. I hope we get to talk again. Tell my listeners how they can learn about your substack your well one one gear short

of normal you can look that up on substack but where to follow you and and how to keep in touch for your club I think there'll be interest coming from well all over the country.

Speaker 3

Yeah that's awesome uh so I have a website called join one gear short of normal.com and it's a wait list so I have options for people just to submit their e-mail address and their zip code, like I got to know where people are coming from. I have options for people to tell me what they're interested in, if they want to learn more about the community that I'm building, if they want to learn more about training, they want to just kind of tag along and see what happens because they like enjoy, you know, following the the brand and the platform like they can do that too, just so I can keep track of people. I just have so much interest and I just cannot build things fast enough and get things out fast enough for people to latch on to.

Speaker 2

It looks like you're going to eventually have to quit your day job.

Speaker 3

I mean, maybe. Like I would love to ride my bike and just write about riding my bike all the time. That would be fantastic.

Speaker 2

Do you know Laura Killingbeck?

Speaker 3

Uh-uh.

Speaker 2

I will introduce you to her. That's what she does.

Speaker 3

Really.

Speaker 2

Just finished a tour, a two-month tour across Michigan called Choose the Bear. Do you know about that Choose the Bear thing?

Speaker 3

That sounds familiar. Yeah.

Speaker 2

Yeah. So it was about if you were if you found yourself in the woods with a guy or a bear, would you choose the bear or the guy? So it was sponsored by the IRSA Credit Union, and it was to raise funds and awareness for Women's shelters and battered women, abused women. Oh, wow. And it was too much, but she's just remarkable. You can go back through the Outspoken Cyclist website and go listen to her conversation. She's really a sweetheart. You'll like her. You'll like her. And you know what? She's going to like what you're doing. And there's our community.

Speaker 3

Oh, thank you.

Speaker 2

We've been speaking with Amanda McMana and she's in Kansas. And she is one gear short of normal and I'm right there with her and just exciting stuff. I'm really excited to be able to talk to you and learn about you. And if you are interested in knowing more about what's coming up in 2027, join one gear short of normal.com. Give her your e-mail and your zip code and stay in touch. You can find her probably on Instagram. Yes.

Speaker 3

Yeah. Yep.

Speaker 2

And Facebook is where I found her and her stack, which we will have have all of that on outspokencyclists.com. Thank you so much. Go have dinner. It's been great. Thank you. Yeah.

Speaker 3

Nice to meet you.

Speaker 2

We'll talk again.

Speaker 3

Okay. All right. Take care.

Speaker 2

My thanks to Amanda for joining me on the show today. I think she's got some great ideas and her enthusiasm for her work is contagious. I know she's going to make a big impact in the coming weeks and months. To find out more and to get on her list for her human cycling cooperative project, you can also meet her imaginary friend, Chad. Log on to OneGearShortOfNormal.com, follow her substack and check out her Facebook page. Next time on The Outspoken Cyclist, we take a look at a super successful

campaign in Europe and Australia. that shows regular folks, doctors, engineers, first responders, teachers, and more in both civilian clothes and cycling apparel side by side as a way to bring more focus on giving riders some Rd. respect. The campaign is called MTAC, More Than a Cyclist, and my guest is spokesperson Rob Anderson. You can always find links, photos, and a written transcript of the show at outspokencyclist.com. Follow us on Facebook, Instagram, LinkedIn, and YouTube. Find added commentary on my Substack. And while you're there, you can buy me a coffee and subscribe. Thank you so much for listening. I hope you enjoyed the show. And until next time, stay safe, stay well, and remember, there is always time for a ride. Bye bye.

Speaker 1

Thanks for joining us today on The Outspoken Cyclist with Diane Jenks. We welcome your thoughts and contributions on our Facebook page or visit outspokencyclist.com to leave a comment on any episode. We will 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. The Outspoken Cyclist is a copyrighted production of DBL Promotions with the assistance of WJCU-FM Cleveland, a service of John Carroll University. Thanks again for listening, ride safely, and we'll see you next week.