

Chapter 1 : Paul Holmelund (Author of The Art of Horsemanship)

*Happiness is not a matter of intensity but of balance and order and rhythm and harmony. Harmony between two individuals is never granted-it has to be conquered indefinitely.*

Check out these Orlando adventures. You can snorkel Coral Reef, home to thousands of tropical fish; hand-feed birds in the free-flight aviary; and interact with dolphins. You can even enjoy the ride of a lifetime when you grab a dorsal fin for trip through the lagoon. This theatrical delight features opulent sets, brilliant choreography, theatrical lighting and provocative music. I have a hard time sitting still for more than an hour, yet I was mesmerized by the high wire acts, the flying trapezes and the gymnastic performances. Float over the swamps and orange groves in a balloon ride. Gently ride the wind, pluck a pine cone from the top of a tree, and celebrate afterward with a champagne toast. Skydive in a vertical wind tunnel at iFly Orlando. Whiz around, wobble or wipeout on a wakeboard at Orlando Watersports Complex. This is another of my personal favorite places. You can wakeboard, wakeskate, ski, or kneeboard on the cable or behind the boat. They rent everything you need. It features two lakes with cable systems, plus a lake for boating. One lake is for novices like me. You can watch the advanced wakeboarders perform stunts while you eat lunch. Trot through the forest at Horse World. This family owned and oriented facility will let you snag a glimpse of how Florida used to be. Their horses are well trained and well fed; relax and enjoy. Sample the sky in a sailplane at Seminole Gliderport , located outside of Groveland. Pedal the West Orange Trail for a refreshing change of pace. Bikes and Blades offers rentals. Paul and I like to ride from Clermont into Winter Garden for lunch and then ride home after our break. Soar on a Hang Glider.

## Chapter 2 : L'Eroica ' PEZ Rides With the Heroes - PezCycling News

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Chapter 3 : motorcycle dolly | Tools/Workshop/Garage | calendrierdelascience.com

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I was unable to go last year although I had registered for personal reasons, including a move so recent my bikes had not yet arrived, but I was determined not to miss out this year. With registrations limited to and of those only for foreigners below age 60, I made sure to sign up early and had all my travel plans for late September registration, flight, car rental, hotel finalized by March. Cheapoh would be proud. The rules require a pre frame, shifters on the downtube, pedals with cages and straps and non-aero brake levers, meaning the brake cables are not routed along the handlebars but are arced in a loop from the tops of the levers. This is from the translation of the Italian, which is not totally clear, but my Peugeot PXN met all the requirements. We got up at 4: It was pitch dark but already the village was active as those starting the long routes and km were getting ready to leave. We were directed to a parking place next to a warehouse and quickly got the bikes set up and headed to the start line. Everyone leaving this early was supposed to have lights. My riding partner Bernd had a good strong light mounted to his helmet and I had an LED light on the handlebars, as well as a highly-visible taillight under the seat. I was wearing arm warmers and long-fingered glove liners because it was quite cold but I knew in a short while we would be sweating. We pulled up to the control stand and had our cards stamped and at 6: Leaving the town and following the trail of blinking taillights, I soon realized that I could barely see anything and began to wish I had brought my regular glasses. I can see well enough with non-prescription sunglasses during the day but nothing at all was visible. I was just grateful that the roads were so well-paved that potholes were not a concern. As it was I rode much more slowly than I had planned at this stage. After some time passed and I had no real idea how much , the course turned and we were suddenly on a steep gravel climb. I was to learn later that this took us up to the castle of the famous Brolio wine estate but it was enjoyable to climb in the darkness, our way lit by oil lanterns burning on both sides of the road all the way up. It was still cold but surrounded by other cyclists and the sound of whirring gears made the climb a unique experience. The sun rose around 7: The gravel roads were not too bad, although there were some soft and sandy parts to watch out for, along with dust, but we made decent progress. The road constantly rose and fell and there was a startlingly steep but blessedly short climb around the 20 km mark which must have been a 20 percent grade. Bernd was riding a bit ahead of me and I was riding for a while with a young Englishman on a very nice Mercian. The gravel was loose and as we came around a corner he lost traction and went down in a great cloud of dust. No damage to himself or the bike but it just showed how difficult the roads are. I caught up to Bernd soon after since he was standing by the side of the dusty ride, his tubular tire off and struggling to put on his spare tire. It was my first experience with tubulars and I found it quite instructive as he placed the glue tape on the rim, got most of the tire on, stripped off the top layer of tape to expose the glue and then rolled the last tire on. This sounds easier than it was as tubular tires do not want to go easily onto rims, but between the two of us we managed it. The dust was probably not ideal for the gluing surface either but it seemed to be okay.

Chapter 4 : Orlando Adventures: Fly, Bike, Play with Dolphins, and More

*Ride gently--ride well by Paul Holmelund, , A. S. Barnes edition, in English.*

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