



Cool. But what the heck is that thing?

It's a Linear Recumbent 3.0 recumbent bicycle.

When my quest for a bike began, I had been studying cello for all of one month. This made the traditional bike design out of the question. After even short rides, my neck, lower back and butt would hurt and my hands and wrists would be close to numb. All of these things are very bad for the emerging cellist. I had seen a recumbent bike in an REI store sometime in the mid 1990's. The thing was waaaaaaay too small for my frame. But it left an impression. "Someone must make one for my size frame," I thought. When I found Linear the recognition was instantaneous. "That's it! That's the bike for me!" When I met the opportunity to act on the dream, I made the call.

First Test Ride

Simply put it's the most fun I've had on two wheels since the gurney races in the "catacombs" between Craig and Swedish Hospitals in the early 1980's (That turn into the ramp before the boiler room was tricky!) WhaaaaaaaaaaaaHOOOOOOOO!

There are a few new things to learn about riding a recumbent, particularly if the bike has below the seat steering. Your balance is different because the center of gravity isn't what you are used to with a regular bike. The mere act of peddling seems to throw the rider in a constant state of imbalance. That is, until you get the hang of it. I found I was making constant micro adjustments to the steering as I rode just to keep in balance. I suppose that happens with a regular bike, but not in the same way. No big deal and this may change as my body gets more familiar with what it feels like to ride this bike and how to keep my balance.

There is great potential to make this a long distance buggy par excellence. This is not a bike for racing. It's designed and built for comfort, not for speed. It's built to carry the rider great distances in relative comfort.

And so it did. Following my 12 mile maiden ride, the only thing that hurt were my thighs. And that's what I expected. No neck pain. No wrist and hand pain. No lower back pain. Sweeeeeeeeeeeet!

WhaaaaaaaaaaaaHOOOOOOOO!