

# PEDAL POWER

**B**IKE ENERGY. IT MAY NOT be as mighty as other green-energy sources like wind and solar, but it's good for you and the environment — and it's more fun. Here are three businesses that use good ol' pedal power. —LISA LUBIN



### PEDDLER'S CREAMERY

Cycling for ice cream? Sounds good to us. The bicycle-churned, artisanal ice cream at this 2-year-old shop in Los Angeles is not only tasty but also eco-friendly. Customers can churn their own ice cream (20 minutes for one batch) and then get a free scoop of flavors like fair trade coffee and strawberry basil sorbet. [Peddlerscreamery.com](http://Peddlerscreamery.com)



### MOBERI

Based in Oregon, this bike-powered beverage bar whips up wholesome smoothies in a blender attached to a two-wheeler (you can also pedal yourself). Ryan Carpenter started Moberi with a vintage Schwinn, a homemade sink and a cooler of produce. Want your own bike blender? They'll hook you up. [Moberismoothies.com](http://Moberismoothies.com)



### WINDMILL POINTE BREWING COMPANY

Founded by two brothers passionate about beer, bikes and sustainability, Windmill Pointe creates "pedal-powered beer." Soon to open in Detroit, the taproom has stationary bikes you can ride to generate power — and credits toward pints. A rider can power two to three beers an hour depending on stamina — and thirst. [Windmillpointebrewing.com](http://Windmillpointebrewing.com)



## Stage Whisperer

Sara Solovitch was prepping for a career as a professional pianist until stage fright doused her dreams. She abandoned the piano at the age of 19 and would not play again until 30 years later, when she faced her fears by employing meditation, mentors and biofeedback therapy. In *Playing Scared: A History and Memoir of Stage Fright* (Bloomsbury, \$26), Solovitch gives herself a one-year deadline to finally conquer performance anxiety and play a formal recital on her 60th birthday. Anyone who has ever sweated over a speech or panicked over a presentation will be inspired by Solovitch's courageous struggle. —STEPHEN J. LYONS

PEDAL POWER, CLOCKWISE FROM TOP: FRITZ/GETTY IMAGES; ROSH SILLARS; JASON QUIGLEY; PHOEBE CHUASON