

# Joyful cycling for timid old folks

by Jon Claerbout

**Blessings:** We live ½ mile to a pedestrian/bike bridge crossing the freeway. There are no cars on the other side. Just walkers, bikers, and nature. ([my photos](#)).

**Bike and Trike:** Healthy old folk often have a fear of biking even though they are physically able and rode bikes for many years in their youth. They express two fears (1) cars and (2) falling.

(1) Fear of cars can be overcome by riding on sidewalks joining the pedestrians who also get killed while crossing streets. (2) Fear of falling can be overcome by trying out **tricycles** and/or **recumbent Trikes**. Please watch [my friend Henry on his first e-Trike ride \(32 seconds\)](#).

On Fabian Way at the JCC entrance is a signal-protected crosswalk. A hundred yards down the walk, through an empty parking lot for a couple hundred yards further finds you alongside a creek. You are now wholly free of all automobile traffic from here to the ocean. [Google maps puts you oceanside only 9 minutes after leaving the JCC](#). That's for going at the speed of a high-school student. Haha.

Battery assisted bikes and trikes are called **e-bikes** and **e-trikes**. These give battery assisted pedaling by using a 5-lb rechargeable lithium-ion battery. The battery gives you energy for about 50 miles at the speed of an average high-schooler's bicycle commute, namely at 10-20 mph. On a class #1 e-bike (the usual e-bike) the battery does not replace you, it helps you. Stop pedaling and your e-bike stops.

I paid \$3200 for [my e-bike](#). I love it. The [e-Trike that Henry tried](#) costs about \$6000. My [dream e-trike](#) runs over \$8000. My dream e-trike has automatic gear shift. Approaching a stop light you need not downshift to prepare for takeoff when the light changes. I've tested it on an e-bike at a nearby bike shop. Instead of an exposed drive chain requiring lubrication, a toothed rubber belt drives the rear wheel.

**Why do I want a trike with an automatic shift?** So you can test ride my trike! Really!

**Will it fit in my car?** Typically 32"x7'. [This salesman does it. \(4:00\)](#)

**Other worries:** I'm an elder living in a retirement home.

- (1) I no longer have a garage full of tools. "Mike's Bikes" does repairs. It's two blocks away.
- (2) If several trikes clutter the area near the valets, Moldaw will organize better parking for us.

**Where is the nearest trike shopping?** [Laidback Cycles](#) in Campbell (San Jose).

**I invite you to join a shopping visit.** You have no obligation to try riding. Spouses enjoy shopping.

