

Ride My Bike

by Jenn Guitart

When the day is cold and hazy, and I wake up feeling lazy
I wanna hop into my Ford, cause there's a heater on the dashboard
But when instead I grab my U-lock, my helmet, and my saddlebag
I feel righteous, slightly badass, yes, but mostly I'm just really glad

I get to ride my bike! [4x]

I would use a car or truck to go to Mexico or Fargo
Or to haul a grand piano or some other heavy cargo
But I'd rather push the pedals on my beautiful machine
I'd rather do a thing that's healthy, economical, and green!
So when I'm going off to work, or to the doctor or the dentist
Or to meet a friend for lunch, or to the Bowl to pick up lettuce
Or I'm taking kids to school or to a buddy's house to play
Or really, any destination ten or twenty blocks away

I'm gonna ride my bike [4x]

When I'm riding down the street, I say hello to everyone I meet
To do that from a car, you'd have to holler pretty far
But pedal for a mile, and you'll see, you'll start to smile
And when grumpy people catch your eye, the happiness will multiply!
And on the one day out of thirty when I'm feeling introverty
I can zone out meditatively or even think creatively
In fact, I wrote this song while riding to Jack London Square
The sun was up, the sky was blue, the wind was blowing through my
hair

And I was on my bike!

I got to ride my bike

I was on my bike

I got to ride my bike

As we roll to school down the street, the party can get silly,
With Heather, Anja, Zach, and Clara, Molly, Bruce, and Lillie,
And the rack at Malcolm X is like a party of its own
With Rashida, Rashid, Kate, Eliza, Nicholas, Rowan, and Dawn

You know sometimes after school, at the end of the day
My little boys and I are tired, and home seems very far away
We grump and groan a little bit, but by the time that we get home
We learn again what bicyclists and scientists already know

That when you ride your bike

Your endorphins spike

And when you ride your bike

You'll wanna ride your bike

Your bicycle won't hurt you, it will help you stay alive
Cause the risk-benefit ratio is one to twenty-five
And you're a hundred times as likely to die from diabetes
And a thousand times as likely to go from heart disease
And you know, cyclists in their seventies are like folks in their
twenties—
Their reflexes, bone density, their muscle mass, and memory,
Endurance, and their strength, and their metabolic health—

If you keep riding a bike, you'll keep feeling like yourself

So get on your bike!

I swear these stats are really right

If you want, I can cite

them, if you'll try riding your bike

I got my raingear at the ready, in case the drought ever ends

And I'm hoping with this song, I will convince all my friends

To try riding in the rain, or on a tandem with a friend,

It might seem far at first, but you'll get there in the end

So when the day is cold and hazy, and I wake up feeling lazy

Gonna do the thing I like, and hop onto my bike

And I'm hoping that you'll come along, and ride with me and sing this
song

Imagine how the world could be, all bicycling in harmony!

So let's get on our bikes!

Come on, let's ride our bikes

Come on, let's go ride our bikes

I want to ride my bike

I want to ride my bike

I want to ride my bike!

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Want to communicate with Jenn Guitart? You may contact her through the California Bicycle Coalition: <https://www.calbike.org/about-us/who-we-are/staff/>