



Groucho Blogger Erika: The future of cycling

Posted on July 21, 2011 by Erika

Given the title of this post, you might be thinking we're leading into doping, drug testing, ever faster records/bikes/humans. And I'm sure there is a *ton* of material there. But today, we're talking about **kids**.

By now, I'm sure most of you have seen this video – a super hyped, super awesome six year old from Minnesota who just learned to ride his bike. He doesn't simply share his excitement – he *pours* it out in capital letters, promising that you too will feel the thrill of riding a bike reverberating through your body. Put simply, this kid's a rock star, and he (and his parents!) get my applause.

Unfortunately though, there are lots of kids who will never get to experience that joy from riding their bike. Whether it be due to a lack of resources, lack of safe places to ride, or lack of motivation to put the xbox controller down and get outside, the reality is that many kids will never bike to school, to the local Dairy Queen, for exercise, or just “for fun.”

One local group to which the latter need *not* apply is the Mill City Cyclomaniacs. Stemming from the imagination of a 3rd grader, wondering why there were summer camps for all the other sports but not for biking, the Mill City Cyclomaniacs took their first official ride in July of 2009. The riders, including parents, kids, and friends, embark on a weekly Friday adventure covering between 15 and 20 miles. How many kids under the age of 12 do you know who can say they went on a 20 mile ride?! Each week includes a different destination with some food and fun at the turn-around point, like riding to Sea Salt at Minnehaha Falls or Izzy's Ice Cream in St. Paul. The focus is kept on enjoyment, and all speeds and types of bikes are welcome. Groups like this certainly contribute to what makes Minneapolis the #1 most bike-friendly city in the nation.

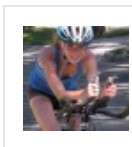


These kids are our future pro-cyclists, bike commuters, cyclocross racers, triathletes, and everyday-riders. (And hopefully, urban planners of our park systems and regional trails!) If you have a kiddo in your life, let's see what we can do about finding them some wheels (and a helmet!) and sharing the joy of the ride. And remember,

*“I KNOW YOU CAN BELIEVE IN YOURSELF.
IF YOU BELIEVE IN YOURSELF, YOU WILL*

KNOW HOW TO RIDE A BIKE. IF YOU DON'T, YOU JUST KEEP PRACTICING. YOU WILL GET THE HANG OF IT I KNOW IT!” – Owen Kosevich

Thumbs up everybody, for rock and roll!




About Erika

Erika is a marathoner, triathlete, and sports medicine junkie. You can find her blogging at [Dr.TriRunner](#) and follow her on twitter with [#SperlyTriRunner](#).

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3 Responses to *Groucho Blogger Erika: The future of cycling*

1.  *Ryan Ott* says:

July 21, 2011 at 9:48 am

Love this post! I grew up on a bike. I either biked or walked to school every day thru high school. (I rode the bus in 6th grade, even then I walked home most days)

I have been teaching my kids how to get around on their bikes. From going to the grocery store, to heading up to the mall for some shopping, we bike. It's a great way to get around and I know the kids like the freedom from the tight quarters of a vehicle.

(could go on and on...)

Thanks Guys!

[Reply](#)

2.  *Bob* says:

July 21, 2011 at 2:22 pm

There are three words to describe this post.

AWESOME

#BOMBSAUCE

JENS

Fortunately, they are interchangeable.

Thanks for sharing about this Erika!

[Reply](#)



Bob says:

July 21, 2011 at 2:23 pm

describe (sorry for the typo)

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