

## What I have learned riding my bicycle:

Set your own pace.

There will be flats.

You can't avoid all the bumps.

Real hills and head winds are in the  
mind.

If there's something wrong with your  
bike, fix it.

If you feel like Superman, you have a tail  
wind.

If you want to get there faster, focus on  
how you're riding.

Don't join a club unless you want to see  
a lot of Spandex.

