



The

Cyclist

Newsletter of the Capital City Cyclists
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Larry Pushor says "Goodbye" to TOSRV

by Larry Pushor, TOSRV Coordinator, 2002-2006

The book is closed on this year's 25th Anniversary TOSRV 2006 event. I suppose when people get together and talk about this year's ride they will say, "Oh ya, that was the year that we had that terrible rain near Cairo. It left us so cold." As I think back on our previous events, the memorable thing about TOSRV 2005 was the unrelenting head wind all day the first day. Riders were especially tired and did not make the time they anticipated. Of the five years that I coordinated the ride, the only other year with a significant marker was the 2003 event when it was so very hot.

In spite of this year's rain near Cairo, the riders rode safely. We had two accidents that I am aware of involving some road rash, but no broken bones. About six people checked out of the ride at Cairo thinking the rain would not stop. But stop it did about 10:30. Not too long after that the clouds broke and the sun came out. The weather after that was beautiful.

430 people registered for the ride and 418 showed up ready to ride. More people rode the standard twin century option this year than previous years; three of every four riders rode the 200 mile route. One 78 year old man rode the standard route the whole way. Most of our riders came from Florida. Jeff Peters from Tennessee rode his 25th TOSRV. We had large groups from the Jacksonville area and the St. Pete/Clearwater/Tampa area. The Niceville club brought a good number over. We had riders from British Columbia, Washington State, New York, New Jersey, Hawaii, Colorado, Maryland, South Carolina, North Carolina, Mississippi, Kentucky, and a good sized group that came from Tennessee, Alabama and Georgia. Thank you all for coming to celebrate our 25th anniversary event.



Aside from weather, the ride t-shirts seem to be a marker for the different years. People seemed to like this year's t-shirt. They also seemed to like the 2003 black shirt with the abstract design. The "three old men" t-shirt of 2004 seems to have been at the bottom of the t-shirt rating. I do know six people who really liked it though; they were the three handsome old men in the picture... and their mothers. Honest, there was a female rider scheduled to be in that picture, but she got sick and had to leave. Maybe she just checked out the people who were there for the shot and reassessed the situation.

My hat goes off to the volunteers, about 77 of them, who gave of their time to make this event unfold and happen. It is always like a miracle to me. The volunteers individually go out there and do their jobs, and the whole event comes together. Obviously, the volunteers make the ride, literally. Without them, there would be no event. So my sincere thanks and gratitude goes out to each of the volunteers. Volunteers, you did a great job; you all did a great job!

A special thanks goes to Jim Mann who coordinated the food operation once again. And also to Steve Wise who helped with the food coordination. Special thanks also to those who volunteered their whole weekend: Charles Mathews, Fran Dwyer, Kris Dougherty. A special thanks goes to Ed Holt, our mechanic, who did, and always does, a terrific job keeping the bikes on the road. A very special thanks to Kathy Lurding who worked the web page and kept track of Active.com. And finally to my wife Nancy, who worked as the registrar and put up with me. I tend to get a little crazy toward the end as the squeeze gets more intense. She stayed at the helm and exuded calm.

Finally I want to thank the other 75 to 80 people
continued on next page

who volunteered to help with our event, especially the amateur radio operators from Tallahassee, Thomasville and Albany. This was the 25th year of the Tallahassee group working with us, and the 23rd for Thomasville and Albany. The latter two groups joined the effort when the route was changed from White Springs to Albany in 1984. The radio operators were at many of the corners of our route all along the ride for the two days. Some rode with the medic, the mechanic and the ride coordinator to allow communication between these individuals and the rest of the riders. And then there was "Tail end Charlie", the radio operator that follows the last rider all the way in. The radio people had an additional special feature this year. They were able to track on lap top computers where the medic, mechanic, ride director were at any time. They also tracked the positions of the lead and last riders. I asked Ruth Craig, one of the ladies who started the first TOSRV, what she thought of the radio operators. She exclaimed "They were wonderful! They did everything!" And I repeat, they were wonderful. They enabled us to manage the ride through the knowledge of everyone's whereabouts. For example, we could move the mechanic in quickly to where he was needed. Without the radio operators, the director and the people managing the ride would be flying blind. They did a fantastic job for us. Thanks to Allen Torledsky, W1ABT, and Dan Moniz, KI4HGO, from Tallahassee who coordinated the whole radio effort. And special thanks to Mike Brown, KE4FGF, from the Thomasville club and Ken Adams, K1KBA, from the Albany club who coordinated the Thomasville and Albany clubs respectively.

Goodbye TOSRV 2006. I hope TOSRV keeps going to see a lot more anniversary markers.

Larry Pushor

2006 TOSRV volunteers included:

Brenda Baird	Robin Frydenborg	Kelly Phillips
Zak Ball	Russ Frydenborg	Brit Posey
Fred Bates	Marvin Goldstein	Nancy Pushor
Meg Bates	Terry Hansen	Sean Pushor
Russell Batten	Jack Howe	Stephanie Pushor
Dave Beck	Dayne Johnson	David Read
Lee Berger	Faith Jones	Roger Register
Susan Blessing	Warren Jones	Chris Sands
Kristen Bowers	John Kelly	Val Sands
Bob Carruthers	Pete Kerwin	Dominic Sossong
George Cobb	Dwight Kingsbury	Kevin Sossong
Eileen Cormier	Judy Lazzarini	Betty Schmidt
Dave Crawford	Barbara Leonard	Michelle Schmidt
Martha Cunningham	Marie-Anne Luber	Jim Smart
David Devick	Kathy Lurding	Dave Stotts
Neil Dimacali	Kevin Lyon	Tom Strazulla
Kris Dougherty	Melinda Lyon	Don Thompson
Sara Dugger	David Menchise	Lori Tomblin
Dick Durbin	Jane Mann	John VanTol
Fran Dwyer	Jim Mann	Linda Vaughn
John Eaton	Charles Mathews	Julia Winter
Van Freed	Earl May	Kelsey Tinsman
Henry Freedenberg	Rita May	Steve Wise
Linda Freedenberg	Brian McAfee	David Worley
Jennifer Frick	Barb McNeal	Tom Yeoman
Tom Frick	Al Parker	
Beck Frydenborg	Jack Peacock	



Riders in the mist.

TOSRV '06 photos by Tom Butler



Yvonne Gsteiger and Camille ride out of the rain and into the sunshine.

Bike Shorts



S.A.F.E Ride for Survival, April 17-28

The ride for survival (to promote seatbelt use and sober driving) was just epic. I went 1128 miles in 12 days. The other riders had different mileages, depending on locations of press conferences, which resulted in individual personal totals. The official route called for 1100 miles.

There were six riders - four men and two women. We became a family and gelled very quickly. We also had a support crew the entire way - usually a group of 4-5 firemen and the representative from Anheuser-Busch, a major sponsor.

Organizers are looking to expand the team next year to 10. The six that went this year are automatically on and four more will try out by completing a series of Brevets.

It was the ride of a lifetime. We got stronger every day. - Zack Slayer

Ride for Hope

The Capital City Ride for Hope benefit ride for local cancer assistance will leave Saturday, June 3rd, at 7:00 am from the Celebration Baptist Church in Killbuck.

The 15 to 40 mile marked and sagged course will pass through residential areas, pristine farmlands and gentle rolling hills. Included in the tour fee are two well-stocked rest stops, t-shirts, gift bags, a post-ride party with live entertainment from local bands. Participants can ride in honor of cancer survivors and will have the option to wear either "cancer survivor" or "in honor of" tags on their jerseys. Register through Active.Com or download a form from the web site. E-mail: jason.farrah@med.fsu.edu; Web Site: <http://www.capitalcityrideforhope.com>.

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Editor's Note: opinions expressed in The Cyclist reflect the viewpoint of the writer and not necessarily those of the Capital City Cyclist executive committee or other members. Columns, articles and photos pertaining to cycling are welcome and encouraged. Submit yours to dave@cccyclists.org

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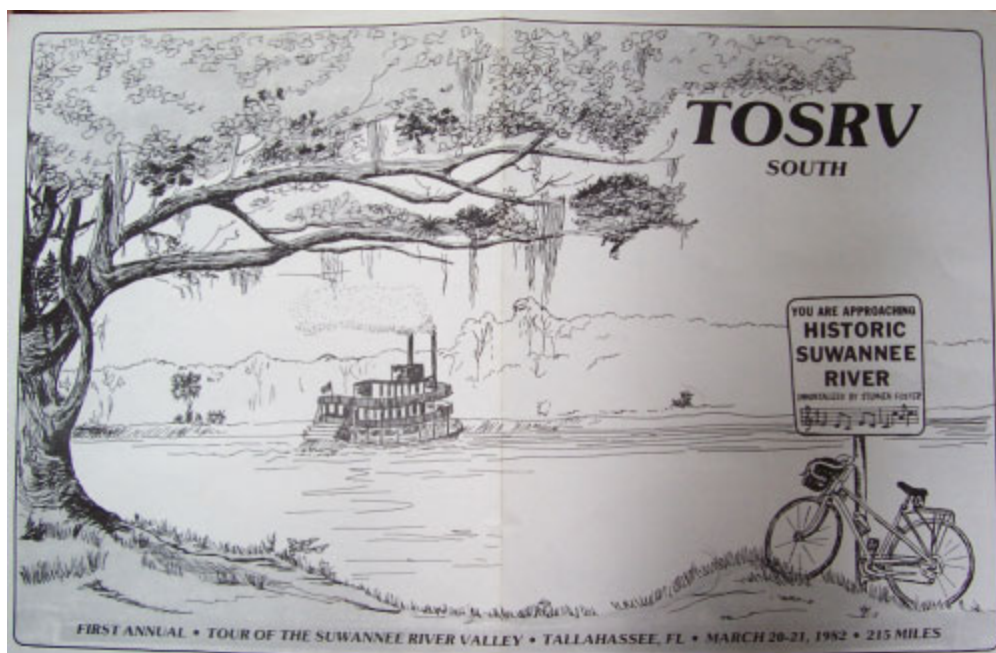
Those thrilling TOSRV's of yesteryears

By David Stotts

Lys Burden had ridden a springtime Tour of the Swan River Valley in 1971 in Missoula, Montana where she and husband Dan co-founded Bike Centennial - the organization which later became Adventure Cycling. She also was aware of the Ohio TOSRV - Tour of the Scioto River Valley. After the Burdens moved to Tallahassee in the early 1980's, she proposed the idea of a spring century to the newly formed Capital Cyclists at the November 1981 club meeting at Godby High School. With help from Ruth Craig, Lys researched routes, recruited volunteers and created the first ride which went to White Springs and back. The 60 or so riders who rode the 215 mile primal 1982 event on March 20-21 thought it was great fun.

The second TOSRV, in 1983, also went to White Springs. But, in 1984 Lys and Dan discovered the extensive network of low-traffic rural roads between Tallahassee and Albany, Georgia and the Tour of the Suwannee River Valley became the Tour of Springtime Rural Vistas from 1984 to the present.

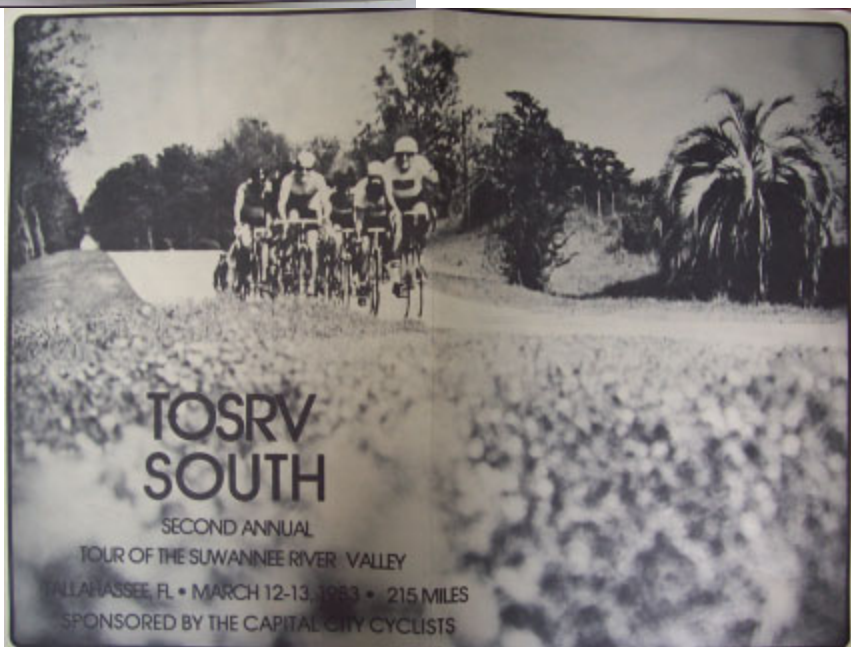
The CCC obtained liability insurance for the event by becoming an affiliate bike club chartered by the American Youth Hostels. The Capital City Cyclists and the AYH co-promoted TOSRV until 1988, when the CCC became the sole promoter.



Lys Burden was the Tour's director for the first three years. Greg Wilson ran the ride in 1985. Amy Seidler was TOSRV director for 1986 and 1987, followed by Julia Winter at the helm in 1988.

Left: Poster/brochure for the first TOSRV in 1982, which went to the Suwannee River State Park near White Springs, FL. The ride was the brainchild of Lys Burden a co-founder of Bike Centennial/Adventure Cycling.

Right: Poster/Brochure for the 1983 TOSRV. In 1984 the ride destination changed to Albany, GA, the dates moved to April from March, and the acronym's meaning became the Tour of Springtime Rural Vistas. The 2006 TOSRV followed 90 % of the original route developed by Lys and Dan Burden and Ruth Craig more than 20 years ago.



A Seven Day Pace on the Natchez Trace

By Mark Koch

The Natchez Trace is a 444-mile federal parkway that retraces an ancient trail that connected southern portions of the Mississippi River to central Tennessee. For centuries, the Choctaw, Chickasaw, and other Native American Indians used this route as an early highway. Later, “Kaintuck” boatmen floated their goods down the Ohio and Mississippi rivers to markets in Natchez and New Orleans. They then sold their goods, cargo, and boats and trekked back north on foot along this route to Nashville and beyond.

Today, points of historical interest preserved along the way include numerous Indian burial grounds, inns that serviced travelers, waterfalls, civil war battlegrounds, and even a burial monument to Meriwether Lewis, from Lewis and Clark fame. No commercial traffic or businesses are allowed on or near the Trace; in fact, from start to finish, there are no stop signs or traffic lights to impede the way. The roadway is two-laned and well maintained (no potholes, broken glass, or refuse). Although there is no bike lane, traffic outside the two cities of Tupelo and Jackson is minimal.



The original, worn down path of the Trace located just off the parkway

Hollis Key and Mark Koch, two Capital City Cyclist members, along with local veteran adventure cyclist Neil Walter, planned to complete the parkway in seven days, riding from the flatlands of Natchez Mississippi towards the highlands of Nashville, Tennessee. We decided on this route to prepare our riding legs on the flatlands. The Trace is also angled southwest to northeast, so heading in this direction would allow us to finish the day with the sun and prevailing winds at our backs.

We began early Monday morning (May 1st) and arrived in Nashville on Sunday afternoon. We went self contained and prepared to camp at the numerous designated campsites along the way. Neil and myself brought hard nose/tail mountain bikes—mine with back panniers, while

Neil pulled BOB. Hollis gambled with a comfort bike pimped out with a wide seat, front shocks, and full front and back panniers.



Neil Walter crosses a bridge on the Natchez Trace Federal Parkway

Even after several months of planning, we knew that the first day would foretell a lot about the trip. The greatest lesson learned centered on equipment. Hollis’s gamble on the comfort bike proved to be a mistake. Although great as a city commuter, it was too heavy, too upright, and too loaded down to keep up, and in trying to do so Hollis’s knees started to give out during the 55-mile first day. The next morning, we decided to take off his front panniers and load them on top of my back rack, yet even with the lighter load and less wind resistance his knees gave out completely by noon the next day. We had no choice, then, but to loot Hollis’s food supply and wave goodbye at a car rental agency in Clinton, Mississippi, just outside of Jackson. He made a valiant effort and completed 85 miles of the Trace.



Hollis Key climbing out of Emerald Mounds located just a half a mile off the Trace

Though down to two riders, our average speed jumped from 9 mph to 15 for the rest of that day. But, then the relatively flat lands of the two first days advanced to rolling inclines/declines by the third, to rolling hills on the fourth, to monsters the rest of the way. Unfortunately, a weather front came from the north and for the last three days after

continued on next page

each climb we had to fight winds all the way down. On the brighter side, a gulf temperature similar to Tallahassee provided cooler weather in the higher elevations, and the scenery grew more spectacular. The Trace passes through three states, and because it is a persevered federal park, trees and forestry line both sides. We took in beautiful, liter-free, rolling vistas, and rocky bluffs that must have been not unlike what the early Indians and boatmen enjoyed. We also encountered numerous deer, rabbits, turkeys, hawks, and a raccoon with our noiseless travel.

Of the 444 miles, there was no section that was straight or tedious. Twists, turns, slight and steep hills kept us guessing at every turn. We averaged 7.5 hours cycling per day and made numerous stops to read plaques, explore exhibits, and hike trails. We even held a baby alligator a local fisherman had caught, and we watched him scamper back into the reservoir after he was let free. Drinking water was plentiful, and the numerous public bathrooms were very well maintained. The campgrounds did not provide showers or electricity, but they were first come, first serve, very scenic and quiet, and of course, free.



Twentymile Bottom Overlook, located in N. Mississippi just past milepost 278, is the typical landscape found along the Trace

Having completed the ride, my advice to anyone thinking of peddling the Trace is to do so on a touring bike and ride southward towards Natchez. A touring bike would have provided less wind and tire resistance and be lighter; pedaling south towards Mississippi would have provided less strain on already sore legs. I would have also brought less food, replenishing at grocery stores found within a mile from the Trace in a few towns per day. As an avid camper, adventure cycling to me means staying away from hotels. However, the added weight of the tent, sleeping bag, matt and food, along with climbing the numerous hills was real work, and every rider we saw tackling the Trace traveled light on racy road bikes and were heading the other way!

Another Tallahassee group rides the Trace



Coincidentally, another Tallahassee cycling group also rode the Natchez Trace in May, leaving nearly a week after Mark Koch and his companions. Jim Mann (pictured above fourth from left), Jim Perry (fifth from left), Tom Strazulla (not pictured) and Tom Yeoman (not pictured) rode from May 7 to May 14.

The other young men in the photo are cyclists on a field trip from a Cincinnati, Ohio high school.

The two Florida bike tourist groups planned their trips independently and just happened to learn of each other's rides a few weeks before departure. They never met on the road.

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 Carruthers, 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

RECURRING RIDES	MILES/ LEVEL	CONTACT/PH ONE	START	COMMENTS
Every Tues 5:30 PM	30-45 A	Bob Carruthers 216-1873	Harvey's Supermarket (Park & Capital Circle)	Fast group ride. Distance depends on time, weather and circumstances.
Every Friday 6:00 PM	Easy-paced, family ride	Linda Vaughn 386-4318	St. Marks Trailhead, Woodville Hwy, just south of Capital Circle SE	Friday night social ride - Ride as far as you like, families are welcome!
Every Sat 8:00 AM (7:30 AM starting June 1)	20/31/45 A B C	YOYO	New Chaires Elementary School on Chaires Cross Road.	Chaires Ride--Group decides route and mileage
Every Sun 8:00 AM (7:30 AM starting June 1)	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 May 28 8:00 AM	35 B C	Tom Strazulla 539-9598	Havana Police Station - right at 2nd light in Havana, station on right 121 East 7th Avenue	Havana-Calvary Loop - No rest stop so bring snack and sufficient water.
Sun Jun 4 7:30 AM	24 C D	Chris Lacher 385-7340	Bruegger's Bagels, 3425 Thomasville Rd in Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers.	Bruegger's Ride - Short ride a moderately paced "civil cycling" ride.
	36 B C	YOYO with map provided -		
Sun Jun 11 7:30 AM	TBA C D	Dick Durbin 668-4336	Jefferson High School-Monticello 555 South Water Street	One Legged Turtle Ride
	37 B C	YOYO with map provided -		
Sun Jun 18 7:30 AM	25 C D	Tom Butler 421-6966	Tom Brown Park - turn at BMX sign, park about half way down main road in the grass on the left 745 Easterwood Drive	Tour d'Chaires
	37 B C	YOYO with map provided -		
Sun Jun 25 7:30 AM	20 C D	Lee Berger 297-0448	Calvary, GA. North on Hwy 27 thru Havana to Hwy 111 turn right, then 3 miles to flashing light. Turn left.	Calvary to Cairo with shorter option
	33 B C	YOYO with map provided -		
Sun Jul 2 7:30 AM	24 C D	Dave Crawford & Martha Cunningham 386-1805	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 moderately paced "civil cycling" ride.
	36 B C	YOYO with map provided -		
Sun Jul 9 7:30 AM	22 C D	Sam Amantia 878-6062	Cabo's Grill, 1221 Apalachee Parkway in Parkway Shopping Center on southwest corner of Magnolia Dr. & Apalachee Pkwy.	Cabo's Breakfast Ride
	37 C D	YOYO with map provided -		
Sun Jul 16 7:30 AM	21 C D	Dave Beck 656-2797	Piney Z Plantation Lodge, 950 Piney Z Plantation Rd. From Connor Blvd, turn on Heritage Park Blvd; then left at the roundabout onto Piney Z Plantation Rd. Take first left into lodge lot.	Bastille Day Ride. Potluck lunch at 11:00 am following ride. Bring food to share.
	31 B C	YOYO with map provided -		

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

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