

**Get Off the
Cycle
and run
SPRINT!**

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and ~~run~~
SPRINT!

The condensed version of the
worldwide phenomenon *Get*
Off The Cycle and Run!
designed for busy folks on
the go!

By

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Surprised To See:

When I first wrote the book “Get Off The Cycle and RUN!”, I had no idea it would be so well-received. Truly, I was warmly overwhelmed by the responses to the ideas shared within those pages. I took note of all of that feedback and have included many of those updates in later installments to the series.

But one piece of feedback really stood out for me.

It goes as follows:

An attorney called me one day. *“Rodney, I love the book, I love the concept”* he said. *“I just wish I could get all of these nuggets in a digest version, so that I could get the benefit of the ideas within fewer pages.”*

Like a vision, I saw the whole new revised book:

It was about a third of the size -- a booklet, if you will.

Many of the illustrious stories were taken out.

Emphasis was placed on the tenets of each chapter.

And on the front cover, the word “*Run*” was scratched out and replaced by the word *Sprint*....

--

To all my *busy types* out
there:

Here's to you breaking
cycles!

Here's to you changing your
life!

Here's to you going into new
horizons!

May this book inspire to *Get
Off the Cycles* that have held
you with mediocre progress
in your relationships and in
your goals.

Keep ~~running~~ Sprinting!
-RCB

The Many Health Benefits *Sprinting!*

You may pick this book up
skim it once and be satisfied.

Then come back to it another
day, skimming again,
learning something new.

In fact you may repeat this
again and again.

This is totally okay.

In runners' talk, this sort of
short-bursts approach is
called *intermittent-sprinting*,
and it is a type of high-

intensity training that produces phenomenal results in a very short amount of time.

So please, enjoy the many SPRINTs within these pages!

Most importantly, share what you learn with others!

Let's start off by defining what we mean by the term *Cycles*.

Cycle: Defined

For this book, cycles are the behaviors that we repetitively engage in producing familiar results.

Cycles are not necessarily *unhealthy*. Instead, they most often represent fixed attitudes, healthy for us possibly at one point, but more than likely not healthy for us perpetually. The goal, therefore, is to know what these cycles are, and then when the proper time is to

change them. In this regard, cycles can be helpful, but they can also be ignorantly detrimental to the cyclist.

We will use our basic understanding of the *bicycle* as an analogy to help us understand.

Let's start off by identifying these Cycles.

The Different Types of Cycles

Standard Bicycle:

Sometimes, we get into situations where we try to leave using the very same techniques that got us into this situation to begin with; i.e., we try to quit smoking by smoking...'less'.

We can't get out of it by simply trying to work it, in the reverse; that may

stop/halt us, but not reverse us.

The best thing may be to get off that cycle completely, and run!

The Spin Cycle / Exercise

Bike:

By design, this bike goes absolutely nowhere. You may reap the benefits in terms of calories burned, but it is not an effective mode of making forward progress (transportation) at all!

If you fully understand that, then fine. If you are unwilling to continue like this, then you are best served by simply getting off that (spin) cycle and Running!

The tricycle / big wheel:

“People just have to accept me for me. I’ve always been like this since I was a kid.”

But you are not that person anymore.

This cycle is useless to you now and it *is actually holding you back.*

Get off of it, and Run.

Multi-Geared or Ten Speed Bike:

From the hand-brakes, to the several new gears, it can be a struggle to master this new cycle.

Complicated situations, with a lot of moving parts (people/relationships/historic s) necessitate the need for us

to adjust how we approach success, almost on a constant basis. -- *The problem is, we often don't know how to manage ourselves in this everchanging environment and thus end up working much harder than we should.*

We need to get off that cycle and run!

Motorcycles & Dirt Bikes

The motorcycle represents the fast life.

The ride is fun and

dangerous, and we love it, so we stay on.

The best thing for us may be to *slow down*, get off this cycle of fast, high-stakes/high-risk living, and Run.

The Ferris Wheel

This is an unique cycle in which *somebody else is controlling the entire ride*.

This cycle is the metaphorical epitome of *living a lie*.

We hold ourselves from realizing that we are not actually making progress. Nor do we acknowledge how our inaction is contributes to this redundancy.

Sometimes we stay on this cycle because we are literally romanticized by *our own fears*.

The next time you come down off of that high, you may want to remember the realities and facts involved...

...and then get off of that cycle and Run!

Signs Of The Times: How to know when it's time to let go of a particular cycle

When the Pedals Don't Work

When you don't have the passion/drive/impetus to continue doing what you have been doing or living how you have been living, it may be time to re-evaluate that cycle. It may be a simple fix, or it may be time for an

entirely new lifestyle change.

When the Chain Doesn't Work

People need the presence of both stress and desire in order to accomplish a task. Biking aficionados will tell you that when the chain keeps falling off it may be time to tighten the connectors and add some tension to the mix.

Keep up with the balance of tension and relaxation in your connections with others,

duties, fun, responsibilities, work / job if you want to maintain a healthy lifespan for your cycle.

When the Frame Is Too Small

Crouching-down, huddling over a set of behaviors or habits, almost hoarding over them, is very unsightly, and a significant sign of emotional immaturity.

When the Bike Frame Is Too Large

Sometimes *we take on situations that are just a little bit too much for us, but* our foolish pride or youthful-enthusiasm won't allow us to let it go.

If we choose to take on a challenge that is beyond our current capacity, we should be SMART about it. In fact, a true *SMART* goal is one that

embodies all of the following:

Specific,
Measurable,
Attainable,
Relevant and
Time-bound.

When the Handlebars Are Too Loose

This is about control. In normal situations, we are able

to steer through the maze of life. Experiencing a *lack of control is a huge indicator* that we may need to get off a cycle and run.

When You Enter an Area That the Cycle Isn't Allowed

Learn how to pause your cycle just long enough to *do what you gotta do, and then* get back on it. Sometimes we

get so entrenched into our preferred method of doing things that we are blind to the fact that our environment is requiring us to do things differently for even a short time.

When the Seat Just Does Not Fit

People who spend an inordinate amount of time on their bikes often experience

pain in the groin area from the seat.

Thus, if you can't reproduce fruit in your situation; if you are involved in something that is cramping all of your creativity and your ability to be spontaneous; if you are in a situation where you cannot generate positive outcomes; *if you have been going about a relationship, business, or project in a similar and repetitive way yet the*

outcomes don't bounteously reflect the time spent, then those are all good indicators that it's about time to get off that cycle and Run!

When You Are Missing Pieces of the Equipment

Bikes are simple machines. They only have a few integral parts, and each piece is essential. Similarly, there are times in our lives where our routines are just spinning along as usual, but with one

major flaw; something that used to be there, which was vital to the whole process, is no longer there. ***Without significant adjustments, you can't make it work anymore.***

Yet, we continue to ride this cycle as if they/it are still present. The routine may work for a little while but soon we may need to bank a sharp left and when we least expect it our entire system falls apart right from under us.

When the Cycle has gotten So Very Dirty

Having a dirty bike doesn't seem like a major problem at all, does it?

Old dirt on your bicycle is equivalent to bringing in baggage/prior-hurts into your current system. If your routine has become *mired with the past memory of failed relationships*, missed opportunities or distrust, it may be a good indication that you should pause the current mode in which you're

operating, take care of your emotional needs, and then continue your cycle with a new lease on life.

Tutorial: How do I get off the cycle?!

**If the Situation is
Dangerous..Go Now!
JUST JUMP!**

If your relationship is abusive, or if your situation is causing you any kind of risk to life/limb/property, you have to go. Now! You are *already* being hurt.

“What if I mess up?... What if it doesn't work?... What if I'm over-reacting?... What if...?”

Fear is ourcrippler, ladies and gentlemen.

When you are trying to make a decision and only see problems with almost each choice, that's a sign that fear is controlling your thoughts. Override it, and jump.

The domestic violence cycle

- Relaxed phase:
- Tension Building
- Explosion
- Honeymoon phase:
- (REPEAT)

These phases can last varying lengths of time. It is different for every relationship, **but abuse is abuse is abuse.**

Get off the cycle NOW and RUN.

Slow Down to a Stop and Exit Calmly:

The emphasis here is on the slowing. Slowing down before you make the transition gives others riding with you the chance to prepare themselves for the transition.

Use a Rock:

Think about an actual rock. First of all, it's always there. It is impervious to the outside

conditions that seem to derail us so easily. It *gives us assistance without asking for any* in return. It is consistently, being just as firm when we need support as it is when we accidentally fall on it and scratch our knees.

What people in your life play this role? How do you thank them? Do you utilize them, or do you shy away from them?

**Keep the Momentum,
Dismount, and Use it to
Propel YOU!**

In the sport *cycle-cross*, there are times when it is best for the rider to dismount, carry the bike, run/jog/maneuver on foot a bit, *and then jump back on* the bike.

Yes, they got off the cycle and ran! BUT, they *understood that they were coming back to those cycles, and in fact* needed them to finish the race. There's a life lesson in that.

Intervention: When I can't get off the cycle by myself:

Group-cycling provides a sense of community and camaraderie that's often needed for those who want to get the best out of their cycles.

The folks in this group are the ones who probably **best suited to jump in and help us** when we are too close / bored / angry / distracted /

sleepy / excited to understand our situation alone. This sort of *assistance is called an intervention, and it is very effective way of helping us see ourselves.*

Intervention: Helping THEM:

To intervene is to help others break their cycle, so that they can run freely. It is not about being disruptive or confrontational.

The word ‘intervene’ means to *come in and alter the course of events*. Another definition says to *halt progress of a set of behaviors so that a different outcome is produced*.

The overall thing to know before we intervene on a

person's behalf is that we must come from a position of *appreciation* and *humility* towards the person we are attempting to assist.

What to expect from the individual during an intervention?

Believe it or not, this whole *intervention* process is a lot like *the birthing process*. The same sort of support an expecting mother needs is very similar to the support a loved one needs who is

experiencing an intervention.

The pregnant person is in a slightly more fragile state...

They are carrying this burden for what seems like...forever – they literally almost can not even remember or connect to a time when they were not in this state...

They have internal changes that not many people can relate to or understand.

Their body seems to be fighting against them; while at the same time, they feel

increasingly protective of everything that's going on inside of them.

As exciting as it is to finally have the baby come into the world, *this experience still represents a sort of loss*; she once had a beautiful burden ... and now, she may feel extreme loss, as if her purpose in life is now empty.

This is because the mother can actually experience *The 5 Stages of Grief*:

- **Denial**
- **Anger**
- **Bargaining**
- **Depression**
- **Acceptance:**

The person at the center of an intervention is being faced with this same sense of loss.

It is wise to expect this.

Don't set yourself up for disappointment by expecting it to be beautiful, easy, or even *work*, the first time. In fact prepare for a *re-cycling* back through those phases.

However, if done properly, an intervention is still a loving, considerate way to help someone receive the quiescence they need to get off of their cycle and run.

Can't I Walk (why Run)?

Walking implies steadiness, and while this is a good thing, there can also be a certain wanderlust embedded within *walking*.

This type of *aimless movement* doesn't belie any sense of urgency. One who is walking has often decided to move with **this settled sense of complacency.**

The same cannot be said for running.

Running is purposeful and directed. One who is running is effortfully trying to either get away from or get closer to a very specific object.

Let's look at some common connotations of the word.

To Run, is to FLY

When you run there is a very brief moment when both feet are off the ground.

**Running symbolizes
freedom**

People moving in this manner are expressing their independence.

Running is essential for fitness

As an exercise, running elevates the heart rate much more quickly than walking.

Running also targets those hard to reach parts of the body that often evade normal fitness routines.

Run -- like an Engine...

When a car is idling, its internal motor is pumping hard. In this sense, it is in a steady-state of readiness. It is *prepared* to spring into action at a moment's notice.

Running shows Ownership

When people want to express that they are in control of a certain place or situation,

they use the word “run”.

**Businesses aren't walked,
they are Run.**

Any business leader will tell you that in order to *run* a business it takes a clear plan. And there is an ancient saying, “*without a plan, the people perish...*”

Water, Runs...

Civilization is often defined by the presence of certain achievements, and the preimminent of those being *running water*.

**Running water always has
a purpose**

And when water is running for no reason at all, then normally there is haste to turn

the water off.

In other words, now that you are off your cycle, you want to...

RUN!

Running is Better, Anyway.

Research studies confirm that high-impact activities like running increase bone mineral density.

Your body needs a certain amount of stress to keep your bones healthy.

The impact from physical exercise helps enhance your constitution.

Running is one of the best tools to do this.

Honestly, *some of us are just not as productive as we could be because we are not challenged* enough; adding a little tension can be a good thing.

Cycling of course isn't bad. Physically speaking, any type of activity that keeps you mobile with an accelerated heart rate is a plus. **Cycling can be a great choice for many different reasons.**

...AND STAY OFF (KEEP RUNNING!)

Even after we start running our new lives, *one of the easiest things to do once we have gotten off the cycle and started running is to stop running and get right back on it.*

As healthy as it is, running can leave you feeling helpless, drained and achy.

The same is true when we *RUN* our lives.

LESSON #1: Managing Fatigue

Regardless of how good we feel when we start a new opportunity, we should definitely have a good idea going in of how long we can maintain that pace before we reach burnout. If we don't learn how to manage our *own cycles of fatigue*, we mostly will return to familiar patterns.

LESSON #2: Avoiding the Void

When we remove an unhealthy habit from our lives but don't replace it with anything positive, the remaining void creates a vacuum that sucks in back something -- anything -- to take its place. Normally, the easiest thing to return to that void is the previous habit.

LESSON #3: Changing Focus

We should replace our focus with something that is both positive and entirely different than what we used to *cycle* on.

But I feel Strong Enough to Go Back

Because it is all too easy to get off a cycle and then just hop right back on it, the question we must ask ourselves is, *did we truly let go of that cycle, or did we simply do enough adjusting to fool ourselves or the others around us?*

If so, what can we do instead? We ***can find the inspirational support needed to stay***. For example, if you are trying to stay married and break the cycle of divorce in

your life, perhaps searching for forums, retreats, support groups and getaways could be very helpful.

Don't have any of these options around? Create one. Invite other couples over and just simply eat dinner with them. You'll be surprised at the boost you'll get.

Recognize Good Cycles!

Here's the truth of the matter:
There are a ton of healthy
cycles out there.

In fact, all of the bikes that
we already listed and
described earlier in this book
each have their own strengths
as positive cycles, depending
on the person and purpose.

The Motorcycle:

Motorcycles are convenient
in that they allow us to travel

solo with very little baggage and very little preparation time. *They are great* at reducing time and financial costs. Having routines / relationships that mimic this efficiency can be very helpful indeed.

The 10-speed

When dealing with so many people / obstacles / barriers in such a close environment, it's helpful to have a cycle that allows you to be nimble enough to weave in and out amongst them, without slowing down your own

pace. What processes do you have in place to help you navigate the pressures of the many people around you?

The beach cruiser

When the very ground that we are riding on is shifting, we need to have *a cycle capable of keeping us comfortably grounded* and moving forward despite the instability beneath us.

In times like these, it is our core set of values that will keep us grounded. Our core values will act as the internal

compass, guiding us when even the most dependable things (e.g., like the very ground underneath our feet) seem to be unreliable.

The big wheel / trike

If you are new to an environment, it would probably be most helpful to get used to that environment using a system designed for *early learners*. Think of this like a recipe for a new cook, or like an instruction manual for a new craftsman, or even like a tour-guide center for newly arrived.

The exercise bike

By design, *this bike allows you to practice going through* the motions, making gains within yourself without dealing with toils of being outside in the elements. We all could benefit from safe-places to vent and blow off steam. Our friends and trusted loved ones are the convenient, easily accessible relationships that permit us to exercise these emotions *while incurring little literal damage.*

The mountain bike:

Its sturdy frame, thick wheels and built-in shock-absorbers enable it to handle the most rugged terrain. The added bonus of the mountain bike is that it actually *pushes back* against the rocks, bumps and uneven dips; it actively works with you to keep you stable and upright.

Have a system in place that allows you to stick to your plan, even if that means it (the system) pushes back against you to help keep you in line and aligned.

The Ferris Wheel

Slow, predictable and reliable, these relationships loop, allowing us to enjoy each other's presence without working so hard to recreate the happiness or stability that they foster.

Sometimes in this process with our partner we experience highs and lows, but if we keep at it and stay steady, *the good, structured habits will continue to bring us through.*

Love the One You're With? Stay ON your cycle:

If the cycle is hard but still provides significantly more benefit than risk, then don't give up, don't get off, and don't run. Stay on it.

Hard is fine. We can work with hard. In fact, it is sometimes in the harder cycles that we find some of our best value.

Value has a mathematical representation. $V = B/R$

Wherein $V = \text{Value}$, $B = \text{Benefit}$, and $R = \text{Risk}$

Simply stated, as your risk decreases, and/or as your benefit increases, the quantity of the value you will get increases as well.

STAY ON the cycle if you are making healthy progress in life. Tiredness is not a bad thing. It's proof to

yourself and others that you are working towards progress.

STAY ON the cycle if it is not broken. Sometimes we find ourselves tinkering and improving things that don't really need our improvement. If the cycle is strong, functional, and helping you get to where you're going, stick with it.

STAY ON the cycle if the reason you want to get off is simply fear. If the situation is healthy, (read that part

again) -- and you are just afraid of falling and being hurt, then overcome your fear and learn how to stick with it.

STAY ON the cycle if the good outweighs the bad.

Sometimes you may find yourself in a situation where getting off could actually cause you great emotional/physical/familial harm in a way that is more costly and more devastating than necessary.

Conclusion

The goal of this book was to help us get off of negative cycles in our life, so that we can run freely towards progress and success.

Cycles are any set of habits, behaviors, relationships or patterns that keep us locked in. Some of these patterns can be good, but most often, they can be detrimental if not recognized for the intrinsic value they bring.

It is also good for us to recognize when a particular cycle is no longer as helpful towards our growth as it once was.

To illustrate these concepts, we looked at actual bicycles (and variations of the sort). We saw how motorcycles play a part in our lives, as do ten-speeds, mountain-bikes, tricycles, ferris wheels, and many other cycle tops. We saw their utility when used properly and also their detriment when improperly utilized.

We even took a deeper look into the parts of the bike, **and their parallels into our everyday situations.**

We noticed how the utility of handlebars signify control, how the seats signify comfort, how the frame reflects our own growth, and how the pedals, the chain and the tire each offer their own respective ties to real life situation.

In each, we noted the strengths and weaknesses

inherent to the component. In truth, there is often no such thing as a bad tool, simply proper or improper utilization of that tool.

We then talked about how to know *when to actually exit* out of a cycle versus when you should instead stay on. We accomplished this providing tips, cues and indicators to **help identify the resources and the liabilities in our lives.**

Throughout the book, we iterated how it was important

to not only get off your cycle, but to also Run, once your cycling has ended.

This concept was repeated so much that it would beg the question, “*Why do I need to Run? Isn't enough to simply end my time cycling (and recycling) behaviors? Do I then need to also exert effort into running?*”

Of course, the answer to this was yes, and thus we shared simple, easily identifiable life parallels for the concept of *running*.

We also explored the detriment of getting off a cycle and then lingering.

We uncovered that this was not the best behavior if the goal was to have a life-changing-experience after getting off of a particular cycle.

When it was all said and done, we ultimately landed on the same premise where we began: **If the cycle is good, if it is healthy, if it is providing us more wins than losses, more gain than**

**ruin, more help than harm;
then we stay with that cycle.**

If, however, the opposite is true, and our situation is giving us more detriment than benefit, it is an unhealthy cycle, and thus we are to encourage, enable and empower each other to **get off of those cycles...**

...and Run!

-Rodney C. Burris