

GREAT DAY ON THE BIKE

BY BRIAN ZONGKER

“Everyday is a good day, Brian; some are just better than others,” is what a friend of mine used to say — probably still says it; he’s not dead or anything. Any day on the bike is a good day and some are just greater than others.

So, why do we ride? I can’t speak for you, but I’m sure you have your reasons, and I have mine. We can attempt to agree. Just remember, I am right and you are entitled to your opinion. Just kidding! I’m sure we share many reasons just like we share the trails. BTW stay off my trails — kidding!

I ride for several reasons. First and foremost: it’s fun! I don’t think we should do anything that’s not fun except work; work is not fun. However, we need to work to get money, and we need money to buy bikes and bike parts — and that’s fun. I am not sure if I can truly prioritize the rest of my reasons, because it’s just too hard to put them in order. They are all important and one is not necessarily better than the other. Here they are in no particular order: The great outdoors — on our bikes, we can experience the amazing nature that surrounds us; the fresh air, the beautiful scenery, the wild life (You haven’t lived until you come screaming down the trail and scare up a bull elk. The poor bastard was so freaked out, all he could do was run down the trail in front of me and try to look back at whatever was surely coming to get him. All I could do was yell at him to get the hell out of my way... I was trying to improve my Strava time after all — true story), exercise, exercise is good — stay healthy and fit because building up your strength and stamina is always good (make sure you check with your doctor before beginning a mountain bike routine) and challenge and excitement (these go hand-in-hand and both present themselves in roughly the same fashion). Technical uphill and downhill certainly qualify as challenges and the adrenaline rush that comes with it can’t be beat. Keep in mind, I’ve never done Meth.

Perseverance can be taught and learned through mountain biking. When you set out on the trail, you automatically have a goal, and completing the ride allows you to achieve that goal. That achievement gives you a sense of accomplishment. If you don’t make your bed every morning, trust me, you’re gonna need to have some sense of accomplishment. Of course, there is the competition. A little competition is not a bad thing. I don’t consider myself a competitive person. Just know that if you are in front of me on a trail or competing in the same race, I will finish in front of you by any means necessary.

I truly enjoy the sense of culture that comes with mountain biking. I don’t ride a road bike, so I can’t really compare. If you’re an E biker, well, forget about it — just kidding! E Bikes are pretty cool, especially if you’re looking to step up from pedal pushers and beach cruisers. The mountain biking community and culture is quite special. The number of different disciplines that are involved in mountain biking is amazing — cross country, down hill, enduro, slope-style, slalom, pump track, and yes, I’ll throw in BMX too. A lot of the evolution of mountain bikes has come from the BMX world, which was influenced by the Motocross world. Mountain bike events are

more like festivals, often encompassing more than one discipline. Get on YouTube and search “Crankworx” some time and you’ll see what I mean (especially the season ending event in Whistler). Red Bull Rampage in Virgin, Utah is another good one. You’ll see that sense of community. Better yet, enter a local race or festival and experience it for yourself. P.S. — they have beer.

As you can see, there are many reasons to ride. Regardless of your reasons, get out there, enjoy, and embrace our beautiful community. Bring the whole family. Experience the revolution. It will change your life — swear to God. A bit of advice, order your bike now. They’re in short supply.