

Cyclists celebrate Black Friday . . . coffee that is

I participate in Black Friday – Black Friday Coffee that is. Like many potential shoppers, I head out the door by 3:30 a.m. Unlike shoppers, I don't need to warm up the engine. I do need to put on my helmet and turn on about 14 lights – including head lights, tail lights, side lights, bike pack lights.

“Nice lights. Thank you,” a passing motorist said as I pedaled towards my designated java shop that opened early for shoppers . . . and a cyclist. The motorist confirmed one of my beliefs – a majority of motorists like cyclists, as long as they can see them.

Before 4 a.m., I was sipping coffee, eating a bagel and reading the newspaper. By 5 a.m., I was back on the bike doing what active people do on Black Friday – exercise.

According to Leisure Trends Group (LTG), only eight percent of “active Americans” participate in shopping on Black Friday. Instead, LTG's surveys show that active Americans, “see Black Friday as an opportunity to experience a little more solitude on the ski slopes, hiking trails, bike paths” etc. Active Americans will shop but it's either before Black Friday or in the weeks leading up to Christmas.

To increase my nighttime/early morning visibility, I use a 10-foot BikeGlow safety light (www.bikeglow.com) that attaches to the bike frame. The holiday season also is a good time for me to put fresh batteries in my LED lights that are affixed to my wheels, frame, bike bag, top and rear of my helmet, arms and ankles.



As I have for more than six decades, I continue to enjoy the priceless gift my parents gave me as a child. They emphasized the gift of effort instead of focusing on winning. That means I have a great time at a cyclocross race even though some riders are 50 years younger than me.

For a family gift, we reserve yurts for several overnight, snowshoeing trips. Previous gifts of below-zero-degree sleeping bags, snowshoes etc. mean we enjoy our winter cross-training.

We apparently are typical of active Americans. LTG reports that “snow sports-related items represent three of the top nine sports or recreation gifts” that active Americans buy for Christmas.

Several Christmas lights night bike rides complete our holiday festivities, as long as I can find hot, black coffee, regardless of the hour or day.

