

- Brendan Poh: [00:11](#) It was a Monday, October 9th, 1967. A magical thing happened on my sixth birthday. In the middle of the afternoon, a panel truck pulled up in front of our house, and out of the back a man appeared with the red Rollfast bicycle that would change my life forever.
- Brendan Poh: [00:27](#) My fundamental core truth is based on the belief that bicycles can transform individual's lives, and the more that happens, the better the world becomes. In my experience, people who ride bikes, regardless of what kind, add value to the world. Whether you're a bike racer, commuter, pizza deliveryman, messenger, bike path cruiser, whatever. People who ride bikes are just cool.
- Brendan Poh: [00:47](#) But bicycles themselves, as objects of art, speak to my soul. Rusty old bikes, shiny new bikes, racing bikes, mountain bikes, electric bikes, any kind of bike, I'm enthralled. Bicycles are functioning works of art that provide the user with freedom, release from depression, physical fitness, and just plain joy.
- Brendan Poh: [01:04](#) Welcome to the inaugural episode of N Plus One: The Truth About Bicycles, the podcast that examines and deconstructs all things bicycle for your edification and entertainment. I'm Brendan Poh, the owner of the Cycle Craft Cycling Center, located in Parsippany, New Jersey, and today I am joined in the studio by Kevin Ang.
- Kevin: [01:20](#) Hi, everyone.
- Brendan Poh: [01:21](#) So if you've taken the time to download this podcast, you're probably at least mildly interested in bicycles. You're in the right place.
- Kevin: [01:27](#) So Brendan, are you gonna tell us the truth about bikes?
- Brendan Poh: [01:30](#) Kevin, I'm glad you asked. In addition to trying to entertain you, my objective is to try and shed light on all things bicycle. Try to separate out the hype and the BS from the facts, and share my opinions about those things. I will make sure, though, that I always point out when my opinion is diverging from what might actually be true.
- Brendan Poh: [01:46](#) But I'm also hoping to inspire you to embrace bicycles and cycling as a rewarding lifestyle. As the owner of a bicycle store, I've been here for about 25 years. I've worked as a part time sales guy, I worked as the sales manager, I worked as the service manager, having gotten my certifications in professional bike

mechanics, and wheel building, as well as three certifications in bike fitting, with loads of bike fittings under my belt.

- Brendan Poh: [02:10](#) Like most people working in the industry though, I am an enthusiast first, and that could be a good thing or a bad thing, which we will explore some down the road.
- Brendan Poh: [02:19](#) As the director of accessory and helmet sales, I spent a lot of time in factories in Asia, seeing how it all happens. The sausage making of the bike industry, you might say.
- Brendan Poh: [02:28](#) So I think I know a thing or two about bicycles. So Kevin, what about you?
- Kevin: [02:33](#) Well Brendan, I've been working at the shop with you for 10 years. I've worked with bikes and products of all kinds during that time. I've met cyclists of all kinds, from all different backgrounds. And I've been through the ups and downs of being a cycling enthusiast myself. So I can relate to probably many people listening out there, and I'm also here to keep you honest, as well.
- Brendan Poh: [02:54](#) Each episode of N Plus One: The Truth About Bicycles will be about a specific theme or topic, and we'll try to include interviews with people who might have something interesting to say about those topics. But for our first episode, I thought it might be fun to hear about how I really got obsessed with bikes, the story of my big brother, who also has the magic of bicycles imprinted on his psyche. So without further ado, here's my chat I had with my brother, about how we both got so crazy about bicycles.
- Brendan Poh: [03:19](#) You are in fact our first guest.
- Rob Poh: [03:21](#) Me?
- Brendan Poh: [03:22](#) That would be you. This is Rob Poh. I guess, well you're retired now, so what was your official title, actually, in the real world, when you retired?
- Rob Poh: [03:31](#) So, the funny thing about my real title was that I had about six of them. I found my most convenient one to be senior technologist, but a lot of people just knew me as Rob.
- Brendan Poh: [03:46](#) And the reason you are my first guest on my show ... can understand how I came to be the terrible bike nerd that I am.

Rob Poh: [03:59](#) Oh, it's my fault?

Brendan Poh: [04:00](#) Well, that's kind of where I'm going with this. So we're gonna dig into that a little bit to see if it is your fault, and where I can explain to you why it's your fault, and we go on from there, you know, it'll be like a therapy session. I thought it might be an interesting ... for people to understand the evolution of a cyclist, and since you were my first example of that, you might be the right guy to go with.

Brendan Poh: [04:21](#) The first question that I always ask people, and even if I'm in the store, and I'm asking them about their bikes, I say, "What was your first bicycle?"

Rob Poh: [04:27](#) Oh, my first bicycle ... well, I guess the first wheeled vehicle with pedals that I recall was a tricycle, but my first bicycle. Some kind of a weird Schwinn with a curve top tube. But, now that was a bike that was handed around, you know? A lot of people had had it as their bicycle.

Brendan Poh: [04:55](#) So bicycle you stole your first bike?

Rob Poh: [04:59](#) No. You and Chimmypuss rode that same bicycle. But my first bicycle that I think of as being the first bicycle that really influenced me was a Rudge, and it had a Sturmy Archer three speed hub, and I replaced its upright handle bars with a pair of what we used to call ram's horn handlebars. Better known now as trap bars. And I really loved that bicycle. I rode that everywhere.

Rob Poh: [05:51](#) I'm not sure if that was stolen, or what happened to it, but my next bike, the one that really sealed the deal for me, was an Atala. And it was by no means, you know, the top of the line Atala, but it was nice, you know, it was my first bicycle with a derailleur, and with lightweight wheels, and oh my god, what a difference that makes, right?

Brendan Poh: [06:28](#) Indeed it does.

Rob Poh: [06:33](#) Yeah, and so you only asked about my first bike, and here I am telling you about a collection.

Brendan Poh: [06:37](#) Well you're anticipating my question, 'cause it's always what was your first bike, but what was the bike that really, you know, when you really got the bug. And you know what I'm talking about when I say, "When you got the bug," when you couldn't think about anything else.

Rob Poh: [06:48](#) That was my Fuji V Ace.

Brendan Poh: [06:52](#) That was the one? And I know that bike well. That bike plays a large part in my evolution as a cyclist, as well, strangely enough.

Brendan Poh: [07:01](#) Do you remember what it-

Rob Poh: [07:02](#) I loved that bicycle.

Brendan Poh: [07:02](#) Do you remember when I broke your Silca pump in half? Or maybe-

Rob Poh: [07:12](#) I forgave you.

Brendan Poh: [07:13](#) And I wasn't sure if I was gonna be able to hide it or not, but that lightweight Silca Impero, and I rode that bike all the way out to Jones Beach, and I got a flat, and I had no idea how to work a press to valve. And maybe that should've been the nail in the coffin for me, "Aw screw it. I can't handle the valve."

Brendan Poh: [07:34](#) It never occurred to me to ask you how to pump up the tires, and it never occurred to you to tell me how to pump up the tires.

Rob Poh: [07:41](#) Well how I ended up in technology, is that I think I am, by my fundamental nature, an engineer. And the very first time I saw a press to valve, I knew exactly how it worked.

Brendan Poh: [07:56](#) Well that makes you very unique in the annals of American cyclists, 'cause most people, you say, "How do you pump up a tire?" And they're like, "Like on a car?"

Brendan Poh: [08:05](#) Okay, so here's a question that ... and you'll just run with this one.

Rob Poh: [08:08](#) I'm ready to run.

Brendan Poh: [08:10](#) What is it about bikes?

Rob Poh: [08:11](#) That is a wonderful question, and I have thought about this for much of my life. What is it about bikes? At a metaphilosophical level, bikes are freedom. I couldn't drive, right? 'Cause I didn't have a license. But I could still go anywhere. If you could go someplace by car, I could get there by bicycle. So I was free to come and go. Even as a child. You know, having a bike, I could go wherever I wanted to go.

Rob Poh: [08:51](#) So that was the first thing about bicycles. But then another thing about bicycles is they are the most elegant piece of engineering that I have ever seen. They are a collection of simple machines that allow a human being to convert power into speed. And you know, the design evolved very quickly, when you consider, you know, how recent an invention the penny-farthing was, to today's diamond frame bicycle, with a derailleur. That all happened in a hundred years, and really, there's been little change to the evolved form since it came into existence.

Rob Poh: [10:04](#) The diamond frame bicycle is the most astonishingly efficient thing. People don't realize how much power they can generate, and how with the help of that machine, they can turn it, that power, into speed, and yet they can maintain, by you know, sort of metering out that power, they can make it last. You know, so you could ride a bike all day. You can't do hardly anything all day.

Rob Poh: [10:49](#) There are people who now, there's the fad of ultra marathoning, and you know, people can run all day. But they can't run fast all day. And they can't run fast all day, every day for a month, the way you can on a bicycle.

Brendan Poh: [11:12](#) Alright, so then why would you own more than one bike? 'Cause there's something else about bikes that you haven't touched on yet, and I know that you hold dear to your heart, and it's part of what does it for me. You know, because there are people that have a bike as a pragmatic tool, they want to do triathlons, so they had to own a bike. And they don't take care of it, and they don't give a crap about it, and it's a means to an end.

Rob Poh: [11:38](#) You develop a relationship with your bike, because you take care of it. You fix things. You adjust things. You customize things. And so it becomes, not just a tool, but an extension of you. And for me, it was part of my personality, you know, to have a bike. And I had more than one bike, on a number of occasions. Although, most of the time when I had more than one bike, it was because I was ... you know, I had more than one kind of riding I was gonna do. And so I had one of the loveliest machines I've ever owned was a Miata 1000 touring bike, and it was just the most astonishing, lovely thing. It was beautiful, and it was also great, 'cause I could carry a lot of gear on it, and then I was really planning [inaudible 00:12:54] my Miata would be like a big part of my retirement someday. That after I retired, I was really planning to travel around the country on my bicycle. But that didn't, for a number of reasons, that didn't work out.

Rob Poh: [13:13](#) And then other bikes that I had, you know, were for going fast. Going fast for a long time. I had this unbelievably lovely Merckx Zero Uno, and you know, of course Zero Uno, and it was just another incredibly elegant bit of engineering. The frame was made with the [inaudible 00:13:47] Zero Uno tubing, and it was shaped, and so it was ovalized at the bottom of the down tube, rather at the ... well, at the down tube, and the seat mast.

Rob Poh: [14:02](#) And so it was incredibly laterally stiff, without being incredibly punishing, the way some bikes that were really stiff that I've ridden on. So you know, it was compliant, and you can ... god, I loved that bike. But I got hit by a car on it. So I ended up buying a new bicycle, and the new bicycle I bought was this unbelievably beautiful De Rosa Nouveau Classico, and it was by far the finest frame I've ever stood over. And certainly the best I've ever ridden. And it was magnificent. It was just a glorious thing to ride.

Brendan Poh: [14:59](#) I remember that one. That was the ... I put the Merckx together for you, I built the Merckx, and I built that De Rosa.

Rob Poh: [15:05](#) Yeah.

Brendan Poh: [15:05](#) As well.

Brendan Poh: [15:07](#) And that may be a good or a bad segue into that, but I remember when I was fitting you on the De Rosa, and I had noticed that weirdness with your leg, and I thought maybe it was you weren't having good arch support, or something was not right, and you went from the podiatrist to the neurologist, to having an MS diagnosis.

Rob Poh: [15:30](#) Yeah.

Brendan Poh: [15:32](#) That's what-

Rob Poh: [15:33](#) Well, you helped the ... you know, we already knew that something was wrong, but we couldn't figure out what it was, and you know, all the different symptoms, none of them hung together. So, a lot of doctors focusing on one thing or another came up with, at one point they thought I had bone cancer. At another point, one doctor said, "Oh, you've got a blood flow problem."

Rob Poh: [16:07](#) And I was thinking, "Wait, well you're gonna give me Viagra, you moron? Are you not listening to me?" I didn't have a problem there. So, because you said, "You should see a podiatrist," I saw

a podiatrist. And I described the collection of symptoms to the podiatrist. And the podiatrist said, "And you think there's something wrong with your feet? You have to see a neurologist right now."

Rob Poh: [16:42](#) So he called my primary care physician. Right then and there, he called my primary care physician, says, "You have to make an appointment for this guy to see the neurologist right now." And so I went to see the neurologist, and the neurologist gave me a bunch of tests, but couldn't figure it out right away either. And I have primary progressive multiple sclerosis, and one of the neurologists that I saw put it best, "There's nothing we can do for you."

Rob Poh: [17:29](#) He said, "Look, we can treat some symptoms, we can try to make you more comfortable, but there's ... what you have is A, incurable, and B, not treatable." Whereas the relapsing/remitting kind of multiple sclerosis, they can give you medications that depress your immune system, and slow the progress of the multiple sclerosis. But with primary progressive, there's literally nothing that can be done.

Rob Poh: [18:09](#) So now, I exercise, to try to keep the progress from being too fast.

Brendan Poh: [18:20](#) Some of the questions that were supposed to come before the MS part of the discussion, but it's okay, we can move on from that. What was the best bike you ever owned? And then the companion question to that is what's the bike you loved the most? And they're not necessarily the same answer, right?

Rob Poh: [18:34](#) Right. The best bike I ever owned was the De Rosa, the bike I loved most. Ooh, I think the Merckx. But also, another bike that I simply adored, I had a Bador 979 frame, it was my first make it yourself bike. You know, I bought the frame, and I bought all the parts, and I put that together, and it was the first bike that I ever raced on. I really loved that bike. Bador was a manufacturer, a French aircraft manufacturer.

Brendan Poh: [19:22](#) So that Vitus 973, yeah. I rode that-

Rob Poh: [19:25](#) 979.

Brendan Poh: [19:27](#) 979. And I rode that for a bit, also. But, you know, I assume I must be heavier than you, because on that bike-

Rob Poh: [19:34](#) You are.

Brendan Poh: [19:35](#) I could make the ... that bottom bracket was not stiff.

Rob Poh: [19:39](#) No.

Brendan Poh: [19:41](#) Going up even a small hill, I could rub the derailleur on the chainring, without any trouble.

Rob Poh: [19:45](#) I could too. But, part of what I loved about that bike, is it really taught me to spin. I was like a sewing machine, as far as smooth mechanism went, and you know, I could even spin while climbing, by the end. But I tell you, going from that bike, that springy thing, to the Merckx, oh it was like a revelation.

Brendan Poh: [20:25](#) Yup.

Rob Poh: [20:27](#) You know, I kept my lovely spin, but then on the Merckx, I could jump to a sprint without shifting.

Brendan Poh: [20:42](#) Without knocking the chain off of the chainring.

Rob Poh: [20:53](#) Right.

Brendan Poh: [20:54](#) You know, and that Vitus, that was the bike that actually got me into the bike industry.

Rob Poh: [21:00](#) Yeah?

Brendan Poh: [21:00](#) I don't know if you're aware of that. I'm sure I've told you this. So, way back in the day, when Cycle Craft was still a small mom and pop shop, I had that bike, I had traded you that bike-

Rob Poh: [21:15](#) For a refrigerator.

Brendan Poh: [21:15](#) No, no, no, we traded the, I traded-

Rob Poh: [21:15](#) Oh that's right, the refrigerator, that's right, I got the refrigerator for the Ace.

Brendan Poh: [21:15](#) Right. So that was for the Ace, and I traded you the mountain bike for the Vitus, 'cause you had decided you were done with road riding, you know, silly you.

Rob Poh: [21:16](#) No, no, no, no, no, I was not done with road riding. Instead I was ... it's so then I bought the Merckx, and once I had the Merckx, I didn't need the Vitus, and I was willing to try a mountain bike, but that didn't really work out for me.

- Brendan Poh: [21:55](#) No. So the Vitus, what I had, it had a six speed Aris Narrow freewheel on it, and it was pretty worn, and the chain was worn. So Cycle Craft, back in, this is in February of 1994, and I had been at a fairly low point of my photography career, and I needed to get back on a bike, 'cause I was pretty depressed, and I figured, "Well, I gotta get back to bikes."
- Brendan Poh: [22:25](#) So I went down to Cycle Craft, it was the only bike store that was open on a Sunday, and that Sunday was the only day that I could go shopping. So we hopping in the car, and we drove all the way from Bud Lake to Parsippany, to Cycle Craft, and the original owner, and I'm gonna leave his name out of it, because anyone listening to this at some point may know who I'm talking about, but I'll try to give him a break. So I go in, and he spots me for a mark, and so he gets on the phone, and it's interesting 'cause the mechanic still works for me, couple of days a week.
- Rob Poh: [22:59](#) Really?
- Brendan Poh: [23:00](#) Yeah, but at the time he was 16 years old, and this is back in 1994. So he gets on the intercom down to the service department, and he says, his nickname was Rusty, he goes, "Rusty! Sending a customer down, give him a six speed freewheel, and Izumi chain."
- Rob Poh: [23:14](#) Izumi chain.
- Brendan Poh: [23:18](#) Yeah, so Izumi chain was the absolute cheapest chain that you could possibly purchase at that point. It was like a six dollar chain. And so they sold me a standard width six speed free wheel, and the Izumi chain, to put on my campagnolo equipped Vitus '79. And so I took the parts, and I got a freewheel tool, I was gonna do it myself, and I brought all the parts home, and I put it together, and I could not get the wheel back into the frame. Because the six speed freewheel was not an [inaudible 00:23:51] narrow freewheel, it was a standard, cheesy, you know, Shangtech something or other, six speed freeway.
- Brendan Poh: [23:58](#) So I couldn't get it back in the bike. So I took it all back to the bike shop, to Cycle Craft at that point, and I said, "Hey, I got a problem with this."
- Brendan Poh: [24:09](#) And so one of the kid mechanics in the back said, "Well, it'll fit, all you have to do is put some-
- Rob Poh: [24:15](#) Oh. Oh no.

Brendan Poh: [24:16](#) Yeah, he said-

Rob Poh: [24:17](#) No.

Brendan Poh: [24:17](#) "Put some washers on the end-

Rob Poh: [24:19](#) No.

Brendan Poh: [24:20](#) Yeah. Put washers on the end of the axle, and that will spread the frame out. Now, anybody who knows anything about a Vitus aluminum bonded frame, you don't want to be stretching or pulling on anything, 'cause that would-

Rob Poh: [24:32](#) Right, you can't, no, yeah ...

Brendan Poh: [24:35](#) So realizing that was probably ... I tried it, and I was like, "Wow, this is a super terrible idea." And I knew nothing about bikes at that point. But, on that day, I saw it, that in the window, they had a sign that said, "Part time sales help needed."

Brendan Poh: [24:48](#) And I said, "Well these guys are a bunch of monkeys, I could probably get a job here." So the interview was the manager at the time, said, "Well I'll tell you what." He says, "You don't have any experience at this right?"

Brendan Poh: [25:05](#) And I'm like, "No, but I can sell." Well, 'cause you taught me how to sell. We did that whole Xerox selling thing, you know. Sales trading. So I broke out my sales training, he said, "Well, if you can sell me a bike, I'll hire you."

Brendan Poh: [25:17](#) And I was like, "Okay." So we brought him out on the floor, and it's like ... I mean it was super easy. I just went through, you know, you go through the method, and it's like, "Okay, you're hired." He hired me on the spot. And that was 1994. And I've had a couple of sabbaticals in between there, but that was almost 25 years ago now, and the rest is, as they say, history.

Brendan Poh: [25:37](#) And part of what I was doing there, was I recognize that this is really terrible, what they're doing here, so I need to try and fix some of that. It was also how I got into bike fitting, 'cause the bike fitting part of it was, there's a kid that worked in the service department, it was always the kids in the service department. It was a young kid, and he was a hotshot, he was a [inaudible 00:25:59] one, he was good. He was strong as hell. And I'm six foot one, and I've got a 34 inch inseam, 34 and a half inch inseam.

- Brendan Poh: [26:08](#) And so I said, "Well, you're an expert, what size should I get? Now I can get a new bike," and I was gonna get this specialized M4. At the time, that was like the hot aluminum bike on the planet, there were no carbon bikes at that point yet, really available. So I get that, he put me in a, he said, "You need a 60 centimeter." So I got the 60 centimeter bike, and then I got the bike, and he's gonna quote unquote fit me on it, and so he jacks the seat up, like to the ... like way too high, and he slams the stem, and now every time I hear someone, "Yeah man, slam that stem," and it makes me cringe a little bit, I get a little flashback.
- Brendan Poh: [26:48](#) And I was so uncomfortable when riding the bike, it was like immediately, I go on a 20 mile ride, and immediately my back is in searing pain, and my knees hurt and my legs hurt, and it's like, and I'm riding along, go, "Boy, this is really stupid."
- Rob Poh: [26:59](#) That's terrible.
- Brendan Poh: [27:01](#) There's gotta be more to it than that. And that sent me on the road of research. And really, no one was really doing any bike fitting back then. I mean, a custom bike, you know, you could go see Ben Serotta in Queens, and he would measure you and put a bike together for you, or you could go to Italy, and you'd get a custom De Rosa, or a custom Colnago, or anything like that, but otherwise, whatever whim was at the bike shop, whatever dunce you were talking to, that's the bike you would wind up on, and at that point I realized that ... I don't want to say it was like shooting fish in a barrel, but I said, "Can't be that complicated, so let me look into it."
- Brendan Poh: [27:39](#) It actually turns out bike fitting is pretty complicated, but that's what set me on the road to that.
- Rob Poh: [27:43](#) Yeah.
- Brendan Poh: [27:44](#) And ultimately, led to your diagnosis for MS, right?
- Rob Poh: [27:50](#) That's right.
- Brendan Poh: [27:50](#) So that's.
- Rob Poh: [27:52](#) So it was your fault, then.
- Brendan Poh: [27:53](#) So it's my fault, yeah.

Rob Poh: [27:54](#) That I was diagnosed with-

Brendan Poh: [27:57](#) Sorry man, I didn't mean to. Yeah, that's probably the worst thing I've ever done in the bike business, was give my brother MS.

Rob Poh: [28:06](#) Well, that's okay, I forgive you. I forgive you for two things today, the Silca pump, and the MS.

Brendan Poh: [28:17](#) You can't imagine my horror, when I was trying ... and like, you understand, I'm on a virtually flat tire, I'm out at Jones Beach, and from where we lived in Rockville Center, I was probably only about a 12 or 15 mile ride, but it seemed that it ... it may as well have been in California, at that point. And I think that pump has that nice lightweight, aluminum shaft, and I put it on the end of the valve without opening it first. And I bent that thing right in half. That was terrible.

Rob Poh: [28:50](#) Yeah.

Brendan Poh: [28:51](#) I apologize again.

Rob Poh: [28:53](#) Yeah, I know, you're forgiven. I was gonna say that the real reason that I'm to blame for you being in the bike business, is not because I you know, introduced you to bikes, but because I taught you how to sell.

Brendan Poh: [29:09](#) That may very well be, yeah. Curses. Alright, so now we're even.

Brendan Poh: [29:13](#) So pretty much, there you have it, in a nutshell, how I got to be in the bicycle business, and how I caught the bug. It goes all the way back to 1973, when you picked up that Vee Ace, in Ithaca, and it made it's way back to Long Island. That was-

Rob Poh: [29:35](#) Yup.

Brendan Poh: [29:36](#) It's all your fault.

Rob Poh: [29:39](#) Thank you very much, I'm honored that you asked me to be interviewed on your first podcast.

Brendan Poh: [29:45](#) Cool. Alright, man. Signing off, until we interface again.

Rob Poh: [29:51](#) Indeed.

- Brendan Poh: [29:53](#) Well, there's our first interview in the can. Kevin, what'd you think about that?
- Kevin: [29:57](#) I thought it was really great to hear about how you and your brother kind of bonded over all those bicycles that you guys basically shared, which was really great. And how also, you have specific memories and experiences that you connected with those individual bikes, like they're not just objects to you, they're again, kind of a vessel for you to carry those memories through, and when you see them, or hear about another one of those bikes, you'll say, "Oh, I remember when I had one of those. My brother let me borrow it, and I got a flat tire at Jones Beach." It's an object that leads you to a memory that you have, and with someone you care about. Which I think is really special.
- Brendan Poh: [30:42](#) Even if the memory was sheer terror, though, 'cause I broke his Silca pump straight in half, and I thought I was gonna ... he didn't yell at me too hard for that, which was good, and as you heard, he forgave me. After all these years, I finally got forgiven for breaking the Silca pump.
- Brendan Poh: [30:56](#) Yeah, so this, as part of what got me started in the bicycle business as well, is that those experiences as a way of transforming our lives. I mean, literally bicycles have changed my life, and that's something that I want to share with other people.
- Kevin: [31:14](#) Fridge wouldn't have done that for you.
- Brendan Poh: [31:16](#) Yeah, the refrigerator did not ... refrigerator keeps your food cold, and beyond that, it is not an extension of your life or your personality. But the bicycle, again, that's what really got me started on this road, is the joy, and the life changing experiences, that I had as a result of bicycling, and bicycles, is part of what drives me every day.
- Brendan Poh: [31:36](#) People ask me how have I survived for 25 years in retail, and quite honestly, because I still get excited every time I see a little kid pick up a bike. You know, a teenager gets a new bike, and gets into cycling. Somebody who's having issues in their life, health issues, or you know, they wanted to lose some weight, whatever it is that they're trying to ... you know, they're overcoming, a bicycle is a vehicle for changing their life, it gets me excited every day to do this. So I hope that does for you folks as well.

- Brendan Poh: [32:09](#) As a regular part of our show, we'll bring you upcoming events that you might like to participate in. Kevin, why don't you tell us about what's going on?
- Kevin: [32:16](#) Okay, so it's fall, so that means cyclocross season is in full effect. We've got race number four of the New Jersey Cyclocross Cup, that is Hippo Crossing, coming up on the 13th, in Frenchtown, and then next is HPCX, which is a pretty big regional race, including a UCI C2 pro race, that is in Jamesburg. That is part of the Mack series, that is on the 28th.
- Kevin: [32:42](#) Also some local fun events here. We have the BubbleCross training series taking place in West Milford. That is a good training ground for cyclocross racers in the region, run by a bunch of pretty cool guys. That runs through the end of October, at Bubbling Springs park, again, in West Milford.
- Kevin: [33:00](#) Coming up further down the line, we have Iron Cross, which is North America's original multi-surface racing adventure. That is on the 21st, taking place in Williamsport, Pennsylvania.
- Kevin: [33:13](#) Some more recreational type rides, we have the Covered Bridges Ride on the 14th, in Erwinna, Pennsylvania. We have the historic Farm to Fork Fondo, in Mills, New Jersey, on the 14th as well. And in Collegetown, PA, we have the Oktoberfest Ride on the 21st.
- Brendan Poh: [33:31](#) That's a lot of cool stuff coming up, and we will have links to all of these events as well on our show page, which can be found at the Cycle Craft website.
- Brendan Poh: [33:40](#) So we want to thank everybody for joining us, and we hope you'll join us again for our next episode, all about bike advocacy, with an interview with our friend Cindy Steiner, the executive director of the New Jersey Bike and Walk Coalition. Very interesting stuff.
- Brendan Poh: [33:54](#) You can find us on iTunes, or anywhere you get your podcasts.
- Kevin: [33:58](#) If you have any questions you would like us to explore, if you'd like to sponsor an episode, or if you just want to say hello, connect with us on Facebook, via Cycle Craft NJ. Follow us on Instagram at CycleCraftNJ, or send us an email at NPlusOne@Cyclecraft.com. That's N-P-L-U-S-O-N-E at Cyclecraft.com.

This transcript was exported on Apr 10, 2019 - view latest version [here](#).

Kevin: [34:20](#) And we'll see you next time on N Plus One: The Truth About Bicycles.

Brendan Poh: [34:24](#) Thanks for listening, see you next time.