

## **The Power of the Bike**

**I've had to encounters with people recently that reinforced my understanding of the power of the bicycle to transform and empower our lives. The first occurred with the conversation with Dave Holt, owner of Ringling Bicycles in Bradenton. While in the store recently he was showing me some of the new e-bikes they had available. One was a pretty simple pedal-assist bicycle which was priced in what I would consider the low-to-mid range of these bikes.**

**Dave described a gentleman who had come to the store who was in his late 80s and quite debilitated. It was to the point that he could barely get in or out of a vehicle as a passenger. He was not driving. The gentleman was fascinated by the e-bike and took it home. The long and the short of the story is that the bike totally transformed his life. He began to pedal short distances. He became stronger and increased his range and speed. He began using the bike to go to the store carrying things home on the rack that came on the bike. He become engaged in the life he had so badly missed enjoying. Dave was simply astonished and exuberant in describing the radical transformation of this man's quality of life and social engagement simply by building up his stamina and strength using an e-bike.**

**The second occurred during a Facebook live stream conversation I had on March 21<sup>st</sup> with Eve Mart. Eve is a vice president for a large non-profit in Miami Dade County. She had been diagnosed with breast cancer and learned through genetic testing she carried the gene which gave her a higher probability of breast and other cancers. Her mother was then a twenty year breast cancer survivor. Consequently, she opted to have bilateral mastectomy surgery. Several years later she made the difficult decision to also have her ovaries removed as a precaution. Of course, when a woman has her ovaries removed it is referred to as surgical menopause. Without any transition, Eve was in full-blown menopause overnight. She was dealing with the physical, mental and emotional consequences of that sudden transition. She was committed not to go on some type of antidepressant medication to treat the depression she experienced during that period.**

**Prior to her cancer she was a most casual bike rider. During that time, during her treatment years she became increasingly committed to the freedom and release she enjoyed on the bike. It enabled her to not go on to antidepressants and to successfully make it through this most emotionally difficult experience. Today she rides 8,000 to 10,000 miles a year and has a job that allows her to take her sunrise and early morning rides before work most days. She is a huge advocate for women's cycling in South Florida and has been instrumental in**

## **raising over \$100,000 for women's causes through grassroots cycling events.**

*Jim Dodson is a cyclist and an experienced injury & bicycle accident lawyer. Although his primary office is in Clearwater, he represents injury victims throughout Florida. He is a bicycle safety advocate and serves on the Board of the Florida Bicycle Association. He is also the author of the [Florida Bicycle Accident Handbook](#). For answers to your cycling questions, please visit [www.floridacyclinglawyer.com](http://www.floridacyclinglawyer.com).*

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