

Veteran Shoreview cyclist aims book at adult bike riders

by Josh Wimmer, contributing writer

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Wynkoop, left, and his friend Steve Mueller of Lilydale on a recent road trip.

SHOREVIEW—As the saying goes, you never forget to ride a bike.

Even so, Bruce Wynkoop thinks grownups getting back on the cycle could use a few pointers—although not too many. The 60-year old Shoreview man's book "Recycling: Taking Up Bicycling Again As An Adult" (2009, AuthorHouse) clocks in at an economical 75-odd pages.

"It's a fairly simple book," he said. "One of the things I wanted was to not write a book that was very complicated."

The small self-published tome, which he released in July, was inspired by two articles Wynkoop wrote for the Shoreview Press on bicycling. "I had four articles ready to go, and they

only needed two," he said. "I showed what I had to a friend who'd been an editor, and he said, 'it looks like you've got enough material for a book.'"

Retired after a 33-year as a police officer, Wynkoop got into bicycling about 20 years ago. "I took it up when my back and knees started hurting too much from running. I had gotten in several foot chases and lost a couple, and I thought, 'There has to be something I can do,'" he said.