

# TranscribeMe!

## Transcription details:

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## Transcription results:

- S1 00:00 Hi, this is Tim Lightfoot, the Director of the Huffines Institute for Sports Medicine and Human Performance. I am so excited to let you know that the Huffines Institute now has apps for your smartphones and your tablets. We have apps for the Apple products and for Android products. You can go to iTunes or go to Google Play - either one. Download those Huffines apps, and you can pull in our content every week. Now onto the podcast.
- S2 00:26 Welcome to the Sports Medicine podcast, brought to you by the Sydney & J.L. Huffines Institute for Sports Medicine and Human Performance, in the department of health and kinesiology at Texas A&M University. At the Huffines Institute, we are always working to facilitate, apply, and bring you the most up-to-date coverage of the wide world, that is Sports Medicine and Human Performance. All in the language you can understand and share with your friends. And now here's our host, the Director of the Huffines Institute, Doctor Tim Lightfoot.
- S1 00:57 Well hello, and welcome to the weekly addition of the Huffines Institute for Sports Medicine and Human Performance podcast. We are starting a new season with this podcast today, and we are so glad that you've all returned back after your summer hiatus. We, once again, have another interesting person in the world of Sports Medicine and Human Performance that we're bringing to you today. And actually, this is a little bit of an old friend of the podcast. We have with us today, Doctor Kathy Langlotz. So, welcome back to the podcast, Kathy.
- S3 01:23 I am thrilled to be back.
- S1 01:26 Well, we are thrilled to have you. Let me tell the audience a little bit about you, and remind them a little bit when you were on last time of what we talked about. We'll just go about talking about what we are going to talk about today. We're, again, pleased to have Kathy with us. She was actually our second podcast guest way back in November, I think, of 2010. She is the co-owner and General Manager of a fitness empire here in College Station Bryan, called Aerofit Fitness. She has a PhD in Kinesiology from Texas A&M, that she got in 1984. She's been working in the industry for many years, and seen a lot of stuff come and go, and still here to tell us about it, right?
- S3 02:07 Absolutely.
- S1 02:08 [laughter] We talked to Kathy about almost five years ago, about what it's like to work in the fitness facilities, and run fitness facilities, and so forth. But, we're going to take a different tact, because there are so many of our guests, they continue to be at least recreational or athletes in their spare time. I guess that's certainly why many of them got to this field, and Kathy is no exceptional. I would say actually, she's not a recreational athlete, she's more towards the athlete side. But, this past Summer Kathy, you had an adventure with three of your friends. We're going to talk about that today. So tell us about that.
- S3 02:43 Well, I want to setup our conversation with a little bit of a philosophical perspective on my part is, I've been in the fitness industry in one way or another for my entire life. From elementary school, from the first time I could remember what brought life to my living, and nurtured my soul, with things that allowed me to be active and happy at the same time. And when I found out, that there was a career that would allow me to do that every single day, and to help bring that sort of happiness and fulfillment to other people, I knew I had found my professional home. I thought originally, it would be an educational realm. Then, the first time I had an opportunity to work in a health club, I knew that I needed my hands on real people, and seeing the bounce in their step, and the laugh in their voice every single day. I could just hope that somehow down the road, what I did would make a difference. I needed to see it everyday. I've been in the health and fitness club industry for a long, long time.
- S3 03:55 The part of our epic bike ride across America, you're right, there was four of us riding fully loaded touring bicycles. for over 4,000 miles in three months over the summer. I keep telling our staff, "We are not teaching people to be fit today. We are giving them the skills and the life, to be happy and healthy when they're 80 years old." I was 58 when we did that bike ride. Two of our riders were over 60, and the youngster in the group was 45. We were living what I want our customers and our staff people to be able to say, "This is why we do this." And that, if you have a bucket list item that requires a huge amount of planning, and preparation, and physical effort that, you can do it.
- S1 05:04 Was this kind of thing on your bucket list for a while?
- S3 05:07 Well, it had been on my bucket list, since I was a kid and [inaudible] my bike. I think all four of us, it had been on our bucket list. As you grow up, and your life happens, and it begins to unfold itself, and with that unfolding comes commitment to things that you're responsible for. I kind of had put that in a folder of things that probably aren't going to happen. I had filed it away content with, "That's probably not going to happen." Then, when Stefanie West, my best friend that lives in Boone, North Carolina, sent out an email in December of 2011 and said, "Hey, I'm going to do this. Who wants to go with me?" We there were three of us that said, "I'll go." We had a lot of preparation time, and a lot of planning time, at least a couple of years. The last 12 months of that, are pretty intentional and intense training. We could look ahead and see what we are going to encounter. We were all fitness enthusiast and athletes. We're ready to take the challenge.

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- S1 06:19 We're going to talk a little bit about some of those, the planning, and some of the efforts that you put in for training, because so much of our audience will be interested in those kinds of things. I guess a little context information here. Where did y'all start, and where did you ride to, and about how long did it take you?
- S3 06:35 We started in May at the Golden Gate Bridge.
- S1 06:41 Nice place to start.
- S3 06:42 [Sunny, clear?] day. Yeah. We dipped our back tires in the bay there, and then we rode 4,000 miles to Yorktown, Virginia.
- S1 06:50 Wow.
- S3 06:52 We went over the Sierra Mountains, the Rocky Mountains, the Ozark Mountains, and the Appalachian Mountains. That was one of our big physical challenges, because you know, you live in College Station Texas, and there are no mountains, and there is no altitude [chuckles].
- S1 07:07 [chuckles] That's right. We are over the overpasses. that's about the altitude, huh?
- S3 07:10 Exactly.
- S1 07:11 Yeah. About how long? You said it started in may. About how long did it take you to do that whole trip?
- S3 07:17 We finished August 8th. Gosh, I guess it was 86 days from the day we started, to the day we finished. In that 86 days, we rode our bikes 73 of those days. Every probably, seven to 10 days, I think 11 days, is the longest we ever went without an off day. Where we didn't ride at all, where we could have some recovery in there.
- S1 07:42 Well, so you guys were averaging about what, 65 miles or 70 miles a day?
- S3 07:46 Yeah, 50 to 60 miles a day. One shortest day was from Williamsburg to Yorktown. Our last day, we just rode 15 miles. It was like [Sinhalese?] of the summer.
- S1 07:56 There you go [chuckles].
- S3 07:57 Our longest day, was probably 85 or 86 miles in Colorado. We had a long, hot, hot day then. We averaged, yes. between 50 and 60 miles a day.
- S1 08:10 Wow. Where there any times that you just got off the bike and you thought, "I'm never getting on a bicycle again?"
- S3 08:17 You know, I didn't. I loved every day. There were times when I was riding when I thought, "Okay, this may be the day I have to get off and push my bike." That was one of my goals, was to not have to push my bike, but to actually ride it. I achieved that goal. But, there were certainly times when I wasn't sure I was going to be able to finish a climb. But I loved it. We rode in the snow, we rode in the rain, we rode in the heat, we rode in winds, and it wasn't all fun, but there was never a day that I didn't-- you know how it is when you finish your workout and you go, "Okay, this is the best part of my day, because I'm done.?" We had a lot of days where we had a hard day, but when we finished, you know, one of the wonderful things about having an adventure with a small group of really strong women is, that we always found a reason to celebrate something everyday.
- S1 09:19 There you go.
- S3 09:20 We forget to that in our regular life.
- S1 09:24 Yeah. We do, absolutely.
- S3 09:25 Yes.
- S1 09:26 So, as you guys were putting this together, you said that it took you about two years to plan. Did you plan a really strict route, so you knew exactly where you were going to ride, and about how much you were going to do each day? Or was it you said, "Ah, you know, we think we'll do. This is the route we'll do, but we'll take detours if there are issues that come up, and we may change the map that we ride on a daily basis?"
- S3 09:48 Well, we knew pretty specifically, where we were going to go. We actually purchased route maps from the Adventure Cycling Association. They had routes that start in lots of different places all over the world, and then we patched together the route we wanted to take. We took part of one route we call the Western Express. It got us from San Francisco to Pueblo Colorado, and then, we took the part two of their Transamerica route, that hooked up with the Western Express in Pueblo, and took us all the way to Yorktown. We had phenomenal directions and really good maps on roads that were already researched. [inaudible] these are safe for the most part. As safe as you can get for a cyclist on this particular route. So we had great roads for the most part. Very well thought out. I mean we weren't on freeways, we were on back roads. Just had a really wonderful experience getting to see lots of little towns. The maps would tell us every little town we went to, if it had a grocery store, if it had a bike shop, if it had a library, if we needed Internet, and all the hotels campgrounds. All that information was provided for us for every town. It wasn't completely up-to-date. We planned on some stops at grocery stores, or a place to eat that weren't there anymore, and so we had to punt, but, we managed.
- S1 11:25 Yeah. Well, that sound like a great resource - that company, that Adventure Cycling Association--

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- S3 11:30 Adventure Cycling Association. And then there's a website that we refer to a lot - and a lot of cyclists do - called, "Crazyguyonabike.com." That's a great resource for equipment reviews, bicycles, tents, sleeping bags, cooking stoves, as well as, it's a blogspace for other cyclists, and lots of good information there.
- S1 11:57 If someone is considering something like this. They are these kinds of resources out there to help them. [crosstalk] get this underway.
- S3 12:02 Absolutely. Absolutely. Also, big retail stores like [Oriya?] and things of that nature, have actually bike mechanic classes. And actually run the Adventure Cycling, will do a group ride or support a group ride, where you can go with a group and don't have to worry about carrying all the food, and all that sort of thing that can you get broke, and earn a little bit. If you are thinking about the cross country venture, they want to support you in that.
- S1 12:34 Well, won't we talk about the logistics of this. You didn't wind up carrying all your food? Did you bite as you went? How much did you carry with you?
- S3 12:44 We tried to carry as little as we could. My bike weighed 34 lbs and fully loaded. I was close to 80 lbs of bike and gear. I weigh about 120 pounds, and I was very concerned about my muscles holding up with that muscle to gear ratio. We tried to carry as little. Some things we shared. Not everyone carried a camp stove and not everybody carried pots. We shared a lot of the tools that we would all share in the summer. But food-wise, we would plan several days out, and when we stopped for the day, we would head for a convenience store or grocery store, where we could get some chocolate milk for our recovery drink. Then we would go, "Hey, what do we need for dinner? What do we need for breakfast and tomorrow? And tomorrow night, where are we going to be? Are we going to need to buy for the next day as well?" So, we would look at short segments of two or three days, and we all carried an emergency freeze dried - a couple of emergency meals, if we couldn't find any food. We used those maybe twice throughout the summer. So, we did a pretty good job of planning food.
- S1 14:03 Did you camp most of the time with a tent? I mean, or did you stay in hotels?
- S3 14:08 Well, we actually stayed in a wide variety of accommodations. We were prepared to camp all summer if we needed to, so we camped a lot. We just stayed mostly in campgrounds. Although, in one barren stretch in Utah, we just stopped on the side of the road [chuckles]. We stayed in a saloon, we stayed in hotels, hostels, senior citizens' centers. We actually had some friends along the way, with some total strangers - people that we stopped at a convenience store, or someplace that uses a vending machine - and just met people on the street, and they said, "Well, come stay with us." That happened at least twice.
- S1 14:53 Wow.
- S3 14:54 And that's part of the wonderful part of being able to do the adventure is that, part of what gives us all comfort is our community - your church community, your work community, your colleagues. But then, when you're out seeing people that you'll never meet again, and in five minutes, they're part of your community, and you trust them to go home and stay, and they trust these four strangers to come stay in our homes. The people that did that for us - we stayed in some warm showers, there was a network called "warm showers" - it's like couch surfing, where you can just say, "Hey, we're coming, there are four of us, can you put us up?" You arrange ahead of time. Those people are asking for you, they're welcoming you. But a total stranger that doesn't do a criminal background check, or ask what your political beliefs, religious beliefs are, or what do you believe in, climate change, and they just say, "You know what, it's going to rain tonight, why don't you come sleep on my floor?" It's just a totally amazing experience to know that, there are people that truly will put aside the decisiveness that we see a lot in our country, or we try to separate ourselves from each other, and instead, don't worry about. Set those things aside, because of the foundation is, "We're all in this together and right now I can help you. Come to my house."
- S1 16:23 People were pretty kind to you out on the road?
- S3 16:26 Yeah. That's an understatement. Our expectations was that we would have some vehicular traffic, that wouldn't be happy to share the road with a group of touring cyclists. And we had a little bit of that, but most of the traffic was fine. People that we met, they wanted to know our story, and if we were stuck some place, because there was one thunderstorm. We were in Walnut Grove, Kansas or someplace in Missouri - that's where it was - and we were stuck in a convenience store for like three hours, while the thunderstorm pass. Everybody met the Mayor. We met people on their way to church. People would come back by to check on us, "Are y'all okay? We're just checking to make sure you're still okay, and if you need anything." Total strangers. In Nickerson, Kansas, we had a guy pass us on the road, he rushed into town, bought us Snickers - oh, no - Milky Way bars, and Pepsi's. Brought them back to us and said "Well, I though y'all might be hungry and thirsty." Gerald, he's a wheat farmer in Kansas. He wasn't so busy harvesting, that he couldn't stop, and help four total strangers - just make a gesture of kindness.
- S1 17:49 That's a little bit overwhelming isn't it, when you have people reach out like that just for no apparent reason, just to be good?
- S3 17:55 Yeah, and when it happens over and over and over and over, and people ask me, "Well, what is the biggest takeaway for you?" And it was, Hospitality is alive and well in America." Most people were not looking for ways to not be hospitable. They were just doing it. It totally redefined my definition of elegant hospitality. It's all in the genuineness of the effort, not the elegance of the setting.
- S1 18:27 Let's just [give it?] a little bit. How did you physically prepare for this trip?
- S3 18:33 Well, that was a very intentional planning. I know all four of us were very active, fit individuals. But, this was going to be a very specific objective that we needed to specifically train for. About a year or so out, of course we all invested in bicycles that were

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appropriate for a cross country tour, and the gear. We knew we would be carrying a lot of gear. We knew that we're going to be having a lot of mountain climbs. We knew that there was going to be a fair amount of altitude in there - over 11,000, 10,000, 8,000, certainly - which again, we don't have that here. So, I had a two-pronged approach. Besides my just general fitness training, about a year out I shifted gears. I worked with a personal trainer for six months, who helped me specifically with, not the physical fitness part of it, but the technical side of touring cycling, which is different than triathlon cycling, which is different than road cycling. Worked with my stroke, pedal cadence, my stroke mechanics, my breathing, my heart rate control - all of those sorts of things. And then, the last six months before, I changed personal trainers, and worked specifically on the fitness component of it - the muscular endurance and strength - to be able to get an 80 pounds of biking gear up a 8% grade for nine miles. I think our longest climb was 25 miles in the Utah.

S1 20:19 Wow. I had to stop you. the longest climb was 25 miles?

S3 20:24 Yeah. When we're at Cedar City, Utah, we had a 18 mile climb, and then we had one mile of a little bit of a descend. Then, we had another six mile climb that took us over 10,000 feet, that was the preparation of you riding maximum effort in thin air was one of the things. What I did for that was just, I'm here Texas, so I went and found the steepest hill I could find out on the road to the lake. I would just, one day a week, would go out there and do a hill repeat. I would do interval training, specifically to try to get my VO2 max as efficient as possible, in the thick air of Texas. There is not a hyperbaric chamber that I wanted to go [chuckles] train in, so I just did interval training to prepare for the thin air.

S1 21:26 I want to look back to something you said a few minutes ago. You talked about the difference, you hired a trainer to help you with the difference in touring cycling versus cycling that you might do in triathlons or road racing. Give us a little more, I guess, information about that. What's different about touring cycling riding as oppose to these other types of bicycle riding?

S3 21:50 Well, the bicycle itself is different. The wheelbase is longer, because you have to have room for your panniers, so that your foot doesn't hit them. You have a longer wheelbase, and of course, it's a different construction bike. Typically, you're in a more upright position, so you're fitted differently on a bike. You're gearing from your front - or what we call chainrings - over your pedal crank arms - also referred to as chainrings. Then, the gears in the back, we call a cassette of gears. Those gear ratios are different, so that you can spin more easily, you have more choices of getting into an easier gear, when you have a tough climb or a heavy load. You are in a more upright position, which is more comfortable, so you're sitting on your bike saddle differently. For example, on a triathlon, you're really sponged up. Your arrow bars, you're trying to be aerodynamic as possible, and you need to function on a short sit on the bike. You're going to do a push and a pull with your pedal stroke. But a touring bike, you're almost always in a lower cadence, and you get a more of an even pedal stroke, than you do with triathloning or a road-bike riding.

S1 23:18 Very interesting. We're running a little on short of time Kathy, and we can actually talk about this for quite a while.

S3 23:24 Good.

S1 23:24 I have two final questions for you. The first one is, share with our audience, when you will think back to this experience in years to come, when you think back to this experience, what is the one experience that you had on your ride that will always come to mind?

S3 23:42 From the physical component, we had a ride into Boulder Town, Utah, where I was not sure I was going to make it. We always knew everyday. We never knew we were going to make it to Yorktown, but we didn't have to, we just had to do today. We broke it down. But, we had a really, really tough stretch from Escalante, Utah to Bolder Town, Utah, where I just said, it was a hot day, we had some climbs that we were not expecting to be as hard as they were. A series of very, very tough climbs. I remember saying, "Okay God, if you can only help me one day this summer, could it be today?" You know what--?

S1 24:23 Cash in your chip that day, huh [chuckles]?

S3 24:24 [crosstalk] I'm taking it now. we talk about the kindness and generosity of strangers, and sometimes the smallest thing can have the biggest difference. And just as I finished that prayer, a truck passed me going the opposite direction, so I could see it coming. Whoever was driving, rolled down their window. and yelled at me, "You're amazing, keep going."

S1 24:48 Wow.

S3 24:49 I used that as my mantra all summer when it got tough. The five seconds that it took that guy to roll down his window, and give me the kindness of a little bit of encouragement, gave me the strength to not stop, and gave me strength all summer to continue. That was just amazing personal moment for myself. But, as far as, epic moments on an epic journey, was certainly the hospitality of the strangers that we met, particularly a woman named Sue Thomas in Buckhorn, Kentucky, that welcomed us into her home, and then left us there to go to choir practice. When she came back she said - Buckhorn is a small, small city - a town - and she said, "Everybody is asking me about you. This is the first time, I have ever had company overnight that wasn't family."

S1 25:43 Wow.

S3 25:44 Sue was not an athlete. She didn't even know we going to stay there. When she got up that morning, she didn't know. I am certain that the value of our four bicycles, probably exceeded the asset value of everything in her home. She said, "Come stay with me." And that's just remarkable. I came home aspired to look for those opportunities, gestures of hospitality and kindness, to people that you might not ever see again.

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- S1 26:15 Well, they certainly reminds us all that we should take the time to encourage people, and to be hospitable where we can, because you never know what effect it's going to have, right?
- S3 26:23 Absolutely. Absolutely.
- S1 26:26 I guess my last question in this, one we ask all of our guests, if there's anything that you want someone to remember this broadcast for, or any part of this broadcast you want them to remember, what would be your take home message for people?
- S3 26:39 I would say, look at your bucket list, and all of those things that you really want to go do, you should go do them. Find a way to go do them, because there'll come a time when you don't have a choice.
- S1 26:53 Right. Accumulate the experiences, huh?
- S3 26:56 Accumulate the experience, because what I get from this is not just are fabulous memories. But you know what? My brother met us out there a couple of times, and that enriched my relationship with him. My training partner, Deb Bartner, that's here in College Station, we have a richer, deeper friendship than we had before, and certainly, Jet, Deb, and Jane. You mean 4,000 miles being with somebody 24/7, will really allow you to appreciate people in a way that you can't get any other way.
- S1 27:31 Yeah. We appreciate you for taking the time today to share with us. Thank you so much.
- S3 27:37 My pleasure. Delighted.
- S1 27:39 Yeah, and I want to thank all of the people that have been listening today, for taking the time and downloading the podcast. Regular listeners to the podcast will know that, at this time we have our podcast question of the week. And so here with the podcast question of the week is our producer, Kenneth. Which day of the 87 that Kathy rode was the shortest in terms of travel? Good podcast question there. Be the first one to email us the answer to that, and you will win one of our nifty podcast T-shirts. Send that email to Huffines' [podcast@hlkn.tamu.edu](mailto:podcast@hlkn.tamu.edu). Be the first one, and don't think you're too late. Go ahead and send us an email, or at least tell us hello anyway. You never know, we do send out bonus t-shirts every once in awhile. Once again, Kathy, thank you for being with us today.
- S3 28:27 Absolutely. Thanks for inviting me.
- S1 28:28 And thank you all for listening to us today, and we hope you join us next week, when we have another interesting person in the world of Sports Medicine and Human Performance. And until then, we ask that you be active and healthy.
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