

Cycling Challenge

CONVERSATION WITH MACIEJ R.

What were your impressions during our sports challenge?

It was an amazing experience. I rode an impressive 4,000 kilometers, although it wasn't without moments of doubt. In those tougher times, I reminded myself that I wasn't pedaling just for myself.

Did you have the opportunity to visit any special places, or do you prefer your regular routes?

This year, I had the pleasure of exploring new routes, although they weren't always scenic. I visited places like Jeruzal (over 120 km) and even crossed the Bug River with a lunch break in Brok (about 200 km). In general, I tend to ride within 50 km from Węgrów, where I live.



Photo sent by our employee Maciej.

How did you manage to cycle over 633.2 km in one week? What is your average speed during your rides?

That particular week was quite a “crazy” ride. I was on vacation, and the weather was favorable. My plan was to ride 100 km each day, but at some point, my friends I often ride with suggested attempting a longer distance (the Brok route). So, I had to skip my daily hundreds kilometers and let my body rest for a bit. I aim for an average speed between 29 and 31 km/h, although the conditions don't always allow that. Sometimes you just have to take it easy.

Why did you choose cycling as a way to spend your time? How do you maintain a balance between work, family, and your passion for cycling?

Choosing cycling was a natural decision for me because it allows me to explore distant places. Running was never my favorite activity. As for maintaining a balance between work, family, and cycling, it requires understanding from your partner and mutual support. It's all about planning and willingness.

Where do you find the time for all these activities that require dedication?

During the summer, I often take advantage of the early morning hours, and sometimes I even get up at 4 am to find time for cycling.

How long have you been interested in cycling, and when did you start your passion?

I've been cycling since I was a child, but I only discovered my passion for road cycling this spring. I've been riding more intensively since March and April. I wouldn't say I'm actively training; I simply enjoy every moment on the bike.

Can you share an interesting story related to your cycling adventures?

It might not be a spectacular story, but sometimes it's worth taking the risk and getting up at 4 AM to see a beautiful sunrise while cycling, surrounded by fog. It's truly an unforgettable experience.





Photos sent by our employee Maciej.

Have you met interesting people during your cycling escapades?

Yes, I've met several fascinating individuals. I started my cycling journey on my own, but now there are 6-7 of us who regularly ride together.



Photo sent by our employee Maciej.

Where would you like to go cycling in the future?

In the coming year, I plan to complete 2-3 routes of about 300 km each. I'd like to bike Lake Zegrzyńskie, starting from Węgrów, of course. Perhaps in the future, I'll explore Mazury or Bieszczady to experience some more significant elevation changes.

CONVERSATION WITH MACIEJ M.

How was it to ride during our challenge? Did you have the chance to visit any special places, or do you prefer your regular routes?

It was the first summer in a long time when I had enough time and the desire to ride a bike. I covered most of the kilometers on my regular routes, but I also managed to discover a few new places.

How did you manage to ride 451.7 km in a month? What is your average speed?

It was a matter of a few rides per week and two longer weekend trips. Actually, it wasn't difficult at all

😊 I usually ride at a speed between 29 and 31 km/h.

How long have you been interested in cycling, and when did you start your passion? Do you actively train?

I became interested in cycling a few years ago as a way to shed some extra pounds – I used to weigh around 130 kg 😊 I don't follow a specific diet, but I try to eat healthier. I still have a lot to learn in that regard.

Do you have a place you'd like to cycle to in the near future?

I dream of going abroad, with Spain seeming like the best place. Especially when traveling by bike. In Poland, I'd like to explore Mazury.

What motivated you to take part in our Sports Challenge?

The prospect of testing myself and doing something good at the same time was a strong motivation for me. It was a great opportunity to combine my passion for cycling with a charitable purpose.

CONVERSATION WITH WERONIKA R.

Did you visit any unique places, or did you stick to your regular routes?

During this year's Addit Sports Challenge, I discovered many new routes and places, which was fascinating.

Which route did you like the most?

Each of the routes I covered had something extraordinary and unique.

Do you engage in any other physical activities besides cycling?

Certainly, in addition to cycling, I also engage in other forms of physical activity. I regularly go for walks and runs. Physical activity helps me feel great. Besides, significantly reduces stress and puts me in a good mood, plus it releases the so-called "happiness hormones" 😊 Improved physical fitness and aiding in weight loss are pleasant bonuses.

Why did you decide to participate in this year's Sports Challenge?

I decided to participate once again in this year's Addit Sports Challenge because I love physical activity. Additionally, taking part allows me to help those in need, which makes it even more enjoyable.