

Golden Lifestyles

Stay happy. Stay healthy.



THE PEDAL PUSHERS

Riding bicycle trails, eating good food, making new friends and staying healthy

Cycling group find active way to explore county

By **KAITLYN LANE**
Staff Writer

When trying to live a healthy lifestyle, it's often difficult to figure out where to start. What kind of exercise should be done, what are the right and wrong foods to eat, and how much of something is too much? What happened to having fun and becoming healthy because of it?

Enter the Pedal Pushers, the

group began in 2014 when some friends were together, drinking coffee and expressing an interest in riding bicycle trails.

The group has since grown to 38 people from Maquoketa, Bellevue, Otter Creek, Preston, and Miles.

They take their bikes out every two weeks and one day to ride bicycle trails. On their rides, the group can be seen enjoying the beautiful views each path has to offer, learning about the background of different artistic

creations on their path, and, after the ride is finished, having a meal together at a local restaurant in the area.

New members were usually introduced to the group if they had friends that rode, and were asked to join, said Cheryl Regan. But, they've also run in to other riders on the trails and extended an invitation for them to join as well. Any member of the group can be contacted with questions regarding joining the Pedal Pushers.



(Top) Members of the Pedal Pushers group stand next to a sculpture in Ely, Iowa. Pictured left to right is: Joyce Lansing, Mary Herring, Cheryl Regan, Ann Burns, and Mary Jo Weis. (Left) Cheryl Regan receives assistance from Joanne Evans while placing her bike on the bike rack for transportation.

Contributed photos

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