

# The Cyclist

Newsletter of the Capital City Cyclists  
Volume 27, Number 1  
January-February, 2007



*Saturday off-road club riders take a break at Alford Arm Greenway near Buck Lake.*

## **New president Mark Koch leads the CCC**

*Plans focus on off-road, beginners and club presence while keeping successful traditions*

### **President's Paceline: A New Rotation at the Front** *by Mark Koch*

Thank you for allowing me the honor to pull at the front as club president. But beware! On club rides I tend to pull fast and far. I keep it in the big ring on climbs. Yet, I feel great! I've got goo; I've got maps. I'm in my drops and can see the course ahead of us, which is paved and flat and has scenery that looks something like this:

- More off-road rides and a more off-road presence; and a new off-road coordinator to do just that. With a focus first on the beginners, Brook Pace has her mountain bike tires inflated and ready to go. She'll be scheduling single and double track trail rides on Saturdays around the area.
- New road rides designed for beginners. Ride times and routes will be more convenient and social and have less automobile traffic and less distance.
- More of a club presence. A new club jersey order with club jerseys prominently displayed for easier access. Monthly board meetings more available to all club members to boost discussions of your cycling related needs and concerns.
- More pictures and cycling related fiction to flavor the newsletter and the web site. Picture submission contests and how-to's to better display your artistic endeavors.

Traditions, however, have not changed. TOSRV 2007 registration is up and running now under a new ride director, Kevin Lyon. New club vice-president Richard

*Paceline continued on next page*

### **New Off-Road Rides Focus on Beginners** *by Mark Koch*

The CCC's new off-road coordinator, Brook Pace, has scheduled ride leaders for numerous Tallahassee trails. These trails are scattered throughout the area, yet Tallahasseeans may not be aware of them. The Lafayette/Cadillac Trails, for example, allow riders to cycle from Tom Brown Park to Piney-Z Lake then connect through wooded paths for four miles to Alford Arm Greenway in Buck Lake. Though the trails parallel one another, the technical levels are vastly different.

The double-track pathway, called the Lafayette-Heritage Trail, is perfect for those that want to explore on less technical terrain. Rolling hills, slight upgrades, and gradual turns make this double track lane perfect for beginner and intermediate riders.



*Lafayette-Heritage trail near Piney-Z Lake.*

For the more technical rider, the offshoot Cadillac Trail is a single-track pathway that provides greater challenges.

*Off-road continued on next page*



Club member Mickey Phillips bestows technical wisdom about log-hopping on the more advanced Cadillac Trail.

*Off-road continued from previous page:*

Narrow bridges, steep descents and fallen logs add excitement, yet, because this trail never really diverges that far from the double-laned track that it parallels, groups can take in the same lake vistas and reform at numerous places where the two trails converge.

Rides are on Saturdays at 2pm until April. See the CCC website or newsletter ride schedule for the next off-road listing, or contact Brook at: [brookpace\\_11@hotmail.com](mailto:brookpace_11@hotmail.com)

*Paceline continued from first page:*

Wynn has exciting socials planned, including wine tasting, Bastille Day, and the annual Holiday Party. Membership renewal is also upon us. So please stay on board and don't get dropped. Match my cadence, and enjoy your new three feet the gas combustion machines are now required to give us!

## Executive Board & Appointed Officers

President	Mark Koch	504-0061	<a href="mailto:cccpresident2007@yahoo.com">cccpresident2007@yahoo.com</a>
Vice President	Richard Wynn	228-3755	<a href="mailto:richardwynn@comcast.net">richardwynn@comcast.net</a>
Secretary	Cathy Cross	544-2081	<a href="mailto:cathy.cross@comcast.net">cathy.cross@comcast.net</a>
Treasurer	Steve Wise	510-0164	<a href="mailto:kendaylil2@aol.com">kendaylil2@aol.com</a>
Past President	Jon Sewell	942-6833	<a href="mailto:jon.sewell@kimley-horn.com">jon.sewell@kimley-horn.com</a>
Road Ride Director	Jim Mann	422-0302	<a href="mailto:jmann12@comcast.net">jmann12@comcast.net</a>
Off-road Ride Director	Brook Pace	339-7171	<a href="mailto:brookpace_11@hotmail.com">brookpace_11@hotmail.com</a>
Membership Director	Marv Rubenstein	385-0534	<a href="mailto:marvinr@cccyclists.org">marvinr@cccyclists.org</a>
Newsletter Editor	Dave Stotts	422-1027	<a href="mailto:dave@cccyclists.org">dave@cccyclists.org</a>
TOSRV Coordinator	Kevin Lyon	926-7766	<a href="mailto:tosrvsouth@yahoo.com">tosrvsouth@yahoo.com</a>
Web Content Manager	Kathy Lurding	656-1633	<a href="mailto:lurding@comcast.net">lurding@comcast.net</a>
E-News Editor	Al Parker	668-4478	<a href="mailto:enews@cccyclists.org">enews@cccyclists.org</a>

*Editor's Note: opinions expressed in The Cyclist reflect the viewpoint of the writer and not necessarily those of the Capital City Cyclist's executive committee or other members. Columns, articles and photos pertaining to cycling are welcomed and encouraged. Submit yours to [dave@cccyclists.org](mailto:dave@cccyclists.org). Please shrink photos to 800 X 600 or less.*

**Sunshine Cycles**  
Trek - Klein - Serotta - Red Line  
2783 Capital Circle, NE Ed Holt  
Tallahassee, FL 32308  
(850) 422-1075 [www.bikesunshine.net](http://www.bikesunshine.net)

Todd May  
**HIGHER GROUND bicycle co.**  
Cannondale  
Specialized  
Santa Cruz  
Orbea  
Merlin  
1319 East Tennessee Street  
Tallahassee, Florida 32308  
Phone: 942-BIKE; Fax: 942-RIDE  
New Location: 3185 Capital Circle NE  
Phone: 562-BIKE; Fax 562-RIDE  
Email: [highergroundbikes@earthlink.net](mailto:highergroundbikes@earthlink.net)

## From L'Alpe d'Huez to the Champs Elysees

By Kristen Andersen

For some time now I have wanted to go to France and witness the Tour de France in person and possibly ride some of the stage routes. What could be better than being in France and watching the World Cup of bike racing? The stars all aligned and I finally got my chance to go last July. Of course, there was no Lance and just about all of the top riders doped out of the race, but I still was thrilled for the opportunity to see the Tour. I was excited at the possibility of some unknown rider stealing the whole thing- absent the top favorites. I had been feeling a little sorry for Jan Ullrich and was even sort of rooting for him until he got into trouble. After all, the man has been chasing Lance for years while everyone called him "fat." Brutal, if you ask me. OK, so this article was not intended to be an editorial on bike racing and doping, but I did want to share my experience. You never know when you might get to go over and see it yourself.

First things first. You can rent a bike in one of the larger French cities or bring your own bike. Air France lets you bring your bike for free with one additional piece of luggage if bike plus case weighs 60 pounds or less. Your bike will probably get beat up if you fly it to Europe. Just get over it and try not to take your brand new white carbon Bianchi.

Renting is not a bad option. Many shops rent bikes to tourists. We found a great little shop in Gap, France that rents mountain bikes. You won't have to deal with storing the case, which can easily be bigger than your Euro-tel room and most likely won't fit in your small rental car.

But, if you're planning big miles and need your own bike to feel good, then bring it. Sunshine Cycles has cases you can rent.

Now on to the Tour! What I learned is that there are two ways to see the Tour. First, you can go to a stage that no one cares about and see the riders go by like a flash of bright colors. Second, you can go to a stage with about 100,000 other cycling enthusiasts from all over the world and possibly see the riders go by a little slower. We chose the latter and I am glad we did. Not only did we want to see them in action in slower motion on a hill climb, but also we wanted to see how long it would take us to climb that same stage ourselves.

We went to the Gap to L'Alpe d'Huez Stage. I have never in my life seen any cyclist climb the way these guys do it. Performance enhancing drugs or not, it's quite the spectacle.

Two days before the stage, we drove down to Grenoble, France from Paris and spent the night. The drive took about six hours and inspired a lot of road rage in lots of French motorists. We Americans drive very slowly compared to the French. I also had to be treated for mild

shock after getting a \$55 toll road bill.

Grenoble is a really great place to do some mountain biking in the Alps. If I had this to do over again, I would have spent less time in Paris and more time mountain biking around Grenoble and Gap. In Grenoble, we packed up our bikes, spectator amenities and lots of food and water and drove our little Renault rental car eight miles up the Alpe d'Huez the day before the stage. We really didn't know what was up there and wanted to be prepared. We chose not to park at Bourg D'Oisans and ride the bikes up the mountain because we knew we'd be up there for a while. The only source of supplies was one store near the top of the mountain.

The Tour is a huge production. There were people everywhere. Some told us they had been camping on the roadsides for days. Thousands of cyclists were tempting fate going up and down the mountain switchbacks amongst speeding motorcycles, Euro-style RV's, and Tour trucks. I am not really a down-hill thrill junkie, even without semi trucks and drunken RV drivers, so I rode the brakes. I heard Lance was there that day with Robin Williams but didn't see them.

There must have been several hundred semi-trucks and buses winding their way up this tiny mountain road. No one seemed to know exactly when the road was actually going to be closed to automobiles before the race. We decided not to risk missing the stage and resigned ourselves to spending the night on the mountain. We got up there fairly early and had the whole day to ride, check out the little ski resort town up on top of the mountain, stuff ourselves with French food and talk to people.

A nice man named Pascal let us park our car in his yard for the night. I think his wife was a little mad but since I don't understand French too well, my feelings were still intact despite whatever she said to us. Pascal was very friendly and seemed amused by having two pet Americans in his back yard for the night. We had an excellent spot right on a switchback with two climbs in view. It turned out to be a great spot for seeing the riders.



*continued on next page*

We spent the night in the car camping in Pascal's yard surrounded by German and Dutch cycling maniacs who had been drinking for days. Never get into a drinking contest with a European sports fan. You will lose. Some Aussies near us painted little kangaroos on the road all night long. They had the nerve to paint some of those little beasties over top of my carefully plotted FLOYD LANDIS and GO USA markings.

Sleep? I can still hear the European techno. The Tour has a theme song. It's sung in French and was played all night long by our Dutch friends. Don't plan on getting a nice peaceful night of rest with nature up on the L' Alpe d' Huez the night before the Tour. I suppose if you have a little more class or money you could book two years in advance and get one of the ski lodge rooms up on top. We are used to the camping thing and kind of enjoyed it. I was filmed brushing my teeth in the morning by a European sports channel or show. I gave a nice wave to the world with toothpaste dribbling down my chin. I didn't care. I was about to see the Tour. I was stoked...and then... we waited.

We waited for hours sharing a bottle of red wine with a nice couple from Colorado who had been on one of those organized cycling tours of The Tour. They had been doing a lot of riding and had nothing but good things to say about the organized tour option. At about 3:30 the Tour caravan came by in advance of the riders throwing out all sorts of goodies to the fan - inflatable signs, key chains, Skoda hats. I was especially happy to catch some cheese and crackers. We had food but no ice to keep it cool. I don't know where you have to go in France to get some ice! The only ice we saw was resting safely on top of the mountains. There is a grocery store on top of L' Alpe d' Huez; just a little ride or hike straight up to get there. The Europeans seemed prone to riding up there, scoring two baguettes, putting those in their back packs right next to their sweaty shoes and then riding back down. They don't really do cliff bars or GU...everyone had a baguette and some cheese or fruit. I kind of liked that, having always been fond of eating real food on long or hard rides and not suffering stomach distress like so many of my riding partners. I will say that all of the European cyclists were incredibly courteous and sportsmanlike. No one ran us into any gravel or the ditch, like whoever that jerk was out at Chaires last year.

The Tour riders began coming through about one hour after the trinket caravan. It was a totally amazing experience to see the ease and grace at which the riders moved up the mountain. They were literally about 6 feet from me. They are very, very small. TV makes them look much bigger than they actually are. They looked gaunt and muscular at the same time like some of the cubist artworks we saw while in Paris. By the time they got to the L' Alpe d' Huez, they had already survived a lot of climbing, but they still moved up the mountain like it was easy. I knew it

was not. The words fluid and smooth come to mind. Seeing them and this particular stage really brought home to me what a grueling event the Tour really is. In fact, I can't think of any other sporting event that is equally as grueling. These guys are amazing athletes and I hope that cycling can recover from the doping scandals and they go back to getting the credit they deserve.

Once the riders came through and the stage ended, everyone started heading back down the mountain all at once. I don't think the words "traffic jam" really do this justice. We did get down though. Eventually. My daredevil friend who was driving was not as nervous as me. I just knew that a motorcycle was going to hit a cyclist. The motorcycles like to speed up the middle between the lanes. Both lanes were used by cars, trucks and RV's to descend with cyclists in between and on the road shoulders. Did I mention this road is very narrow? It was an interesting experience and I finally just closed my eyes, much to my friend's relief.

After a few days in Nice and Aix En Provence we headed back to Paris to see the final stage on the Champs-Elysees. Again, this is another stage where you kind of have to camp out to get a good view. I would recommend going at around 7:00 AM and parking your butt right where you want to be. Whatever you do don't leave your spot...bring lots of water and food and a nice cushy chair or something to sit on...that asphalt gets warm. A hot dog at the Tour will run you about \$7.00, they are much better than our version of the hot dog but that's kind of steep even if it is on a baguette. Drinks were also about \$7.00 each. Save your money for some real French food later that night. It was definitely worth sitting there all day to see the podium ceremony at the end of the race though. I must admit that I got a little misty eyed when they played the national anthem for Floyd.

Just keep in mind that non-cycling members of your family might find all the camping out and waiting in the heat for the Tour a little trying. It seemed that some folks just didn't appreciate waiting all day in 98-degree weather for a bunch of sweaty cyclists to fly by at warp speed. Luckily, I didn't have that problem, but there were plenty of angry wives and screaming kids around us while Dads looked on contently, starry eyed, waiting for the "Cyclism." If they are not as into cycling as you are, might want to just give them a huge wad of cash and let them loose on Paris. I'm no Dr. Phil but I think that's in someone's book about saving your marriage.

Well, it's back to reality now. My time in France was awesome and I would highly recommend making the trip across the pond to see the Tour to anyone who loves cycling. If anyone is thinking of making the trip in the near future, I would be glad to answer any questions you might have. Just e-mail me at [kristen9448@yahoo.com](mailto:kristen9448@yahoo.com).

## FICTION

### Sketch



### V. Losiped

The fifteen year-old girl didn't notice from which direction the kid with the funny bike came from, but she did realize that he could do things with it that were supposed to be impossible. Unlike the other cyclists swirling around, he was wearing a funny helmet. But what

sent her in wonder was the way he lifted the front wheel straight up, then somehow slipped off from the seat onto the top, keeping the bike balanced on the back wheel all the while. His hands were raised above his head for balance. From within his pocket he pulled out a string of beads. He threw them in her direction as he pedaled past, but they landed in the road, just out of her reach.

If she could just zip out and back she could have them in no time. Just wait for the bikers to pass. But they were all around—a float blocked the school band they were following. One cyclist, she just noticed, had his bike half in, half out of a grocery cart. Inside was a small, illuminated Christmas tree. When he pedaled the cart went forward, its little front wheels wobbled straight at the beads.

She could see how it could pan out in her mind like a flash: diving out, grabbing, and running back before another pedaled by. She could do this, she told herself, and she bent her legs to get ready. Heart racing, she focused on the rider's back wheel. Just as it cleared, she swung her hands out to sprint, then...she stopped herself. The rider on the funny bike was waving his hands wildly, pedaled backwards, and fell into the crowd nearby. He somehow ricocheted, and landed at her feet.

That wasn't a helmet he had on, she realized. It was his ropey hair. Had she seen that hair before?

She put out her hand and helped him up. "Are you alright?"

"Yes, thanks," he managed. "I guess that's why I'm 'Sketch.'" He took a deep breath, started to say something more, then dusted off his pants. "What's your name?" he finally asked.

She didn't expect that. "Pee-ka-chu," she said. It wasn't, but for some reason that's all that she could think to say. "How do you ride your bike like that?"

"I don't know," he said. He waited for a rider to pass, got back on his funny bike, and started to pedal away. "I just can, I guess."

\* \* \*

Sketch had a long way to pedal to get home, and the small, eleven-tooth front sprocket set-up he had fitted for the parade was keeping him from going very fast. Having a similar sized, fixed back cog gave him a one for one ratio, and made it easier—necessary, even—to pedal both backwards and forwards like a unicycle and keep the bike up on one wheel.

Even now on both wheels his progress was slow. But, he was in no hurry. There was nobody waiting at home for him anyway.

He hooked a right onto Tennessee St—and immediately noticed a city cop waiting at the light. He looked away, but kept pedaling. Despite the earlier crash at the parade, this was the first time he wished he had on a helmet. But, surely there's too much activity around for him to be too noticed, what with all the foot traffic leaving the parade. Still, he knew that since his mom left for Ohio without him last summer, he was officially an illegal. In what sense, he was not sure. Kind of like a runaway, only in reverse...

Besides, he could take care of himself just fine. He was rarely very hungry. He hated his mom's boy friend anyway. Staying was a relief, and hitching was dangerous as well.

Plus, he had lots of cool stuff. Bikes, mostly. None were stolen, he was careful of that. They were abandoned like—well yes, like him. Priorities sometimes change, he had come to understand, and he was learning to take advantage of that.

People threw out mountain bikes, road bikes—all kinds. True, some had gears that didn't work; some with brakes that failed. Many just had flat tires that need to be inflated. Others he just fixed on the spot, then stashed around town near where he had found them. Everyone seemed so into their cell phones and I-Pods they never even noticed them.

He now just needed to get to Blairstone and switch this bike out with a Mongoose he had near the railroad. That bike had gears. He'd take Leaf trail out to Tom Brown, pedal Lafayette trail to Buck Lake, then ride down the Greenway. From there he had a road bike that'd get him all the way to Moccasin gap.

The place his uncle had left them had no electricity, but he used the fireplace to cook, and a neighbor's hose for water—the well used an electric pump.

Even without his mom, he did go to school, as he had promised. All the way out to Lincoln. He took the bus. A good school, he thought. But, his secret made it hard to make friends.

Luckily, he had read about the parade in a newsletter he saw in a bike shop. The article was about the Intergalactic Order of something-or-other. Everyone with a bike was invited. People would come out for a parade, he hoped, and he was glad the girl from his school did.

"Pee-ka-chu!" he said out loud. He was proud of himself to have courage to toss her the beads like that. But what had she meant? Her name was really Paige, he knew. He had been struggling with a crush on her for the past four months.

To be continued...

v.losiped@yahoo.com

## A Cycling Tour of Washington, D.C.

By Mark and Cathy Cross

If you are looking for an interesting, educational and fun cycling vacation, a good location to visit is Washington, D.C. We planned our winter vacation trip there and decided at the last minute to take our bikes and had a wonderful experience. If you have been to Washington and visited the National Mall, with all the memorials, museums, monuments and government buildings, you know how much there is to see within a few miles. Imagine covering all that territory on your bike, stopping when and where you want and seeing the sights in which you are interested. It took 13 hours of driving time to get to our hotel in Alexandria, Virginia, just 7 miles south of Washington D.C. A very long first day, but at least the driving was over with!

Day 2 of our trip began with a ride on the metro to meet our appointed time for a tour of the White House. That experience in itself took several hours! After lunching downtown, we spent a couple of hours in the National Gallery of Art, then took the metro back to Alexandria.

On Day 3, we rode our mountain bikes from our hotel in Alexandria on the Mount Vernon Trail, a multi-use recreation trail. Nearly 18 miles long, the Mount Vernon Trail follows the Potomac's Virginia shoreline from Theodore Roosevelt Island (near Rosslyn, Va) to Mount Vernon. It passes right by the terminal and runway of the Reagan National Airport, and has continually great views of the Potomac and DC monuments on the other side.



*Mark Cross On the Mt. Vernon Trail near Reagan National Airport across the Potomac from Washington.*

Along the trail are several interesting sights, including George Washington's estate at Mount Vernon, Olde Town Alexandria, Gravelly Point (at the north end of National Airport's main runway), and Arlington National Cemetery. For the most part, the trail is fairly flat with an occasional rolling hill here and there. However the last mile heading toward Mount Vernon has a pretty good climb.

Upon arriving at our first destination, the Arlington National Cemetery, we discovered we were not allowed to ride the bikes in, but were allowed to ride around the cemetery, up a long, steep hill to Fort Meyer, an Army post overlooking Arlington, where we enjoyed a beautiful and expansive view of Washington. We then proceeded to ride back down the hill to visit the Marine Memorial, known as Iwo Jima.

At this point, we crossed the Potomac on the Arlington Memorial Bridge to reach the Lincoln Memorial on the Maryland side of the river. Traffic on the bridge was fairly light on this day, with the speed limit posted at 35-mph. Upon reaching the Memorial, we stopped, locked our bikes and climbed up the steps for a look at the monument to one of our greatest presidents.

Riding eastward on the Mall, past the Korean War Memorial, we paused briefly to reflect on the World War II Memorial, which opened to the public on April 29, 2004. The World War II Memorial honors the 16 million who served in the armed forces of the U.S., the more than 400,000 who died, and all who supported the war effort from home. We then made our way to the Franklin Delano Roosevelt Memorial, which we enjoyed walking through after locking up the bikes. The memorial is divided into four outdoor galleries or rooms, one for each of FDR's terms in office. The rooms are defined by walls of red South Dakota granite and by ornamental plantings; quotations from FDR are carved into the granite. Water cascades and quiet pools are present throughout. We spent quite a bit of time at this memorial.

Moving out into traffic on Basin Drive West we rode toward the Jefferson Memorial, where we stopped to climb the steps and admire the statue of Thomas Jefferson. The view of the Washington Monument and the White House beyond was beautiful, even on this cloudy and blustery winter day. Our next stop was down Jefferson Drive, toward the Smithsonian Castle, just east of the Washington Monument.

Up to this point we had made our way by basically following in the paths of pedestrians - either along the wide sidewalks or in the dirt/grass and with (sometimes against) the traffic flow, which was kind of crazy at times. Coming from Tallahassee, this was much more traffic than we were used to! We did, however, see several cyclists, obvious veterans of city riding, who were confidently riding in the streets with the traffic. The Mall at this time of day

(and time of year) was like a circus. There were people everywhere – eating, listening to music, lugging kids up and down the Mall to visit the monuments and museums. So we decided it was better and safer for us at this point to navigate in the street, especially since the posted speed limit was only 15 mph – an ideal speed for cycling! We were able to continue our tour riding along in this manner, enjoying the sights and sounds past all the museums (and cars at a standstill) and ended up right in front of the steps of the U.S. Capitol.



*Cathy Cross rides in front of the U.S. Capitol Building.*

The crowds were pretty dense around the Capitol Building, but there was still plenty of room to ride through on our bikes. So we easily rode around to the eastern side of the Capitol, which faces the Supreme Court and Library of Congress. After some picture-taking we crossed the street, and using the handicap ramp we were able to ride up to the front door of the Supreme Court. We went inside for a brief tour and were able to view the Chambers, which were very impressive.

It was getting late in the afternoon so we decided it was time to head back to Alexandria, about 18 miles away. We rode easily along the Mall on Madison Drive, by now practically veterans of riding in traffic, which was mostly at a standstill. Riding past the National Archives, the Museum of American History, the Department of Commerce, we stopped briefly to view the Vietnam War Memorial and surrounding statues before crossing the Potomac on the Arlington Bridge. Upon rejoining the trail, it was a relatively short 12 miles back to Alexandria. Grand total for the day was 38 miles.

On Day 4, we boarded the metro to tour the National Cathedral. We were actually present when the military Honor Guard was practicing for the funeral of President Ford. Upon returning to our hotel, we could hardly wait to get back on our bikes to ride the 8 miles to Mount Vernon. This part of the Mount Vernon Trail is very

hilly and woodsy and well-used by pedestrians, joggers and dog-walkers, as well as cyclists. But it features really beautiful and serene views along the Potomac, including a view of Fort Hunt on the other side of the river.

Overall, we felt that we had seen much more, and in a more meaningful way, than what we would have been able to see on foot, having to rely solely on the transit systems. It made the long drive and the hassle of lugging all the bike gear well worth it. A word of caution: It is a cycling trip that requires some confidence riding in traffic, as well as bike handling skills – stopping/starting at a moment's notice and making quick decisions.

If you are interested in cycling more in the area, once you reach the northern end of the Mount Vernon Trail at Roosevelt Island, you can continue on by crossing the footbridge over the parkway and head west on the Custis Trail. This will take you to the Washington & Old Dominion Trail ([W&OD Trail](#)), a 45-mile long rail trail through Northern Virginia.

Another bike trail in the area which may be of interest is the [Virginia Creeper Trail](#), which stretches 35 miles from Abingdon, Virginia through Damascus, Virginia to the NC State Line near Whitetop, Virginia.

For more information about cycling in the Washington DC area, contact the Washington Area Bicycle Association (WABA) at <http://www.waba.org/>

*Get ready, it's coming...*

**TOSRV**

South  
**April 21-22, 2007**






**The Capital City Cyclists of Tallahassee are proud to present the 26th annual Tour of Springtime Rural Vistas South**

Tour the rural back roads of North Florida and South Georgia. The ride will take you through several small rural towns, across gently rolling hills, by picturesque farmlands and pecan groves in the bloom of spring-time. We promise great food and plenty of it, good company, full ride support including medic and mechanic, and true southern hospitality. Reserve your space now. The ride is limited to 500 riders to preserve the quality of the ride. This may be the best two day ride you have ever done.

**Terrain and Mileage**  
This two day ride is a tour, not a race. The last leg of the standard century route back into Quincy has some notable hills. The rest of the standard route and the entire metric route is a mixture of flat terrain and gently rolling hills. Both the standard and metric centuries have a Saturday night destination of Albany, Georgia.

**Route Options**  
The Standard Route is 200 miles in 2 days. More experienced riders will like this challenge originating and finishing in the picturesque town of Quincy, Florida (see map). This route is suited for the conditioned rider.  
The Metric Route is 126 miles in 2 days. Intermediate riders will enjoy the ride originating and finishing in Cairo, Georgia (see map).

For more information please go to [WWW.cccyclists.org](http://WWW.cccyclists.org)

## Rides for Good Causes

### The Scotts, a Father/Daughter Team, will ride SMART for AIDS/HIV support groups

By Ray Scott

Club members Meaghan and Ray Scott will be among 500 riders departing from Miami on March 30<sup>th</sup> to complete a 2-day, 165 mile ride to Key West, the Southern Most AIDS/HIV Ride, "the SMART Ride." Over the last three years, this event has raised \$750,000 to support six AIDS/HIV service organization; in 2006 alone, the ride raised \$350,000, and organizers are hoping this year's ride will raise even more. Meaghan and Ray are seeking the



support of friends and club members in their effort to benefit this cause.

Each rider in the SMART Ride makes a commitment to raise a minimum of \$1200; the ride is fully supported through sponsors and rider registration fees, with **100%** of pledges made on behalf of individual riders going to the six supported organizations. These six organizations provide a variety of direct services to those with AIDS/HIV, as well as educating those at the highest risk. Services are provided to the most needy from the smallest and most vulnerable, our children, to our seniors, who now account for 20% of new infections in Broward County.

Sadly, Florida now has the second highest rate of Pediatric AIDS in the nation, and there are **counties** in Florida that outrank most other **states** in the number of AIDS/HIV cases.

Details about the ride can be viewed at <http://www.thesmartride.org/3/>. There is complete information on the ride itself, as well as brief descriptions of the organizations benefiting from the ride, with links provided to the websites of those organizations if you want to know more about the services they provide. At the top of that page, there is a "Pledge" link, <https://www.thesmartride.org/3/pledge/>, where you can enter the last name of the rider you wish to support, select their name, and make your pledge online. Pledges can also be made by mail, and Ray will have pledge forms for both Meaghan and himself if anyone wants to make a pledge in that way. Ray is more than willing to answer any questions about the ride, so please feel free to contact him directly at [wrayscott@hughes.net](mailto:wrayscott@hughes.net), phone 544-9871.

As of January 21<sup>st</sup>, 222 riders were registered, and Meaghan and Ray encourage anyone else who is interested to join them on the ride.

### Blue Line 100

I'm Dave Northway from Higher Ground - you know, the cop who loves to ride!

I am the Ride Director for the Blue Line 100, a ride this spring on April 1st to benefit the Police Officers Memorial Fund and Police Unity Tour. The Police Unity Tour is an annual memorial bike ride that travels from Virginia Beach, VA to Washington D.C. The goals are to remember all the police officers killed in the line of duty and raise money for a permanent memorial in D.C.

About a 1000 riders - all cops from around the country and world - ride to one spot in D.C., and participate in a memorial service for the fallen officer's families. It's a pretty powerful sight to see literally thousands of family members whose loved ones have been killed.

The Blue Line 100 is a century tour with both metric and hundred-mile options that will be held on April 1st 2007 at 8:00 a.m. We will leave from the Pat Thomas Law Enforcement Academy located on Hwy 90 between Tallahassee and Quincy and go up through Gadsden County and into Climax, Georgia. All the "fixins" will be included.

Contact: Ride director and CCC club member Dave Northway of the Tallahassee Police Department at [northwad@earthlink.net](mailto:northwad@earthlink.net) (850) 445-0213. More details are at [http://www.cccyclists.org/eneews\\_template/BLUE\\_LINE\\_100.pdf](http://www.cccyclists.org/eneews_template/BLUE_LINE_100.pdf)

# Bike Shorts



## Electronic posts keep Tallahassee cyclists in the know

Two electronic-posting venues allow area cyclists to keep each other informed of cycling related events.

The Capital City Cyclists' website, [www.cccyclists.org](http://www.cccyclists.org), hosts a message board where club members can place for-sale items or advertise rides. Got a set of rims you don't need? Post them for sale on the CCC Message Board.

Tal-Rides is the electronic post area that cyclists use to keep informed. This Yahoo! Group list-serv has 166 current members. It was created by long-time area cyclist Charlie Hofacker in the mid-90s. "It was originally conceived," says Charlie, "as a way for individuals who wanted company on their training or pleasure rides to hook up. It has turned into an interactive mechanism for collaboration and for keeping each of us in the cycling community informed." To subscribe go to <http://groups.yahoo.com/group/tal-rides/>.

- Mark Koch, CCC president

## Betton Hills Bike Rally & Family Friendly Ride

Mary Kay Falconer and the Betton Hills Neighborhood Association will host a ride on Saturday, February 24<sup>th</sup> at noon. The event will be held at McCord Park, and two ride options are available. Both start at the intersection of Armistead and Armstrong roads. The first ride is one mile around Harriman Circle and back to McCord Park. The second ride starts with the one-mile ride, then weaves through Betton Hills, Lafayette Park, Old Town, back to Betton Hills, Woodgate, and Betton Woods for a distance of 6 or 7 miles.

The Event is "family friendly" and reserved for "civil riding only". The group will be escorted by experienced cyclists and TPD. Helmets are required. Volunteers are needed to help with the ride!

For questions or to volunteer, call Mary Kay at 222-3807 or e-mail: [bettonhillsna@hotmail.com](mailto:bettonhillsna@hotmail.com). Download the event flier at [http://www.cccyclists.org/enevents\\_template/Betton\\_Hills\\_Family\\_Ride.pdf](http://www.cccyclists.org/enevents_template/Betton_Hills_Family_Ride.pdf)

## Countdown begins for TOSRV 2007 on April 21<sup>st</sup> & 22<sup>nd</sup>

It's not too early to make your plans for TOSRV 2007. The early biker gets the hotel room. The procrastinator gets a memorable experience camping on a gym floor. Not that there's anything wrong with it. Gym campers report a camaraderie factor of sleeping amidst a hundred other riders. Hotels will start filling up soon, so make reservations now. Visit the TOSRV web page at: <http://cccyclists.org/tosrv.php> for a list of hotels and other information.

Register on-line at Active.Com. [http://www.active.com/event\\_detail.cfm?event\\_id=1396154](http://www.active.com/event_detail.cfm?event_id=1396154)

Contact ride director Kevin Lyon at: [tosrvsouth@yahoo.com](mailto:tosrvsouth@yahoo.com) or by phone at 850-926-7766 for more information and to volunteer for a gratifying and interesting role in a grand tradition.

## Relaxed Ride for Beginners

The new relaxed version of the Bruegger's Bagel Ride will premiere on Sunday, February 4th and will be repeated on March 4th. If successful, we will make the Relaxed option a permanent part of the Bruegger's Bagel Ride. Relaxed riders will be identified and taken aside by the ride leader before the regular ride leaves. The ride leader and a sweep leader will then determine the length of the Relaxed Ride with input from the relaxed riders. The pace for the ride is estimated to be between 12 and 15 mph. If there are riders present who cannot keep up, the sweep leader will hold back and ride with this subgroup at a slower pace and/or a shorter distance.

Spread the word at work, in your neighborhood, or any other place where newbie cyclists might lurk. Just tell them to come to Bruegger's in the Carriage Gate Shopping Center before 9 AM on Sunday, with a helmet and a bike. This is a great opportunity to introduce others to cycling and to our club.

Call Jim Mann at 422-0302 or e-mail at [jmann12@comcast.net](mailto:jmann12@comcast.net) with any questions. Hope to see you there!

## Off-Road Ride Schedule

Club's rider liability release form in pdf is available for download at [www.cccyclists.org](http://www.cccyclists.org)

DATE/TIME	MILES/ LEVEL	LEADER/ PHONE	START	COMMENTS
Sat Feb 3 2:00 PM	All riding levels welcome with focus on beginners	Brook Pace 339-7171	Tom Brown Park - BMX track	Tom Brown Saturday afternoon ride. Please watch this schedule in case of cancellations due to bad weather or ride leader schedule conflicts.
Sun Feb 4 1:00 PM	Intermediate to Advanced	Neil Dimacali 294-9497	Neil Dimacali's house - 2599 Merganser Ct (off Noble Dr)	Urban Gorilla Ride. For directions call Neil at home (422-1837) or cell (294-9497)
Wed Feb 7 5:45 PM	Intermediate to Advanced	Bob Carruthers 216-1873	St. Marks Trailhead	Munson Hills Night Ride. Good riding lights recommended, preferably a helmet and handle bar light. Ride time 1 - 1.5 hrs. Nobody will be dropped.
Sat Feb 10 2:00 PM	All riding levels welcome with focus on beginners	Brook Pace 339-7171	Tom Brown Park - BMX track	Tom Brown Saturday afternoon ride. Please watch this schedule in case of cancellations due to bad weather or ride leader schedule conflicts.
Wed Feb 14 5:45 PM	Intermediate to Advanced	Bob Carruthers 216-1873	St. Marks Trailhead	Munson Hills Night Ride. Good riding lights recommended, preferably a helmet and handle bar light. Ride time 1 - 1.5 hrs. Nobody will be dropped.
Sat Feb 17 2:00 PM	All riding levels welcome with focus on beginners	Brook Pace 339-7171	Tom Brown Park - BMX track	Tom Brown Saturday afternoon ride. Please watch this schedule in case of cancellations due to bad weather or ride leader schedule conflicts.
Wed Feb 21 5:45 PM	Intermediate to Advanced	Bob Carruthers 216-1873	St. Marks Trailhead	Munson Hills Night Ride. Good riding lights recommended, preferably a helmet and handle bar light. Ride time 1 - 1.5 hrs. Nobody will be dropped.
Sat Feb 24 2:00 PM	All riding levels welcome with focus on beginners	Brook Pace 339-7171	Tom Brown Park - BMX track	Tom Brown Saturday afternoon ride. Please watch this schedule in case of cancellations due to bad weather or ride leader schedule conflicts.
Wed Feb 28 5:45 PM	Intermediate to Advanced	Bob Carruthers 216-1873	St. Marks Trailhead	Munson Hills Night Ride. Good riding lights recommended, preferably a helmet and handle bar light. Ride time 1 - 1.5 hrs. Nobody will be dropped.

**Capital City Cyclists**  
Off Road 2007 Events



Trails Include:  
**Tom Brown**  
**Cadillac**  
**Leaf**  
**Red Bug**  
**Overstreet**  
**Greenway**  
 And many more

## Road Ride Schedule

**A=Race(>21) B=Fast(18-21) C=Medium(15-18)  
D=Slow(12-14) EZ=Easy rider(<12) YOYO=You're On Your Own**

**The Chaires and Cabo's rides are not official club rides; are not sagged, swept nor managed; and are strictly ride at your own risk and responsibility. Maps for most rides can be found on the Club's website [www.cccyclists.org](http://www.cccyclists.org)**

RECURRING RIDES	MILES/ LEVEL	CONTACT/ PH ONE	START	COMMENTS
Every Sat at 9:00 AM	20/31/45 A B C	YOYO. A-ride info: Charlie Hofacker: chofack@nsns.com.	Chaires Elementary School (4774 Chaires Cross Road)	Chaires Ride
Every Sun at 9:00 AM	20/38/51 A B C	YOYO For information, call Peter Stone 942-9095	Cabo's Grill parking lot, corner of Apalachee Pwky & Magnolia	Cabo's Breakfast Ride B & C riders bring partner.
DATE/TIME	MILES/ LEVEL	LEADER/ PHONE	START	COMMENTS
Sun Feb 4 9:00 AM	<20 C D	Richard Wynn 228-3755	Bruegger's Bagels, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers. 3425 Thomasville Road	Bruegger's Ride - Short ride a relaxed pace. Group stays together and decides on distance.
	36 B C	YOYO with map provided		
Sun Feb 11 9:00 AM	21 C D	Dave Beck 656-2797	Summit East parking lot, E Hwy 90 just past I-10 on right 7775 Mahan Drive	Summit East Ride
	31 B C	YOYO with map provided		
Sun Feb 18 9:00 AM	37 B C	Steve Wise 510-0164	Midway City Hall, Hwy 90 west of I-10 50 Martin Luther King Blvd	Midway-Quincy Loop
	B C	YOYO with map provided		
Sun Feb 25 9:00 AM	23 C D	Curtis Parker 229-377-3260	Jefferson County Public Library - Monticello 555 South Water Street	One Legged Turtle
	36 B C	YOYO with map provided		
Sun Mar 4 9:00 AM	<20 C D	Sam Amantia 591-1830	Bruegger's Bagels, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers. 3425 Thomasville Road	Bruegger's Ride - Short ride a relaxed pace. Group stays together and decides on distance.
	36 B	YOYO with map provided		
Sun Mar 11 9:00 AM	50 B C	Jack Peacock 627-2925	Quincy - North side of Courthouse Square	Quincy/Chattahoochee Loop
	B	YOYO with map provided		
Sun Mar 18 ~9:00 AM	55 B C	Jim Mann 422-0302	Jefferson Co. High School in Monticello - caravan to Hwy 257 & 90	Quitman Ride
	B	YOYO with map provided		

For information on out of town rides, visit the Florida Bicycle Touring Calendar online at <http://www.floridabicycle.org/fbtc/>

## What's Inside

- 1-2 President's Paceline - Mark Koch
- Off-road Rides for beginners - Mark Koch
- 3-4 L'Alpe d'Huez at the TDF by Kristen Andersen
- 5 "Sketch" - fiction by V. Losiped
- 6-7 Cycle-touring D.C. by Mark & Cathy Cross
- 8 Rides for Good Causes - Ray Scott - Dave Northway
- 9 Bike Shorts
- 10 Off-road Ride Schedule
- 11 Road Ride Schedule

## Upcoming Events

- |                      |                            |
|----------------------|----------------------------|
| February 4 & March 4 | Relaxed Ride for Beginners |
| February 24          | Betton Hills Ride          |
| April 1              | Blue Line 100              |
| April 21-22          | TOSRV 2007                 |



Capital City Cyclists  
P. O. Box 4222  
Tallahassee, FL 32315-4222

[www.cccyclists.org](http://www.cccyclists.org)

PLEASE FORWARD



*Capital City Cyclists is a member organization of the League of American Bicyclists, Adventure Cycling, the International Mountain Bicycling Association, and the Florida Bicycle Association.*

### Is your address current?

If you see a yellow label up above, we don't have your current address. You can update your address by logging onto the members area on the club's website [www.cccyclists.org](http://www.cccyclists.org).

Contact the Membership Director at [marvinr@cccyclists.org](mailto:marvinr@cccyclists.org) for further assistance.