



BENT LIFE



a newsletter from Lancaster Recumbent

Fall in Love with Cycling Again *(without actually falling)*

Cycling is a great option for low-impact cardiovascular activity. But sometimes biking with a traditional upright cycle can be uncomfortable, especially for those with back, knee, shoulder, and wrist pain. And, let's face it - a traditional bike saddle isn't exactly the most comfortable seat around.

Upright cycles can also be a challenge for those with balance concerns. With traditional cycles, the pedals are positioned under the seat where the body is in an upright position. With a recumbent cycle, the pedals are positioned in front of the body and the body is in a reclined position. Your body weight is more evenly distributed across a larger surface area and seats tend to be wider and longer with more back support. All of this makes for a much more comfortable and stable ride.

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There are many reasons to fall in love with recumbent cycling beyond the increased comfort and stability:

- You'll maximize your pedal power by pushing against the back seat to leverage your core and back muscles rather than your weight.
- You'll feel more confident riding a recumbent trike knowing that you're more stable and won't fall.
- You'll experience better aerodynamics too (did you know the human powered speed record was achieved on a recumbent?).
- Your legs are elevated for more efficient blood flow to get oxygen to your muscles more easily.
- Lastly, your field of view is different on a recumbent - you'll be able to see and enjoy more of your ride as your head will be looking out instead of down.

Still not sure if a recumbent cycle is right for you? Check out our featured [Trail Side Stories](#) highlighting the experiences of some of our recumbent customers. Or you can always [contact us](#) to schedule a test ride and experience 'bent riding for yourself.

Trail Side Stories

Special THANKS to George & Kathy Hokkanen and Carolyn & Mark Kottmeyer for sharing their stories!



EXPLORING PINE CREEK RAIL TRAIL

Kathy and George Hokkanen started riding recumbent and semi-recumbent cycles when riding their upright bikes generated more pain than pleasure. "We no longer enjoyed bicycle riding due to the various aches and pains that resulted from riding conventional bikes," said George. After exploring and test riding recumbent options, George found comfort in a Catrike Dumont and wife, Kathy, found her dream ride in a semi-recumbent Day 6 Dream 24. They say "Riding our new cycles is pain free and has reinvigorated our joy of riding."

Their favorite place to ride is the [Pine Creek Rail Trail](#) in North Central Pennsylvania. It's a 62 mile long fine crushed stone trail that runs from Wellsboro (Tioga County) to Jersey Shore (Lycoming County). The trail has a gentle downhill slope as you ride North to South and is a very easy ride. George says "[It's a] beautiful trail running along the scenic Pine Creek - through what's known as the 'Pennsylvania Grand Canyon.' Observant riders can readily see American bald eagles, ospreys, whitetail deer, the occasional black bear, and many species of birds." He mentions the trail is also known for hiking trails and waterfalls. You can even reserve campsites along the trail and sleep next to the creek - but stay alert as you may encounter the occasional rattlesnake.

Ask Kathy and George about their favorite stop on the trail and they'll say [Turkey Path](#) which runs one mile up from the rail trail to a scenic overlook at Leonard Harrison State Park. Other favorite stops include the [Hotel Manor](#) (a great place to enjoy dinner and a malt brew and even stay for the night) and [Wolfe's General Store](#) in Slate Run. Kathy mentions "[They have] homemade baked goods, fresh made sandwiches and ice cream, as well as gifts, basic necessities, and a section devoted to fly fishing, which is a big draw for the area." Continue the journey South to Waterville for [McConnell's Country Store](#) and [Waterville Tavern](#), "a great place to eat, enjoy a beverage, and stay as they have recently renovated and have beautiful guest rooms" adds George.

Kathy and George's must have gear for the journey is a pair of binoculars: "Kathy and I always take binoculars so we can stop and enjoy the scenery or observe the wildlife. On a recent week-long stay in Slate Run, we saw Eagles on five of seven days! One sat in a tree and we watched it for over an hour." Pine Creek is a great place to get away from it all - George says "there's no cell phone service along most of the trail so expect to be incommunicado."



GEOCACHING: MODERN DAY TREASURE HUNTING

If you see Carolyn and Mark Kottmeyer out on the trail chances are they are treasure hunting, or more accurately, geocaching (pronounced 'geocaching'). "Geocaching is a worldwide 'treasure' hunt game played by over 6 million people on all 7 continents", explained Carolyn. The treasures aren't really much; often just a container with a log sheet or toys for kids to trade." The Kottmeyers have geocached in 33 US states and the Netherlands and have enjoyed hunting on their cycles throughout Florida and Pennsylvania - Mark on his Fuji bike and Carolyn on her Catrike 559. (continued on next page)



GEOCACHING (CONTINUED)



Mark & Carolyn cross paths with a bear while geocaching

Carolyn says they've seen some awesome things while hunting - "wild animals, sunrises and sunsets, amazing old trees, historical statues and monuments, and lots more. We've found dozens of parks we didn't know existed near our house and met lots of great people of all ages. We've learned a lot about geology through EarthCaches, a unique kind of geocache." They say some caches contain puzzles like a giant scavenger hunt. "On the [Northwest Lancaster County River Trail](#), there are tons of great geocaches, including the Teal Ribbon Trail geo-art featuring puzzles about Geocaching. When you've completed the trail, you'll have a Teal Ribbon for Ovarian Cancer on your geocaching map."

All you need to start geocaching is a smartphone, the Geocaching app, and a sense of adventure! You can learn more about [geocaching](#)

online and view an introduction video on [YouTube](#). You can also join a geocaching club like the [Lancaster Organization Seeking Tupperware \(L.O.S.T\)](#). Carolyn also recommends a phone holder when geocaching via cycle: "That way you can see how close you are getting to the next geocache while riding." She also never leaves home without a bright colored flag ("so that folks and vehicles see me on my trike") and a water bottle cage so you stay hydrated while on the hunt.

HAVE A GOOD TRAIL SIDE STORY?

TELL US ABOUT IT! EMAIL INFO@LANCASTERRECUMBENT.COM AND IT MAY BE FEATURED IN OUR NEXT NEWSLETTER.

Bold & Bright at Night

BRILLIANT
REFLECTIVE STRIPS

Fall is a great time of year to be outdoors - cooler, crisp weather, beautiful falling leaves, and the aroma of pumpkin spice. But as leaves fall, so does the sun leaving less hours of daylight. It's important to make sure you are visible to traffic or others on the trail as you ride into the sunset. Simple things like cleaning reflectors, changing or recharging batteries in your cycle lights, and wearing reflective clothing can drastically improve your visibility to others from dusk to dawn.

Don't own any reflective gear? No worries. Use [Brilliant Reflective Strips](#) to increase your visibility. These strips are made with 3M reflective material to maximize reflections from headlights and streetlights. They are available in iron-on and stick-on applications and in several different colors so you can add them to your favorite jacket, shoes, helmet, and even your cycle. Find Brilliant Reflective Strips at Lancaster Recumbent.



RIGHT: Brilliant Reflective Strips used by a cyclist; TOP RIGHT: Brilliant Reflective Strips in daylight shown in Blue, Black, Red, and Purple; BOTTOM RIGHT: Strips become highly reflective at night, reflecting light from headlights and streetlights.

Upcoming Events

Please remember to RSVP to events on our [website](#), [Facebook](#) page, or call 717.553.5834



Sept 16 IM ABLE 9th Annual RU ABLE? Duathlon & 5K

630 Evan Avenue, Wyomissing, PA @ 8:00AM
Join Lancaster Recumbent as we cheer on adaptive athletes at the IM Able Foundation's 9th Annual RU ABLE? Duathlon & 5K. Race starts at 8am following announcements. Register [here](#).



Sept 23 Lancaster Bent Riders at York Heritage Rail Trail

Brillhart Station Parking Lot @ 10:45AM
Meet at the Brillhart Station trail head at 10:45am to unload and gear up for a ride on the [York Heritage Rail Trail](#). Ride the trail at your own pace then return to Brillhart Station Pavilion around 1pm for a Potluck Picnic. Lancaster Recumbent will provide the protein, plates, napkins, and cutlery. Participants should [sign-up](#) here to bring a covered dish.



ELLIPTIGO Test Ride Weekend

Lancaster Recumbent
103 W. Market St., Marietta, PA
Curious about ElliptiGOs? Then stop by our shop this weekend to learn more about ElliptiGO's long and short stride elliptical bikes as well as their latest creation, the ElliptiGO SUB (Stand Up Bike). Come for information, test rides, and more! [RSVP here](#).



Sept 30 ElliptiGO-GO Trail Ride

Lancaster Recumbent @ 9:45AM
103 W. Market St., Marietta, PA
Meet our ElliptiGO rep, Chuck, and ride the Northwest Lancaster County River Trail! Meet at 9:45am to gear up then ride the trail up to Bainbridge and back before grabbing lunch at the Pig Iron Festival in Marietta (lunch on your own). All cyclists are welcome to join this ride. Sign up [here](#).



Sept 30 Pig Iron Fest & Car Show

Route 441 & Furnace Road, Marietta @ 9am-3pm
Learn about Marietta's history in producing pig iron by taking a tour of the furnace ruins. Then check out the antique, classic, and street rod car display, enjoy the pop-up food court featuring local restaurants, or listen to music performances by area bands! Proceeds benefit preservation of the furnace site and Rotary Club charities.



Oct 4 Riding with Rosie

Lancaster Recumbent @ 5:45PM
103 W. Market St., Marietta, PA
Join us for a short trail ride on the Northwest Lancaster County River Trail from 6pm to 7pm. Sign-up [here](#).



Oct 6 30th Annual Columbia-Wrightsville Bridge Bust

Veterans Memorial Bridge, Columbia, PA @ 8am-4pm
Check out the annual arts and crafts festival held on the Veterans Memorial Bridge. Cross the Susquehanna River as you check out goods made by area artists and craftspeople, antiques, food, and more!



Oct 13-14 Recumbent Cycle-Convention

The Fairgrounds Nashville, TN
Looking for an excuse to go on a road trip? Then checkout the 2018 Recumbent Cycle Convention at the Fairgrounds in Nashville, TN. Talk with manufactures and test ride all kinds of recumbent bikes and trikes. Register [here](#).



HP VELOTECHNIK Test Ride Weekend

Lancaster Recumbent
103 W. Market St., Marietta, PA
Come meet HP Velotechnik, German manufacturers of recumbent bikes and trikes, to learn more about the ingenuity and engineering behind their cycles - including the highly customizable Gekko and Scorpion series. Come for information, test rides, and more! [RSVP here](#).