



Endurance

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THE LIFE YOU LEAD

HIT THE ROAD!

WITH OUR ANNUAL CYCLING EDITION

DELIVERING THE GOODS

/// The Adventurous Life of a Bike Messenger

8 WEEKS to Cycling Fitness

Turn a New Leaf in Your Diet with
PLANT-BASED POWER!

LIVING THE DREAM

Riding a stage at the Tour de France



“My whole goal in creating ‘**RUN CLUB**’ was to create an environment where people who wouldn’t normally ride in the cold weather would at least

GET OUT & RUN.”



achievement merely to finish, Rich had placed in the top third and was the only person that year to ride without the help of extra gears.

“It’s funny,” says Rich, “I sold my last geared bike earlier that year before La Ruta and just figured all of those crazy endurance events would never happen for me since I converted to a single speed. But then I saw that the Off Road Assault on Mount Mitchell had a single speed category. I thought, ‘what the hell’ and signed up for it... and won! After that, I couldn’t NOT do La Ruta. It was the one race I always wanted to do.”

Whether its riding his custom 29-inch Thylacine single speed bike nicknamed the Meat Plow over 30,000 feet of elevation gain in Costa Rica, or his fixed-gear Cannondale Track bike delivering packages and messages throughout Charlotte, Rich attributes his accomplishments to his strong work ethic. “I’m up at 5 a.m. to work on my blog (teamdicky.blog.com) and get in some extra miles by commuting to work on my bike. During a typical day, I make about 30-40 deliveries before my commute back home. Then I get a shower,

eat, spend some time with my kids and wife,

and I’m usually drooling on myself by 10 pm.”

Rich’s early morning miles and his commute are his only training outside of some walking with his wife and occasional off-beat adventures like his most recent “Run Club” endeavor. “My whole goal in creating ‘Run Club’ was to create an environment where people who wouldn’t normally ride in the cold weather would at least get out and run.” On February 3rd, Rich and nine of his friends ran a five-mile trail to the top of Crowder’s Mountain and back for a 10-mile running adventure. “It was tough,” said Rich. “But I finished.” Of course, he rode his bike the 35 miles to get there and the 35 miles to get back home. What else what you expect from a guy who rides over mountains and delivers messages on a single speed bike for a living?