

Over 1,500 consecutive days and counting



Even though snow began falling heavily in Vermillion the afternoon of Feb. 21, it wasn't enough to stop Kevin Brady from biking to his job at the University of South Dakota. (Photo by David Lias)

Biking to work, long-distance training part of Kevin Brady's healthy lifestyle

Kevin Brady of Vermillion is so into biking that he writes a blog about it: "The Life and Times of Biking Brady." (<http://bikingbrady.blogspot.com/>)

One portion of his blog's web page is constantly changing. He keeps a running total of the days he has biked to work.

As of Feb. 20, 2013, he has ridden his bike 1,547 consecutive days. This long streak began on March 5, 2007.

A one-way trip from his home to his job at the University of South Dakota is about 10 blocks, not counting the diagonal crisscross path he takes through Prentiss Park.

This habit could almost be described as a healthy addiction.

Kevin was interviewed for this story at a local restaurant. His mode of transportation to the interview site was by bicycle, naturally. By the end of the interview, it had begun to snow. He had listened to the forecasts; he was well dressed to pedal back to his job dodging both snowflakes and four-wheeled, gasoline-powered vehicles on Vermillion's Dakota Street.

"I've been an active biker for about 16 years," Kevin said, who grew up in the Wakonda area. "I was a runner, but I just can't take the pounding of running anymore, so I turned to biking to fill that void of running."

He's able, he said, to perhaps go a day, maybe two, without taking a bike ride. Kevin, however, is hooked.

"I can't go an extended time (without biking)," he said. "Here and there, I take a day off. Sometimes, I force myself to take a day off. There are days when there's plenty to do around the house and you do it, but you get the itch to go to the Wellness Center or get out on the bike and ride."

"I don't know ... it (the urge to ride) just triggers inside of you after awhile, I think," Kevin said.

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