

Again if there is pain stop immediately! This movement sounds much easier than it is in practice so if you are only able to do a few of the movements don't worry about it. When you are capable of doing the entire fifty without having any problems you can add some resistance to this movement. Do that by holding a one or two pound weight in each hand. Now with the weights again work up to doing the fifty. These movements are designed to strengthen the entire core of the body and in conjunction with other movements such as sit ups, crunches, and pushups will give a solid base for any riding activity.

The next movements are for strength and balance. These are meant to be done barefooted in an area that is safe if you lose your balance. Don't get frustrated by these movements as they take time to master but the improvement will be seen in your leg and hip strength as well as balance. Stand with your feet together about two or three inches apart. The feet must face forwards in these movements. The first movement calls for you to assume the same position as the last exercise. The body is bent from the hip level with the knees at what feels like a riding position. The arms are just dangling at the sides. Raise one foot and slowly start making large circles in the air as if you are pedaling backwards. Do ten revolutions. At the end of those revolutions slowly start to make large circles forward as if pedaling. Upon completing those revolutions have the leg push out to the side five times.

The movement would be as if you are moving the leg towards either the three or nine o'clock positions depending on which leg is being used. Then without stopping send the leg forwards to the two or ten o'clock position five times. Switch legs and go through that entire routine on the opposite leg. These movements sound easy but there are going to be times when you have trouble maintaining balance. There may also be a difference between the left and right sides for your balance. In the beginning try to fix your eyes on some object and that will help you maintain balance.

This last movement is one that requires not only strength and balance but a degree of flexibility. Stand up straight with both feet facing forwards. Keep the spine straight when doing this movement. Slowly lift one leg backwards off the floor trying to keep it in line with the spine. That means the leg that you are standing on should remain straight and bend at the hip. Continue this bend until you are at a T position. Hold that position for a second or two and then slowly bend the knee of the leg you are standing on. Attempt to go down as far as you can while maintaining balance and the straight posture. Attempt to do ten of these and then switch legs. This is a challenging series of movements that will improve your posture and cycling ability. There are other movements that can be added with time to this workout to challenge your ability.

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Feds Deem Pedestrians, Cyclists & Motorists are equals

Jason Kambitsis (from www.wired.com/autopia March 19, 2010)

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Ted Boydston
Richard & Abby Gerrity



At long last, the feds have said the needs of pedestrians and cyclists must be placed alongside, not behind, those of motorists.

In what amounts to a sea change for the Department of Transportation, the automobile no longer will be the prime consideration in federal transportation planning. Transportation Secretary Ray LaHood says the needs of pedestrians and cyclists will be considered alongside those of motorists, and he makes it clear that walking and riding are "an important component for livable communities."

"People across America who value bicycling should have a voice when it comes to transportation planning," LaHood wrote on his blog. "This is the end of favoring motorized transportation at the expense of non-motorized."

He goes on: "We are integrating the needs of bicyclists in federally-funded road projects. We are discouraging transportation investments that negatively affect cyclists and pedestrians. And we are encouraging investments that go beyond the minimum requirements and provide facilities for bicyclists and pedestrians of all ages and abilities."

LaHood's announcement came on the heels of his appearance at the National Bike Summit, where he was greeted like a rock star and told the crowd, "Our mission is the same as your mission" and "I think we're beginning to put our money where our mouth is on these issues."

And how.

The new policy falls in line with changes the Obama Administration has enacted in the past year. In June, the Department of Transportation, the Department of Housing and Urban Development and the Environmental Protection Agency announced the Interagency Partnership for Sustainable Communities. The partnership will coordinate polices to "help improve access to affordable housing, more transportation options, and lower transportation costs while protecting the environment in communities nationwide." LaHood's announcement is a step toward that goal.

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