

I AM!

*I love
the preparations
almost as much as the ride.
The anticipation,
wondering what the conditions
will be like.*

*Mud?
Snow?
Fallen trees?
Winter wear.*

*I love
prepping the bike,
checking the mechanics,
greasing the chain.*

*And then when I am out there,
on my bike,
in the trails,
adrenalin pumping,
legs screaming,
lungs bursting,
I AM!*

♥ Louise



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Photo: Me, hoisting the bike at Buckwallow. Bracebridge, ON