



# Falling in love with my bike

**R**eading these columns over the years you might have noticed that I have a bit of a fetish for sports. Well, to be honest, I am a sports addict. Anything goes.

I've written about marathons, triathlons, the Olympics, and sports injuries. A typical male approaching middle age.

**THIS SUMMER** I discovered a new passion: biking. I've had a road bike for four years and done sufficient training for triathalons, but previously I've never fully gotten into biking.

This summer was different.

I wasn't able to run because of a stress fracture in my leg (see my previous column in the summer issue of *Blue Wings*). Biking began as an easy recovery activity. As the leg improved, training intensified. Long and easy bike rides combined with tough tempo training felt great.

I had always wondered what my big thighs, akin to those of a Finnish workhorse, were good for. In ice hockey they were too slow. In golf they were of no use. In running they were just in the way. But now I know, they are actually made for biking.

**BIKING IS GREAT** because it's gentle on your body. Unlike running, it doesn't wear and tear your ligaments. If you don't fall, you don't get injured.

There are many different ways to enjoy biking. Someone even suggested that you need a different bike for each day of the week! Perhaps not, but road biking is all together different from mountain biking, and a one-gear street bike is not a hybrid and a leisure bike is much easier to control than a tandem.

**THE COUNTRYSIDE** just about everywhere around the world is beautiful. Seeing it from the saddle of a bike as

## MY WIFE CLAIMS THAT MY BIKE IS MY NEW GIRLFRIEND.

opposed to a car window gives you a new perspective. You can take in your surroundings in a different way; sights, sounds, smells and all. This summer I learned a lot about the surroundings of Helsinki.

The only downside of biking is that it takes time. So much so that my wife joked that my bike is like my new girlfriend. I think I'll have to get a tandem so that we (my wife and I) can enjoy biking together.

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**ALEXANDER STUBB** is Finland's minister for European affairs and trade. You can follow him on Twitter and Facebook through [WWW.ALEXSTUBB.COM](http://WWW.ALEXSTUBB.COM)  
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