

Interviewee: Deidre Madsen

Relation: Wife

4/28/2024

Location: My House

00;00;02;21 - 00;00;35;17

Evan

Okay. So how often does dad go biking?

Deidre

well, it varies by the season, but I would say that he tries to go as often as he's able to. So when he is in town and not away working, he probably goes at least a couple times, maybe two times a week. he's sort of a weekend warrior, but he will also do, trainer rides at home during the, evenings after work on the weekdays and on weekends.

00;00;35;17 - 00;00;57;17

Deidre

He'll usually do at least one long ride, maybe two long rides on Saturday and Sunday. so, you know, I would say like on average, maybe 2 to 4 times a week, cycling, whether it's, you know, on a trainer or on an actual road. And,

00;00;57;19 - 00;01;23;22

Evan

You think it's important for him?

Deidre

I do. I think, you know, he definitely has shown that he has, like, **he's developed a real passion for it, and he's actually very good at it as well.** I think it gives him sort of a, a release of stress from that. He builds up from work. And it's also a healthy habit to have, you know, way better than a lot of other people's, pastimes.

00;01;23;25 - 00;01;47;28

Deidre

he's he's very dedicated too. And he seems to always be driven to challenge himself to improve at it. And he's already got a lot of natural talent and ability in that area. He does races pretty regularly several a year where he places pretty well and **even in his late 40s, he's he's keeping up with some of the younger guys.**

00;01;47;28 - 00;02;13;06

Deidre

So, and he likes to do these long and really challenging, steep, mountain climbs. You know, he's he's pretty bored with flat racing. He likes to challenge himself with a lot of altitude. and I think

it's, you know, it's healthy for him because from, you know, an emotional standpoint, it makes him feel good. And from a health standpoint, it also is good for him.

00;02;13;06 - 00;02;28;21

Deidre

So I support it as much as I can as long as it's not, you know, really interfering with something else really important in his family life.

Evan

Do you think it's justified the amount that he goes like.

00;02;28;23 - 00;02;45;21

Deidre

Well, I have my own passions that I also like to do that he never, you know, dissuades me from doing. So. I try not to dissuade him from doing the things that he loves as well, because I think that as a partner in life, it's good for us to support each other and the things that we love and that we're passionate about.

00;02;45;23 - 00;03;06;07

Deidre

And so I do my best to support him, even though there are some times where I will say, oh no, like, really, we have this other thing to do or we have kids, you know, other obligations with the kids and things like that. But, for the most part, I've tried to be supportive, of his, this hobby and his, passion for it.

00;03;06;10 - 00;03;32;23

Deidre

Also, I think that, you know, he's got very, a stressful job. And I've always kind of been amazed at how he can manage that level of stress and still seem to be kind of okay with it.

00;03;32;23 - 00;04;01;06

Deidre

I think I would have gone mad with the amount of travel, the time, and then the pressure that he sees at work on a daily basis, with managing all the craziness that he manages. and so I think it's good that he has an outlet where he can kind of just sort of let all that go and just feel, you know, have a method that's actually healthy and also is a release for him for the stress.

00;04;06;19 - 00;04;32;25

Evan

Oh, yeah. Can you describe, like, how, like his biking has, like, changed over the years and like.

Deidre

Yeah. Now. Well, so when we were a lot younger before being married, even we, we used to go mountain biking a lot, but we were strictly mountain bikers. We did not. He never even owned a road bike. but he did always love biking.

00;04;32;25 - 00;04;53;14

Deidre

You know, we would he would love going on mountain bike rides and and even as, after graduating college, he went over to Europe, for an entire summer with a friend of his. And they bikes through Europe on a mountain bike that had, like, a road trailer hooked up to it. and so he actually did a lot of road biking on that trip, but using his mountain bike.

00;04;53;14 - 00;05;12;14

Deidre

So, so even though he wasn't really a road cyclist at the time, he did actually do a lot of that. And then after we were married, we would still we continue to do a lot of mountain biking. And he was really good at it, actually. He was always kind of crazy fast on the downhill and things like that.

00;05;12;16 - 00;05;40;00

Deidre

but after having kids and meeting some friends who also had kids similar age, he started, well, I think you already heard the story that he started basically because he ended up buying a road bike on Craigslist in order to try to do a mini triathlon with some friends, which actually never came to fruition. But, that was sort of the beginning of his new passion for road biking.

00;05;40;03 - 00;06;03;15

Deidre

after he got that road bike, and I think he never looked back from there. I think he kind of, became somewhat addicted to it pretty quickly and really got into it because I think it was something that he was good at and that he really enjoyed and really relieve stress for him. And so I would say that, you know, from how many years ago was that maybe, I don't know, ten,

00;06;03;18 - 00;06;24;02

Deidre

You know, am very mean. 10 to 15 years ago, he started road biking and kind of like it really. You know, mountain biking from then on really took a backseat to road biking in a sense. I think it didn't help that his mountain bike also got stolen out of our garage, so that would be part of it, too.

00;06;24;05 - 00;06;49;18

Deidre

But, but I think he just really loved going up steep stuff, which was interesting because it was actually a kind of a 180 degree flip, because he used to in mountain biking, he doesn't use to like going uphill. He like going downhill and going downhill fast. now and then suddenly with the road biking, he started to really enjoy that challenge of pushing himself to go fast on steep uphill.

00;06;49;25 - 00;07;15;23

Deidre

So that was an interesting switch, which I didn't have in my life, I did not. I still don't enjoy going up really steep roads, so.

00;07;15;26 - 00;07;43;25

Deidre

I think, you know, I always have really enjoyed going on family rides with my two sons and with him and going on route, roads that had some up and some down. It's not just all straight up, you know, 15% grade or something. So, you know, I think that there were times, a lot of times when it's just he and I going biking, he would sometimes underestimate how hard it would be and would say, oh, we're almost done.

00;07;43;25 - 00;08;03;28

Deidre

And of course, it's like we weren't almost done. or oh, this isn't that steep. And then it really was that's it was way steeper than I anticipated. So I think it's become you know, he's learned to manage expectations better than he used to when he was younger or when when we first started riding on the road together.

00;08;04;01 - 00;08;31;19

Deidre

but I think so, you know, I think it's just he, he knows now what kind of rides I will enjoy and what kind I won't enjoy. And so, so he'll take us on rides that I would enjoy, which are a little more rolling hills and not just a straight up a mountain side. And then down the mountain side.

00;08;36;05 - 00;08;42;11

Deidre

Thank you. Sure.

00;08;42;13 - 00;09;03;12

Deidre

I should say, if I don't know if I do it properly. Yeah. So I like him to go biking because I think if he doesn't, he gets grumpy. So we all pay for it. If he doesn't go biking regularly. yeah, I can understand that. It's better than golf. It's better than golf. Sure. For sure, I my only concern, I guess, is safety.

00;09;03;12 - 00;09;28;28

Deidre

I guess I you know, I hear a lot of accidents happen on the roads because of cars. And that's my one concern about the road biking with him is that, you know, he, you know, if something happens, somebody I don't think that, you know, I think he's a very skilled rider and a safe rider. But there's the other element, which is other people in other cars, but people, you know, but I worry about him sometimes with biking in that regard.

00;09;29;01 - 00;09;44;04

Deidre

And his friend jeff got killed. So, yeah. And the fact that he even has friends who used to ride with who have been killed. So it's a very real, concern to have realistic concern.

00;09;44;07 - 00;10;17;28

Deidre

Okay. If you want to ask me what my funnest time biking with him was, okay? It was going, biking with all of you guys in Utah when we had electric bikes, and he had a non-electric bike, and we went mountain biking. And that was so fun because we could keep up with him and go up stuff that was really difficult normally for us, but then it wasn't because we had the motor and then he and we could keep pace with him and that was really fun.

00;10;18;00 - 00;10;27;09

Deidre

but he did. All right. Okay. **Hammer, hammer hammer**, hammer. Yeah,