From:	Public Testimony
To:	Pugh, Kristy
Cc:	Sanders, Marilyn
Subject:	FW: Steve Young a black cyclists
Date:	Wednesday, October 27, 2021 4:19:05 PM
Attachments:	image002.png

Monica Sanders

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From: Steve Young <deacon_omalley33@yahoo.com>
Sent: Saturday, October 23, 2021 10:41 AM
To: Public Testimony <Public.Testimony@kcmo.org>
Cc: Robinson, Melissa <Melissa.Robinson@kcmo.org>; Ross, Lisa <Lisa.Ross@kcmo.org>
Subject: Steve Young a black cyclists

I am a 50 year old black man. I have lived a good part of my life buying into old stereotypes of what activities are considered white or black. This is something we all have to get past in our current climate. Cycling has literally saved my life. Looking back in 2016 I weighed 350lbs. I was depressed and really hanging on by a thread. I made the decision to go forward with the gastric sleeve. It was a life changer. In a year I was down to 215lbs. I was an advit runner and I didn't look back. Fast forward to 2020. I was having chronic knee pain that kept me from running. My doctors told me it was bone on bone and I need to stop running. He suggested to start riding a bike. I tried it and I love it. I could still get my cardio in and also see the city. The mobility the bike gives me allows me to get to places faster than if I was running. I love to be out and maybe stop to get something to eat and a drink. To be able to enjoy the day and just soak up all the free air and sun available. It's important that our black and brown people experience other things. Activities shouldn't be restricted to race. We can all enjoy riding bikes. As well as hiking, camping and any other outdoor activity, that has always seemed to be off limits for black and brown folk. It's important to have safe bike lanes in every

community. Everyone deserves to be educated on bike safety and given the same opportunities. I consider myself a cyclists and will share my experience with anyone willing to listen.

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