

## Shredding bikes with little ones

One of the most rewarding parts of fatherhood for me has been the amount of adventures I have gotten to have with my twins. Bikes have been a key ingredient to a large part of our outdoor enjoyment together. I'm no parenting expert but I know in my heart the bond we have created and are creating through

### SPOKE TALK



our enjoyment of bicycles is and has been invaluable to their development and our development as a family unit.

Our velotastic tale started one snowy Christmas morning in 2017 when Santa Claus left a Strider Bike with the rocking base. The twins immediately took to their new rocking horse. Having that in the house for over a year gave them the comfort to know what a bike was, swinging a leg over their whip, extreme rocking and overall comfort on the bicycle.

Biking with toddlers, as with almost everything else you do with them can be quite the process, but hey, the first rule of sharing your love of the mountains with little kids is: just do it. As soon as they showed a propensity for the balance bikes, I was taking them to Buffalo Pass to the Fiddlehead and Panorama trails multiple times a week — we are so lucky to have trails the munchkins can ride at their ability level.

The first year when they were just older than 2 years old — it was a very slow walk for dad, and the kids would ride maybe a quarter of a mile and we'd turn around. There were lots of shoulder rides and dad carrying bikes, yet slowly but surely we worked our way up to covering some decent ground considering their age.

This year, I walked the first time we went back to Fiddlehead and immediately realized that they were strong enough that I could ride with them. The papa fun factor went way up. Riding cleanup behind them, yelling tons of praise and sharing lots of excitement really helped them progress.

In our second year of biking, I also decided to have a dedicated kid pack that I take on our adventures stocked up with lots of essentials: huge variety of snack options, water, poop bags (the need arises at very inconvenient times), some toilet paper or napkins, basic medical kit, knife, emergency blanket, sunscreen and bug spray.

It has been amazing to watch them grow their bike handling skills this summer — purely through practice and getting out there as much as we can. Every ride involves a long snack stop and lots of time to balance on logs, climb rocks, search for worms and whatever else keeps it fun. The giggles and fun don't really stop when we're in the forest and that's the whole point. In the blink of an eye, they'll be outriding papa and that will be a grand day too.

*Nate Bird is the senior director of sales for Honey Stinger.*



SHELBY REARDON/STAFF

Members of the Steamboat Springs High School boys golf team warm up on the putting green ahead of their practice at Haymaker Golf Course on Monday.

## Get on the green

*Steamboat Springs High School golfers already getting ready for playoffs*

**Shelby Reardon**  
Steamboat Pilot & Today

STEAMBOAT SPRINGS — The boys golfers out of Steamboat Springs High School feel lucky.

"I feel like we are (lucky) because golf is a low-risk sport because you're spread out all over the course and you're with a max of three other people compared to wrestling or football when you're in a tight area," said junior Travis Seitz.

Seitz, sophomore Colin Kagan and many other Sailor golfers are not only able to play their sport more-or-less normally despite many changes to other fall sports, they were also able to play all summer.

"It's been nice. Because of last semester's online school, you'd be done by 11 o'clock," said Kagan. "You could get out here by noon and have the entire afternoon."

So, ahead of a shortened season, the Sailors are feeling ready to go. The season starts early next week when the team will divide and conquer at Eagle and Vail.

Travel is limited by no overnight trips, as well as the closed section of interstate. So, the schedule is subject to change as head coach Andrew Donner tries to find some competitive tournaments for his golfers ahead of state on Oct. 5 and 6.

"It's just another element to battle this year," said Donner.

Donner said the one benefit of fewer competitions is more practice time.



SHELBY REARDON/STAFF

Steamboat golfer Colin Kagan warms up on the driving range ahead of practice.

Typically, once the season begins, it's tournament after tournament, but this year, the team will have more time to regroup and work on things.

"It's not the worst thing we're staying home a lot," said Donner.

With less time for athletes to find their swing over the course of the season, Donner is applying playoff pressure from the get-go. In past years, he'd look at tournament results to determine the top four guys to send to regionals. This fall, he's sending his eight varsity players out to the course for regional tryouts twice a week.

"They're getting two rounds to see where they stand," said Donner. "That makes it a little different as far as regionals go. I think it's good to see how they play under

pressure in a tournament."

Seitz and Kagan are both state returners and confident they can get back there. Jack Becker, the lone senior and Jeremy Nolting are also expected to be strong players. The rest of the team has less experience on the greens, but shows promise for the program in the future.

While the team is young and full of new players from the lack of fall sports, Seitz is confident his team can get to be a strong regional competitor and get to state.

"My dad always says it's not how, it's how many. If you have three horrible shots and one good shot, you still made par. If we still play each of our games, not worry about what the other team is doing, just keep your cool, we should have a good round and a good season."