

A problem I have encountered with cycling... Because of my disability that I have had since I was 13 now 44 I have a balance problem **How I solved it...** at first I thought I would try stabilisers which really didn't work they should be called unstabilisers really. Then I bought the tank (my trike) see below



Which is great you can see I have got enough room for a small political party in the back or shopping! I have changed the saddle stem as I am 6ft tall I am currently trying to source 1 1/8 quill adjustable stem. Learning a new language as well. The furthest I have gone is 10km which isn't bad considering my disability etc I'm planing on starting a cycling club for people who can't manage your cycle trips!

Yes people comment on my trike but only in a positive way. After struggling for many years trying to look "normal" I have given that up as bad job I know I look different and I have grown to enjoy it.

I know using a trike isn't rocket science but it was a huge jump for me.

It is true what they say you never forget how to ride a bike !