

## **Never Ride Alone**

Last week I was listening to Charlie Rose, a well-known public television personality, interviewing Lance Armstrong who had just won the Tour de France. Many things of interest came up during the interview including Lance's fight with cancer, his recover and current win streak at the Tour.

Near the end of the interview, Charlie asked Lance what was the secret of success in winning the three week Tour de France. Now there are many answers to this question that would make sense. These would include conditioning, determination and strategic skill. But that is not what Lance answered.

He told Charlie that the secret to his success at the Tour de France was to "never ride alone." You see Lance is part of a team, the US Postal team which is made up of nine riders. The team has one goal in mind: to support the one rider who has the best chance to win the race.

So the team sacrifices itself for the sake of that one rider. They carry food, serve as wind breakers and ride the race in such a way that their leader is never stranded and struggling alone. Surrounded by his team mates, Lance never rode alone and was not vulnerable to the attacks of others. He remained strong throughout the race until the final victory was won.

"Never ride alone." A great principle for a bike race *and* the race of life.