



One of my favorite activities is riding my bike. What you are looking at is a photo I took of my bike laying on the Chief Ladiga Trail (Alabama's first extended rails-to-trails project. It wanders 33 miles through the countryside of Calhoun and Cleburne counties and it connects the municipalities of Piedmont, Jacksonville, Weaver and Anniston). Most of the trail is paved, but I love to ride on the unpaved portion of the trail which continues on toward Georgia.

I have enjoyed many peaceful hours riding on this secluded part of the trail. Scattered along the unpaved portion of the trail are lakes, streams, isolated farm land and all sorts of wild animals. Last year on a single day, I saw a bobcat, turkeys, and a fox. Seldom have I journeyed this quite route that I was not amazed by something I saw, heard or felt. I love to pack a lunch, peddle to a secluded spot and just listen to the sounds of natural Alabama.

The bicycle is a curious vehicle; its passenger is its engine. A bicycle does more than just get you places. There is always the thin edge of danger to keep you alert and comfortably apprehensive. On a bicycle, dogs become dogs again and potholes become personal. Riding helps me transcend the traffic, ignore the clamorings of work, and focus on nature instead. You still have to obey the rules of the road (And gravity), but getting there is all the fun.

Someone once said, "The secret to mountain biking is pretty simple. The slower you go the more likely it is you'll crash". Much of life is just like that, "We are either moving forward or

falling off". Physically, if we are not exercising regularly, our health suffers. One of the secrets to success is to continually seek to improve; never be content with where we are. Keep growing; continue to learn new things, drop bad habits and challenge yourself. We live on momentum—if you stop you are finished. Our motto should be, "I will go anywhere as long as it is forward".

Today, what direction are you traveling? Are you going forward in life or are you coasting? I encourage you to keep on peddling, keep on growing, and keep reaching for your dreams. Do not be content to simply exist in your comfort zone. Reach for more in life than the status quo. Remember, it is right to be contented with what we have, but never with what we are.

Something to think about:

- ❖ Bad will be the day for every man when he becomes absolutely content with the life that he is living, with the thoughts that he is thinking, with the deeds that he is doing, when there is not forever beating at the doors of his soul some great desire to do something larger, which he knows that he was meant and made to do because he is still, in spite of all, the child of God.
- ❖ Humanity's most valuable assets have been the nonconformists. Were it not for the nonconformists, he who refuses to be satisfied to go along with the continuance of things as they are and insists upon attempting to find new ways of bettering things, the world would have known little progress indeed.
- ❖ Restlessness and discontent are the first necessities of progress.
- ❖ One does not discover new lands without consenting to lose sight of the shore for a very long time.

Keep on peddling

Rickey Moore