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Bike Riding Is Not Just For Kids!

by TFB EDITORS on JULY 20, 2012



By Jan Ross

I absolutely loathe spinning class.

I really, really wanted to like it. Riding a bike in place?

How difficult could that be?

You know what?

It's pretty frakkin' difficult.

For one thing, the bike seats are incredibly, indescribably, immeasurably hard. So hard that no matter what you do, no matter how thick a bike seat cover you buy, no matter how many times you

stand up on the pedals to relieve your aching butt, you are still in pain.

I couldn't understand why this was not more fun. It's bike riding, right?

Well sort of. It's just a lot harder (in more ways than one) and a lot less fun.

So when the lovely and generous folks at the [Sandestin Golf and Beach Resort](#) in Miramar Beach in Florida offered me and my sister-in-law bikes to ride during our girlfriends getaway last year, I hesitated.

But the grounds at Sandestin are so gorgeous and shady and the bikes looked nice and sturdy, not at all like the bikes in the spinning class and...OK, I admit it. I was all about the photo op. How cute would it be to have a photo of me posing on a bike in front of our lovely condo [at Baytown Village](#)?

It did make a nice photo op. But then I decided it might not be all that hard to ride around a little bit. Just a teeny little ride. We both mounted up and then shrieked in unison because, apparently in the approximately 30-plus years since we had ridden a bike, we had forgotten how to balance.

But it came back. It came back quickly. And then we were flying along the lovely paths through the resort with our hair in the wind and our legs pumping away. It was marvelous. I had forgotten how much fun this was!



Me and my bike at Sandestin!

So much fun that when my husband and I were on [Hilton Head Island](#) in the spring at the [Beach House, a Holiday Inn Resort](#), and they offered us bikes to ride around the island, I unhesitatingly accepted for both of us. I was a tiny bit smug when he mounted up, wobbled around, and declared that he could no longer ride a bike. Give it time, I suggested. It will come back. And it did. We tooted all over the island on our bikes, enjoying the little bridges over ponds with small alligators floating on the surface and glimpses of the green Atlantic through the trees.



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Heading out in Hilton Head

Fast forward to Roanoke, Virginia, this summer and several choices of activities during our press trip visit – one of which was a bike ride. Sign us up! [River Greenway Bike Rentals](#) actually brought bikes to the park for our group and “sized” us. I hadn’t experienced before but it was just great. We both got bikes that were the right size for us individually – something my husband had complained about in Hilton Head.

calories we had just

burned by *inhaling* cupcakes from [Viva La Cupcakes](#). We were amazed to find we had actually ridden over seven miles. Great exercise (if you don’t eat cupcakes) and we had so much fun!

On our drive home over the Blue Ridge Mountains, we had a serious discussion about buying bikes of our own. We finally concluded we might want to make sure we actually enjoy it enough to buy our own bikes. So we will see.

But whenever bike riding is a choice on our future itineraries, you better believe we will be taking advantage of that choice!

Any other bike enthusiasts out there among our Baby Boomers? What is it you enjoy about it? Where do you love to ride? Tell us in the Comments section!

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Denise L July 20, 2012 at 7:28 am



We just returned from a trip to France which included the eastern Loire area where we rented bikes in La Charite sur Loire. We followed the bike path along the Loire River and local canals. We stopped for lunch and to watch the barges make their way through the numerous locks. It was a beautiful peaceful way to enjoy the French countryside. I have no idea how many miles/kilometers we travelled, but it was so much fun that I am going to dust off our bicycles hanging in the garage.

REPLY

TFB Editors July 20, 2012 at 10:04 am

What fun, Denise! Thanks for sharing.



REPLY

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