

My Health Quest

Last fall, I realized that I had not shed the pounds that I usually gain from the previous winter, and I was looking at additional weight gain the coming winter. My wife and I joined the YMCA to get a more rigorous workout than at home, where typically rather than working out, I would nap on the couch.

This spring unexpected bicycle trips came up, and I was able to set a goal of bicycling 2000 miles before giving up cycling for the winter. I did a self-sustaining (carry all camping equipment) bicycle trip starting in St. Louis Missouri. After catching an Amtrak train to Kansas City, I got off and bicycled back to my car, or nearly so. Just recently I bicycled the Michigander, a rails-to-trails bicycle event from South Haven to Vermontville, to Lowell, to Holland, and back to South Haven.



Starting next week, I will be helping lead a group of boy scouts on a self sustaining bicycle trip starting near the Mississippi river, and ending near the Wisconsin Dells amusement park. Prior to Labor Day, I will be riding the DALMAC, a bicycle trip starting in Lansing and ending at Mackinaw City. With more local day trips, I am currently at 1100 miles, and am looking to complete my goal.

I am down ten pounds, and hope to lose a few more.

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