



| NAME | NO. |
|-------------------|------------|
| Sally Brennand | 5354 |
| | DATE |
| | 06/28/2022 |
| BICYCLE | |
| Surly Cross-Check | |
| AGE | |
| 60 | |

NATIONAL BICYCLE TOURING PORTRAIT COLLECTION

Sally Rides

► “I have had a bike since I was a kid, growing up in Tripoli, Libya,” wrote Sally Brennand, describing her childhood as the daughter of an expatriate oil field worker. “I landed in the north-west [U.S.] in 1989 and primarily ran and climbed. Knee injuries a decade ago took running away and I went all in on biking, acquiring my prized Bianchi and Kona mountain bike.” Sally injured her neck after hitting a log and it made riding these bikes impossible. She sold them, and her local bike shop built her a Surly with a higher handlebar that wouldn’t hurt her neck while riding. “Friends introduced me to Adventure Cycling, and it has been a source of inspiration every month,” she wrote. “In the past three years, we biked (at least part) of every Oregon Scenic Bikeway after [reading] an article about riding one of them.” Sally and her husband built a Ram ProMaster van in 2021 for their bike-filled retirement journeys.

“In December [2021], we found out I had breast cancer. Waiting for my surgery, we gravel biked every week. My recovery and outlook are bright,” Sally wrote. “I am part of a social media group celebrating recovery, life, and ‘going flat,’ so my husband, Bob, gets to take photos at passes, trails, and more places than he ever imagined with me shirtless.” When Sally and Bob visited Adventure Cycling headquarters on June 28, 2022, they were on an eight-day

words by **GAGE POORE**
 photograph by **DANIEL MRGAN**

shakedown before taking the bikes and van to Alaska for two months. They rode the Hiawatha and Trail of the Coeur d’Alenes rail trails in northern Idaho and spent the morning before their portrait riding in Missoula’s Rattlesnake Recreation Area.

Having completed their Alaskan adventure, Sally wrote, “Epic and cement-like mud. We had 30 days of straight rain and spent hours spraying and chipping the mud off the bikes and then going out and doing it again. The highlight was biking the Nabesna Road from the campground out to the Ramble Gold Mine. So beautiful but so many cold stream crossings. Pro tip — bring every pair of waterproof gloves and socks you own with you to Alaska.” Looking back on the portrait she posed for at Adventure Cycling headquarters, Sally wrote, “I was celebrating my recovery and having the strength to bike again. Going into surgery, I could not forecast what my biking future looked like. I wasn’t sure if my arm muscles would go, and it is weeks before your pathology reveals if you need additional impactful treatments. I (apparently) had the good kind and did not need radiation or chemo. With a little more distance from surgery, I might say I chose aesthetic flat closure after my mastectomy for its recovery advantages and to encourage breast cancer patients to learn the pros and cons of all their surgical options.” 🚲