



Try It. You Might Like It!

by TFB EDITORS on OCTOBER 24, 2012

By Jan Ross

I just made arrangements for a tour of Atlanta. It's the first time we've visited this beautiful, Southern city and we are fans of taking city tours to get to know our way around. Only this tour is a little different. It's a biking tour.

[A biking tour of Atlanta](#) that's 10 miles long.

A couple years ago, that would have completely intimidated me. Go biking? Go on a biking tour that lasts *that long*? Are you kidding me? But my husband and I have tried biking several times recently after a hiatus from biking of..let's see...at least 30 years. Maybe more.



Riders on a biking tour of Atlanta.

We found that we not only remembered how to bike, we actually love it. We biked for over seven miles on a trip to Roanoke, Virginia, so what's a couple more miles? I checked reviews of the tour online and they were all reassuring: There are varying levels of biking ability in the groups and the leaders are very good, very understanding, and give the groups frequent breaks. This is not the *Tour de France* here. I think we can handle it. Actually, I'm pretty proud that I'm willing to try it.



This guy seems to like zip-lining. Tried it, didn't like it!

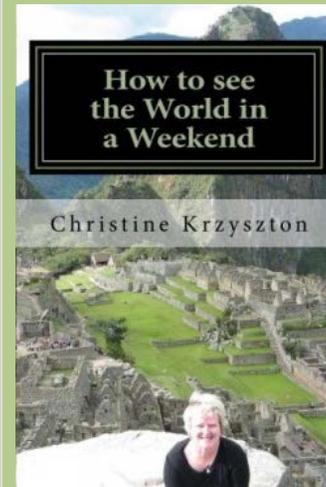
I was also very proud of myself when I tried [ziplining](#) recently, even though that didn't go nearly as well as the bike riding. Terrified of heights, I thought I could handle it. How high could it be? Pretty darn high, as it turned out.

After participating in the practice run and getting plenty of photos of zipline preparation for the article, I found that I couldn't even climb to the top of the first tower, much less consider stepping off it. So I climbed back down and relegated

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ziplining to the list of things I will never try again. But I'm not sorry I tried it. Now I know that I hate it and will never, ever, ever do it again.

Not so with [kayaking](#). I tried kayaking for the first time recently in [Elkhart Lake, Wisconsin](#), a lovely and pristine little town reminiscent of [Mayberry](#) that's nestled on the shores of a spring-fed lake that's so crystal clear, you have to see it to believe it. I was a little intimidated by the tiny, narrow kayaks and couldn't imagine how I could stay upright, much less paddle across the huge lake. But I was determined to give it a try. And unlike ziplining, where I felt as if I could plummet to my death at any given moment, falling in the lake was no big deal. If I tipped over and landed in the lake, so what? It was a warm summer day, I'm a good swimmer, and if I ended up with a dunking — no problem.



Kayaking in Wisconsin. Loved it!

I pushed off from shore, wobbled a bit, then dipped my paddle in and the rest was easy. The guide even asked if I had kayaked before and pronounced me a natural. I loved every second of it: the gorgeous lake, the lovely day, the feeling of skimming across the water, the heady power of maneuvering the feather-light craft.

I adored it. The same with biking. Not so much with ziplining. But I was willing to give them a chance. I was willing to try something new. And I think that's what is truly important. Don't you?

What have you thought you couldn't do, or wouldn't like, but tried it anyway? Did you like it afterall? Or vow to never do it again? Share your "Try it. You Might Like It" experiences with us in the Comments section!

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