

## **2017-02 Member in Focus: Ralph Sanon-Jules**



I started what I *think* was road cycling in 2012. I had a Mongoose mountain bike that I used to do laps around my block when I wanted to do something different to supplement my gym time. Then in 2103, I learned that one of the members of my East Windsor firehouse was training for the big Anchor House ride that year. I joined him on the road with that MTB and found it to be more than tough to keep up, but I did. My friend advised me to get a road bike because he said that I was killing myself by riding that Mongoose on the road. More importantly, he said that I had

the potential to be a decent cyclist. I started riding a borrowed Specialized Allez and fell in love with everything about the sport.

In 2014, I joined PFW after seeing all the PFW jerseys whizzing by me on the roads. I hooked up that old Allez with carbon this and that, some cool tires and rode that thing till it screamed for mercy, literally. I wore out the bottom bracket twice, 3 chains, 1 rear derailleur hanger, a front derailleur, a rear derailleur, I rear hub, 1 crankset, and countless tires. That bike is still in my arsenal, but it is now part of a family of 4 bikes that I use to ride pretty much every day. As of January 10, 2017, I have ridden 216 consecutive days in every type of weather and have no plans to slow down. A riding streak was never a goal for me, but being on the bike just feels good. Riding relaxes me, keeps me fit, and it allows me the opportunity to meet some of the best people that I am lucky enough to call my friends, like Joe, Sue, Rebecca, and Phil. They are fellow PFW members and have been my go to people for racking up most of my 11,943 miles in 2016. They are a fantastic bunch and I hope to ride many more miles with them.

I also frequently ride with Team Social Security. They are so welcoming and easygoing that I make it a point to join them on as many Friday rides as possible. I have to get these rides in quickly before they escape to Florida for the winter! Another group that I ride

with is the Major Taylor Cycling Club. They are a great group of riders that will make you laugh hard and ride harder! For the little bit of hills that I ride, I tagged along with the Azzurri riders, another group of terrific cyclists.

I know it is cold, but I am going to be out there on the road as much as possible. I hope to see you out there. Be safe!!