

“My trike has given me so much freedom and exercise!”



Maire Masterson on the beach at Rossnowlagh, County Donegal, Ireland

Maire Masterson, 58, was diagnosed with MS in 1988 and has been on a strict gluten and dairy-free diet since. She is trained as a clinical hypnotherapist, psychotherapist and past life regression therapist. She lives in Castleterragh, Co. Tyrone, Northern Ireland with her husband Eugene and children Eoghan and Sorcha.

“We have an apartment in Torrevieja on the Costa Blanca, Spain. One day, I saw a fisherman cycling on a trike which inspired me to find out more about them. I decided I would need one that folded up and would fit into a lift and the boot of my car.

Back home, I Googled ‘folding trikes’ and up came several sites, including Di Blasi, an Italian company who manufacture trikes in Sicily. As well as looking great, it folds up completely. I found an agent in Scotland and had it delivered to my home in Northern Ireland.

The trike has given me so much freedom as well as exercise. I cycle around Rossnowlagh beach in Donegal. As long as the sand is fairly dry, the trike moves easily but needs a bit more effort over rough terrain and soft sand.

I also cycle it around Galway city.

I took the trike folded up in the boot of the car on a journey through France down to Spain and found it really useful when we parked to find restaurant. Roscoff was especially memorable, as was Fuigeres in Spain. The trike always elicits funny comments, such as ‘Cool bike missus’ ‘Can I have a lift?’

The model I have at home is the R31 (now replaced by a newer model, R32). I’ve had it for almost seven years and it’s an important part of my life, so much so that I bought a different model – the R34 – for when I’m in Spain. I call this my Spanish trike. It differs from the R31 in that the wheels are bigger and it’s easier to mount. Both trikes are easy for me to fold up but I do need assistance to lift both trikes into the car boot and up steps in Spain.

The Spanish trike has a battery which you charge up. I haven’t needed to use the motor yet, but it’s there if I ever do. The battery is placed in the back and is activated by pedalling.

Swimming gets the feel-good hormones going

It’s amusing to see the confusion of the Spanish when I cycle down to the pier, struggle into the water and take off like the Duracell ad for a 30 minute swim three or four times a day in the summer. The cold sea water ensures my nerves communicate and I feel so much better.

I have been swimming with the Masters class in Strabane twice weekly for almost 20 years. Swimming with elite swimmers ensures positive endorphins – the feel-good hormones. I swim at my own pace, managing up to 50–60 lengths of a 25 metre pool each night. I also do yoga and Pilates weekly, and ride my trusty trike three times a week.

Sitting on a bunker



Yes, I still have difficulties with my mobility, but who cares? I told my neurologist, ‘There is more than one way to skin a cat’, to which he replied ‘You must have them well skinned by now’.

I believe the ‘universe supports me’.”

Info Box



Maire’s trike is made by Di Blasi
www.diblasico.uk

UK distributor, who have a list of local shops selling Di Blasi trikes:

Concept Edge Power Ltd,
12 Pield Heath Road,
Hillingdon, Middlesex UB8 3NF

Tel: 01895 850 455
Mob: 07973 156 475

email: info@conceptedge.co.uk
www.conceptedge.co.uk

Prices:
Model R32 has replaced the R31.
R32: **£1540 incl VAT**. Delivery extra
R34: **£2580 incl VAT**. Delivery extra



Maire on a road in Rossnowlagh, County Donegal, Ireland