

# The Cyclist

Newsletter of the Capital City Cyclists

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May-June, 2007



Neil Walter, a bike commuter for more than ten years, rides his bicycle nearly every day from his Killearn home to his office in the Northwood Center on North Monroe and Martin Luther King Blvd.

## Tallahassee Bikes for Transportation

*Club promotes commuter cycling with recognition awards and profiles of riders*

### May is Bike Month

by Mark Koch

ridden your bike lately?

May 14-18 is Bike to Work Week, with the Friday as National Bike to Work Day. In recognition of these events, the CCC would like to point out a few Tallahassee-ans who commute by bicycle on a regular basis.

Neil Walter is the most frequent bike commuter at the Northwood office complex, which is located on the corner of N. Monroe and MLK. He is program specialist at this Department of Education office and commutes nearly everyday from Arbor Hill, near Killearn. He usually rides an off-road bike that he set up with road slicks, a mirror, and an American flag. He departs from his home at 6:30 and arrives at the office at 7:20. He doesn't do this because he has to—he does own a car, in fact. He just does it, he says, because it's fun.

Maybe you've seen him pedaling to and from work? His route meanders through Killearn, crosses over Thomasville to Live Oak Plantation, then works its way again through neighborhoods until he connects to Meridian at Waverly. From here there is a busy half-mile climb in traffic up to John Knox, but then he cuts through the church parking lot to neighborhoods again, until he hits Bradford Rd., just a few blocks from the office.

If you see him please wave, but don't honk. He'd be glad to share his route and accompany you, so email him at [w.neil@excite.com](mailto:w.neil@excite.com).

Jason Ottinger has been a commuter cyclist for more than two years. He pedals his Specialized mountain bike nearly everyday from Piney Z to his work place on Mahan Dr. Except for crossing Weems Rd., he manages to do this by riding the *Cadillac* and *Fern* trails the entire commute!

This makes it very convenient in the winter months. He uses a high powered riding light to go to and from work in the dark, and often extends his ride all the way to the other end of Cadillac and back, which adds on a few extra miles as well.



Jason Ottinger avoids car traffic by using the Cadillac and Fern trails for most of his daily commute by mountain bicycle. Here is Jason in his office on Mahan Drive.



## Bike commuter tale: A bit of bent iron-y

By Kevin Lyon

On one of my rides coming home from work, I was riding south on 319, about 3/4 of a mile past Capital Circle. The weather was perfect and I was making pretty good time, right up to the point I had the front tire suddenly go flat. Flats are nothing new to cyclists, and I was carrying the usual stuff to handle the situation — tire levers, patch kit, spare tube, tire inflator.

What made the incident noteworthy, in an ironic kind of way, is why the tire went flat in the first place. Seems like some other rider must have had a problem right about the same place, because he had left behind something for me: a bent bicycle spoke, which I ran over and promptly got a punctured tire and tube!

I got it fixed in a couple of minutes and prepared to get back underway again. Once was enough for this piece of bent iron, so I took just a few seconds to make sure the old spoke went into the trash can at the convenience store and not back onto the ground. You just never know. The rest of the ride home was great, and in spite of just having had a flat, I felt pretty thankful that it wasn't any worse.

## CCC awards for cycling commuters

by Mark Koch

To help promote commuter cycling in the Big Bend, the Capital City Cyclists would like to recognize and reward area cycling commuters. New Leaf Market gift certificates and other prizes will be awarded. Do you know someone who commutes by bicycle? Please send your nominations and a brief explanation to me at [cccpresident2007@yahoo.com](mailto:cccpresident2007@yahoo.com). Nominations must be made by CCC members, but those you nominate need not be in the club.

These are the bike commuters nominated thus far:

Judy Lazzarini  
 Dave Stotts  
 Charles Pahl  
 Neil Dimacali and Marquis Software Development  
 Joe Barnett  
 Chris Lacher  
 Neil Walter  
 Tom Gillis

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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'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.*



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Todd May  
 1319 East Tennessee Street  
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 Phone: 562-BIKE; Fax 562-RIDE  
 Email: [highergroundbikes@earthlink.net](mailto:highergroundbikes@earthlink.net)

Cannondale  
 Specialized  
 Santa Cruz  
 Orbea  
 Merlin

## Bicycle Commuting on Halloween – a Steven King moment

By Chris Lacher

I have been doing an unusual commute this year and looking for a good reason to tell about it and something that happened Oct 31, 2006 – yes, on Halloween. It was scary, and I'm not making it up. But first, I get to bore you with the spec sheet on my commute.

I have a job teaching for FSU at the campus in Panama City, FL. Having been here in Tallahassee a long time, and after checking out the lifestyle we'd be changing over to in PC, we decided to keep the homestead here on Lake Shore Drive and get a small second home in PC for me to use during the week. It seemed like a plus that kids, grandkids, etc, would have a place to stay if they wanted a weekend at the beach.

FSU runs a van service, from main campus in TLH to branch campus in PC. This supports mainly the faculty who teach an occasional class in PC on top of their usual classes here in TLH. But it also works for me. I can catch the van at 3:15pm on Mon or Tue and take it back to TLH on Thu evening.



*Chris Lacher at All Saints Cafe, May 15, 2007*

I got a bike set up with lights and a way to tote a few things and was all set.

I depart from home on Lake Shore on the bike about 2:45pm and arrive at FSU main campus about 3:10. The van operators let me put the bike in the van behind all the passenger seats. I load up and we depart about 3:15. We arrive in Panama City about 4:30pm central time. I unload the bike, roll to my office, get ready for class at 5:00. (A plus is that I can get work done on the van.)

After class and dealing with related matters, usually about 9:30pm central, I get my stuff on the bike and head out to our mini-home in Panama City Beach, near the intersection of Beckrich and Hutchison (aka Middle Beach Road). This part of the commute takes me over the Hathaway Bridge and thence, like a roach, scurrying but surviving among the dominant critters, through a succession of sidewalks (on 4-lanes with a curb but no shoulder) and poorly lit back streets to "home."

Total miles: about 12 on the bike, 100 in the van. The 7 miles in PC are at night.

The route reverses on the return trip at the end of the week: cycle to the FSU/PC campus, teach, then take the van back to FSU/TLH, then the bike home to Lake Shore. In Tallahassee, the after-dark ride is through the pleasant and relatively traffic-free back streets of French Town. Even the last part, on N Monroe and Lake Shore, work fine. I think that I am actually more visible, hence safer, at night than during the day.

The most important safety device, for me, is my mirror. I'd give up the rest, in this order, before the mirror: helmet, front light, tail light.

OK, if you made it this far through the boring specs of my commute, here's a story; a true story.

I did this commute from Tallahassee to Panama City on Oct 31. The night part of the trip takes me along one particularly lonely stretch of urban blight that is common in beach towns, places where the old dwellings of trailers are becoming abandoned but the properties haven't yet made it to condo status. There is also a large wooded tract on one side of this street. No street lights here.

I was pedaling along, not too fast because of the lighting, when I heard a truly chilling scream from the woods. I could not tell whether it was human or other animal, but it was definitely not artificial. After a few seconds of alarm, I remembered it was Halloween and decided it must be kids making scary noises. They were doing a very good job.

This theory began to look bad almost immediately, because the screaming was moving – toward me, in the woods, at a pace I could not really believe would be kids. OK, back to being alarmed. Just then "it" emerged from the woods about 10 feet behind me. It was a very large raccoon and looked to weigh about 150 lbs. It was not happy. And it seemed to think I was the reason for its unhappiness.

I had to go into full avoidance mode. I would MUCH rather be overtaken by a dog than this thing. I envisioned it hanging to my ankle all the way home, and maybe from there to the emergency room.

It's amazing how fast a 66 year old man with a weight problem can accelerate under these circumstances.

## President's Paceline: TOSRV - It's about the camaraderie by Mark Koch



We were to have a new TOSRV director and food coordinator all in the same year. One position was filled, but not the other, and we all feared that we weren't having an auspicious start. Jennifer buys in bulk for our family of six and is always volunteering at fund raisers at the elementary school. Surely she could learn how to be food coordinator from Jim Mann, sponge all those years of knowledge, chew on it and spit a 2007 version out.

How much work it would all take...well, I conveniently didn't consider that.

The phone calls, the trips to Sams! The new spare bedroom was slowly getting filled to the hilt. Stacks of cookies, cans of fruit cocktail, and cases of *Cytomax*. Hundreds and hundreds of paper plates. I had to climb over things in the garage to get to our own stuff, or just give up. Weeks upon weeks of it, and it was still only March! Would TOSRV ever come and go? Neither of us had ever been on the ride before, which didn't help. It was hard to envision what it would all come to, so she just focused on buying for the recipes and having me unload the truck. Everything still had to be distributed over a hundred miles of distance, from Quincy to Albany and back!

It wasn't until the very day itself until we realized what it was all about. The camaraderie; the happy, excited faces; the beautiful routes! Riders were constantly telling us how fantastic everything was, how they appreciated all that the volunteers did. I had never seen most of these people before. Did they know who we were? Or was it because we were not in lycra and easy to spot?

It was a lot of work, but also a lot of fun. Thank you for riding or helping out! And to those as new to it as we were, allow me to introduce ourselves: Jennifer was the pregnant one; I was the tall one in *Vans* shoes.



## TOSRV 2007: Thanks for a great first time

By Kevin Lyon, Ride Director

Hi everyone...it's been about three weeks since TOSRV 2007, and it's just about all wrapped up, which means that I'm a tad overdue with a couple thousand pounds of gratitude for all the hard work put out by our dedicated volunteers. If this were a live audience, I'd be calling for a standing ovation for all of them for all that they did to make the ride possible again, keeping alive the tradition of the Tour of Springtime Rural Vistas!

I'd like to give a special thanks to Kathy Lurding for all the work she did... Kathy, couldn't have done it without you! That also goes for Larry Pushor, who helped me so much that at times it seemed like I was the helper and he was still in charge!

And a very special thank you to Melinda, my wife, for her help with preparations for the ride, for helping on both days of the ride, and for her constant support through all the weeks leading up to ride day. And, while we're thanking family members, I owe no small amount of thanks to Jessica Kwiatkowski, my daughter, for trying so hard to make me computer literate and for doing so much of the phone work and leg work necessary to get it all done.

Our luggage guys, Neil and Anthony, did a great job also. Thanks, guys, you were great. For everyone that got their luggage handled safely and on time, thank you!

We were blessed this year by very nice weather and thankfully, no accidents, which made our medic bored but happy! Shane Johnson and your wife, also a medic, thank you for joining us!

Ed Holt was on hand again this year to keep us all running smoothly, and was even able to get the squeaks out of RA's drivetrain! Thanks also to Ed for the water bottles and the Gu gel packs.

No one on the ride went hungry, that's for sure, and that's because of a tremendous amount of hard work and dedication to the event put forth by our very capable ( and first-timer!) food coordinator, Jennifer Koch. Jennifer, and Mark, well done... exceptionally well done!

Thanks also to all the sag drivers who monitored the ride, looking for riders in distress or just handing out water, airing up tires, transporting bikes and riders. Our pro-grade sag teams are a hallmark of this event, assuring riders that if anything does go wrong, someone will be there in just minutes. This is also assured by the help and coordinated teamwork of the three amateur radio operator clubs that "ride shotgun" on the ride, handling all manner of communications that go so seamlessly they appear to not be there! They watch out at various key turn points that can easily be missed, are there on hand to call for the medic if needed, and yes, even handle the duty of Tail-End Charlie, watching out for the very last rider, making sure

*continued on next page*

## TOSRV Recap

that no one is left out on the course. Thank you, Tallahassee Amateur Radio Operators, and the Thomasville and Albany clubs as well. Great job, as always! Thanks also go out to all the law enforcement agencies along the routes that made sure we had safe crossing at dangerous highways, and to all the people who volunteered to go out and re-paint the marker arrows so we wouldn't get lost!

Thanks to Tim Helms, principal at Cairo High School, for allowing us to use their facility, and to Mr. Tinson and his girls at Albany for their welcoming committee and their hard work.

From painting to packet pick-up, from shower guard to final clean up, there is so much work done by so many volunteers... it's just awesome when it all comes together, and the riders say, "Thanks for a great ride!" So I pass that on to all of you volunteers, to all who made it happen again, "Thanks for a great ride!"

Here's a list of our volunteers...if you don't see your name on here, it was, ummm...hmmmm... it was the fault of the volunteer who supplied me with this list! Yeah, that's my story and I'm stickin' to it! Seriously, if I missed your name, I humbly apologize and take all the blame. Let me know and we'll get you in the next newsletter with an apology.

Dave Anderson	Bob Jones	Joe Mizereck	Sandy Robertson
Kristen Anderson	Debbie Kearney	Gary Nazario-Braddock	Dick Rogers
Steve Baird	Pete Kerwin	Leticia Nazario-Braddock	Dan Solomon
Ed Baseheart	Jennifer Koch	Patti Oakley	Chris Sands
Charlie Beck	Mark Koch	Brook Pace	Val Sands
Kristen Bowers	Jessica Kwiatkowski	Heidi Parker	Jim Smart
Summer Calder	Frank Leonard	Heather Phillips	Shari Steadman
Bob Carruthers	Rick Lindstrom	Mickey Phillips	Peter Stone
Neil Core	Terri Lindstrom	Britt Posey	Tom Strazulla
Dave Crawford	Kathy Lurding	Larry Pushor	Lori Tomblin
Martha Cunningham	Melinda Lyon	Sean Pushor	Bill Vice
Neil Dimacali	Jim Mann	Piers Rawling	LaDonna Wagers
Linda Freedenberg	Warren May	David Reed	Scott Wagers
Ed Holt	Paul McManus	Joe Ritchie	Ed Williams
Jack Howe	JJ Meadows	Gary Robertson	Julia Winter
			Steve Wise
			Tom Yeoman

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## **Mayor John Marks declares support of big-event bike rides and races at board meeting**

**By Mark Koch**

Tallahassee Mayor John Marks made an appearance at the April CCC board meeting, and cyclo-tourism was on his mind.

His Honor explained that he and his staff were sitting around a table earlier in the week brainstorming ideas on how to bring economic-tourism into the Big Bend. One of his staff mentioned that he lives near Chaires Crossroads. He told the Mayor that he has come to enjoy watching the colorful groups of 50 or more cyclists pass by every Saturday morning. The staffer thought that the cycling group responsible for the Chaires ride might be willing to create a publicized race or event. "Couldn't they host a race and call it the "Tour of the Big Bend?" he wondered. The Mayor liked the idea so much that he contacted the Capital City Cyclists and arranged a meeting.

After the Mayor's suggestion registered in the listeners, the CCC board members looked around the room. TOSRV Director Kevin Lyon described how TOSRV has attracted 200-500 out-of-town riders for more than 25 years. The Atomic Race Team's Jim Smart informed the Mayor about the upcoming Atomic Race Weekend in May that he said will bring 300-400 competitive cyclists from all over Florida and the southeast to Tallahassee.

"Bigger," the Mayor said. "Next year, we want you to bring in thousands."

His Honor promised the support of the Mayor's Office to help promote and facilitate cycling events.



*Tallahassee Mayor John Marks attended April's CCC board meeting*

Fiction  
Sketch



V. Losiped

It was the best of times, it was the worst of times; it was a time of perfect pacelines, it was a time of flats, and car backs. Unfortunately for Moody Muck, it was also a time

of sleepless nights...

Like a whaling ship in a moonlit storm, Moody pitched this way and that until morning, when he gladly fled from bed. It was that kid's fault, he felt, but it wasn't like Moody to admit that to anyone else. He half-hoped that he had imagined the kid, the one that went off-road on a road-only bike.

But the kid, he had heard, had cropped up for every fast ride since. Moody was too tired to go ride himself. The news was around town—in the bike shops and posted on the internet on Tal-Rides—how the newcomer was winning all the sprints, via breakaways or in fields, it didn't matter which.

Perhaps Moody had let something slip? Maybe his pedal strokes were not so perfect. He sprang out of bed just to find out. He cranked on his rollers for two hours in front of a wall mirror while his wife and daughter slept.

At three in the morning the next night his wife had had enough—his ravings were now keeping them both up.

She sent him for milk, and he stumbled his way in the dark. Was it time to switch to an S-Works? he wondered; maybe give Trek or Litespeed a chance? He dismissed the notion at once—he already had a two-thousand dollar race bike. Everything was so topsy-turvy!—how had Podunk suddenly equated to faster and first?

“What's wrong?” his wife said from somewhere above. She flicked on the kitchen light. “What's gotten you all... all so yucky, Muck?”

So, he told her about the phenom, about how he rode. Up until recently, nobody was that much better than anyone else—until the kid appeared, that is... The quiet one that had vital parts missing from his bike.

“Is that all?” she said. She stepped over him and went to the fridge. “You're thirty-six years old, for Pete's sakes. Get a life.”

“I've peeked out,” Moody said. “That's got to be it.” He held his head with his hands as if trying to keep it together.

“It's just a kid,” she said. “Didn't you just say that? Would you get off the floor? Listen, stop crying! Get him on that little team of yours before that other one does. That's what I'd do.” She tapped him on the head and handed him a glass. “The garbage needs to go out.”

Ten minutes later he was back in bed. He curled up into a fetal position and finally fell asleep—one foot edging over

the bed, the other nudged safely against his wife.

The next morning Moody felt like a man on a mission: he took a spin class at Legends, hit the shower, and called in sick. Cycling shoes and helmet in hand, he then marched into the shop and dropped five large on a new bike.

Upon it he sailed forth from the parking lot in search of his prey, the kid they referred to as *Sketch*. He pedaled down Mahan; he rode up Park. Up ahead he spotted a cyclist, he was thrilled to see, and with all that he had he bridged the gap.

“Hark, there!” Moody declared. It was a boy jumping curbs on a mountain bike.

“You scared me, Mister!” the boy screamed back.

“Have you seen him!?” Moody asked. “Have you seen the BLACK HAired RIDER!?”

“The *what*?”

Two more days were spent thus. Moody sallied the west side, the north side, even the south. He put his new bike in his truck, and drove it out to the east side and parked. He pedaled out in all directions, yet still no cyclists were about. Then he realized something... Something unexpected. He had just found a trail at about the very spot the kid always joined them on the Wednesday ride. Moody unclipped from his bike and leaned it against a tree. It could be narrow road, we pondered. Would it lead him to the kid?

Roots and downed trees riddled the way, Moody noticed, and it looked freshly cut. Ten minutes in he heard a racket ahead—a ratty-tat-tat that turned out to be the very cyclist he was after, black haired and helmetless, bunny-hopping a log and flying right at him!

Moody dove to the side just in time, then ran after him, his road shoes clicking and clacking and sliding about. Out of breath and doubled over, he made it to the road, but both directions were deserted. He looked all round the entrance, and wondered which direction to pedal in, which way to give chase! He decided to go east, then reached for his bike. He had the right tree, but his bike was nowhere in sight!

Moody slapped his gloved hand against his helmet. “Jesus, no!” he screamed. He tore off his cycling shoes and ran in his socks down the road towards his truck. He promised himself that if he could get his bike back he'd drop the obsession at once. It would come down to guessing the right direction to drive down—back towards town, or drive further out...but then he stopped the thought. In the distance ahead he could see his bike, leaning against the tailgate of his truck. He approached it cautiously, looking in all directions at once. There wasn't anyone around, he felt, and that had him even more freaked out.

V.Losiped@yahoo.com



## The Blast: An Atomic Update

-by Paul McManus

**Atomic Race Weekend: May 26<sup>th</sup> and 27<sup>th</sup>** - Come out to Innovation Park on Saturday and enjoy a day of Criterium Racing and an Individual Time Trial. On Sunday there will be a Road Race that starts at Bradley's Country Store and follows the traditional Food Lion Loop's clockwise direction. Registration is open online at [bikereg.com](http://bikereg.com), or thru the atomic website ([www.atomicraceteam.org](http://www.atomicraceteam.org))

**Race Results:** Twilight Criterium in Athens: Cat 3: Zak Ball 4<sup>th</sup>, Cody Johnson 22<sup>nd</sup>, Cat 4: Paul McManus 12<sup>th</sup>, Dayne Johnson 20<sup>th</sup>, Joe V. (HG) 10<sup>th</sup>

**Juniors' Coach Tom Gillis** welcomes the following juniors to Atomic:

Stephen Brady 17, Ben Hoy 10, Andrew Piotrowski 13, Anthony Thorpe 13.

Congrats to Junior Cody Johnson for qualifying for the finals in his first ever cat 3 race.

**Budget for the Atomic Juniors:** Atomics Jr. Program continues to grow in strength. Thanks to Tom Gillis for being a fantastic coach and to the CCC for helping us to subsidize the program. So far this year we have spent \$2200 on three wheel sets for the juniors to share at races (thanks to Sunshine cycles for selling us these very nice wheels at cost), \$1200 on Jr uniforms and \$300 on reimbursement of race fees. The balance of the funds is being kept in reserve for sending qualified juniors to the USA Cycling SE Training Camp.

### Kudos to the Capital City Cyclists

- by Hollis Key, father of an Atomic Jr

I would like to thank the CCC not only inspiring me to ride more but also for your continual financial support of the Jr Atomic Race team. It has given my 15 year-old son Nicholas a venue to vent his competitive spirit, and has allowed him the opportunity to travel to different parts of Florida to compete against others. He has developed camaraderie among the other Atomic Jrs that seems to increase with each race. It has also enabled the Jrs to compete on equal footing against other teams by providing race rims, tires, and other equipment that is shared among Jr members. Your support has also directly helped parents off-set the initial expense of buying a bike by providing incentives to local bike dealers to sell bikes to Jrs at reduced rates.

My son is at an age when sponsorship is real "cool" to talk about in school. I make it a point for him to know how your organization has supported him. He is both a Capital City Cyclists rider when with me and an Atomic Team member when racing throughout Florida. Again, thank you for your support of Junior Atomic team.



*Chiles High School student and Atomic racer Cody Johnson is 2nd from the left in yellow and red. Johnson owes his passion and skill as a bicyclist to the Atomic juniors development program which began in 2000 and has lauched the cycling careers of David Guttenplan, Beck Frydenborg, Zak Ball and dozens of other Tallahassee kids who otherwise might never have become dedicated cyclists.*

## Cyclists to Compete in Tallahassee May 26th and 27th

- by Mark Koch

Come out and watch exciting competitive cycling right here in Tallahassee, as hundreds of local, state, and national amateur and professional cyclists compete for cash and prizes. The Atomic Race Weekend is a three-race event that will be held Saturday, May 26th and Sunday, May 27th. The three events are a Criterium, Time Trial, and Road Race. All three events are very different, but all are spectator friendly. Food, beverages, and free parking are available. This is a FREE event for spectators!

**Criterium Racing** is the most exciting, most spectator-friendly event in road cycling. Referred to as a "crit," it is a circuit race held over a small course that is traffic-controlled. Depending on racing experience, different levels of riders are required to compete over a designated number of laps. Prizes, called "primes," are often offered to the first rider across the line in a given lap, but only the first three across the line in the final lap officially make it to the podium, which designates the top three riders in that class. The course for this event is held at Innovation Park in Tallahassee on Saturday, May 26th, beginning at 8 a.m. Because cyclists compete in a relatively tight circle, spectators enjoy an action-packed race, since the same cyclists pass within view numerous times.

**Time Trial Racing** is a race against the clock. In this event, cyclists compete individually on a three-mile course. Three of the fastest cyclists per category get to the podium. Competition starts at 4p.m. at Innovation Park on Saturday following the criterium.

**Road Racing** is the most traditional of the three competitions. The event will begin and end at the Bradley Store on Centerville Rd. Sunday's road race will be on a 19-mile course that includes two undulating, canopy roads. Long-time club members will recognize the route as the familiar "Food Lion Ride." In previous years, the Atomic Race Team held the race in the Havana Hills in Gadsden County. The new venue has the advantages of being closer to Tallahassee and providing some shade. Depending on classification level, racers will complete 1-5 laps.

**Classifications:** Riders are grouped by age and experience level. Categories for male racers begin at level 5, and as experience is gained, a lower ranking level is achieved. The fastest, most experienced are the Category Pro 1-2 racers. Each category may be on the course at the same time, but each group starts at alternating times. This means that, although the course is much longer than a crit, racers will pass within view many times throughout the day.

For more details please go to [www.atomicraceteam.org](http://www.atomicraceteam.org).



*The road race course on the east side of Leon County is the "Food Lion Ride" which was a regular Capital City Cyclists club ride in the 1980's and early 1990's and is currently a favorite twice-weekly training ride for the Big Bend's fastest cyclists.*

### An appeal from the President

Tallahassee Cyclists,

On MAY 26th and 27th ATOMIC RACE TEAM is holding its annual cycling races. Atomic relies on volunteers to make this a safe and fun event.

SATURDAY: Criterium and Time Trial at Innovation Park. Atomic needs a handful of people to help with set up, registration, and directing traffic. Racing begins at 8am.

SUNDAY: Road Race with start/finish area at Bradley's Country Store on Centerville Rd. Atomic needs a bunch of people to help set up and mark the course, drive race vehicles, act as course marshals, and help with registration. Race begins at 8am.

Additional Information:

- -Volunteer shifts are flexible
- -Refreshments are provided
- -For more information or to sign up to volunteer, please contact Jim Smart at (850) 425-2677 or [jim.smart@comcast.net](mailto:jim.smart@comcast.net)

Please support amateur athletics in Tallahassee.

## Meet Alex Spook - by Mark Koch

Fourteen year-old Alex Spook is yet another Atomic Junior kicking it up, working on the front, and going for it on the sprints on the local fast rides. Alex, who attends Deerlake Middle School, got interested in road cycling by watching Lance Armstrong and George Hincapie on tv. Alex is also into Cross Country, which probably explains how he came on the scene so fast and made such an immediate impact. "Road Cycling is different," though, he says, "because of how physically demanding it is. It is also a very tactical race, as well. The hardest part of road cycling is getting a good spot in the peloton during races."

Alex races in both the 15-18 Junior and Cat. 5 classes. "Juniors is hardest," he adds, "because I'm 14 against 15-18 year olds. They are the riders I may race in the future." He has to race in the advanced age group because of where his birthday lands.

Alex's first organized ride was at Chaires, which is his favorite ride. Chaires was also his first time in a paceline, where he says he had trouble taking pulls at front. From Chaires he discovered the Food Lion ride, as well as the Thursday Joe's ride, all three of which usually have plenty of his Atomic teammates, especially the junior coach, Tom Gillis. "I look up to Tom Gillis," Alex says, "because of the knowledge and experience of the sport he has. Tom is one of the fastest riders in Tallahassee and is very determined to stay there for as long as possible." Unlike other sports available in Tallahassee, getting involved into road cycling is one of the most obscure. If parents aren't riders themselves, youngsters more likely get involved in off-road or BMX. That's where Atomic comes in. Their organization is really the only organized gig in town. "Being Atomic means a lot to me," says Alex, "because of the care and dedication given to us by the adults on Atomic and support from local businesses. I love knowing that I am on a race team that goes to races all over the state. Atomic has built my strength, character, and knowledge of the wonderful sport of cycling."



*Alex Spook, 14, leads into a turn at the Squiggy Classic Cat 5 criterium. Alex races both in the 12-14 Junior class, and in the Cat 5 class. Note the age difference between Alex and the rider behind. Photo by Steve Spook*

## CCC and Atomics teach kids about cycling

Atomic Race Team's Juniors Alex Spook, Kellen Denny, Maitland Jones, Tony SigRist and their parents assembled at the Lake Jackson Public Library on May 12<sup>th</sup> for a demonstration of bicycle riding and safety. The Atomics partnered with the Capital City Cyclists for the event. CCC President Mark Koch and Atomic manager Paul McManus gave a presentation on bikes, racing and safe cycling to an audience of attentive local kids.



## Racers who commute

By David Stotts

It was just beginning to get light in the bike lane on Miccosukee Road. While scanning the rear view mirror for overtaking motor vehicles, I noticed a rare fellow bike rider coming up fast. We exchanged greetings as he passed Judy and me, and I sped up so we could continue our chat.

He was a tall man on an old ten-speed. He said he was headed to his office in Northwood Center. One or two days a week for nearly a year, Judy and I would happen to be commuting at the exact time and place as this man, and we would pick up our conversation until he continued straight across Tharpe St from Duval when we turned.

The man was Mark Koch, and less than two years after first meeting him while commuter cycling, he has become one of most energetic and innovative presidents in the history of the Capital City Cyclists. Twice a BMX racing national champion, he recently began winning road races. Last



*Tom Gillis has ridden his bike to work for 14 years.*

summer, Mark did a self-contained tour of the Natchez Trace. Then he became president of the bike club and works tirelessly to promote cycling of all types. But, ever since he was kid, he has used a bicycle to get around - a life-long habit that continues to the present.

Another fast guy who gets in extra miles riding his bike to work is Tom Gillis, mainstay of the Atomic Race Team, CCC member and Coach to a devoted band of junior bike racers.

“I’ve been commuting to work since my car was stolen in ’93, said Tom. “My advice to neo-commuters is take back roads with low traffic when available, follow traffic laws (they’ll keep you alive), and avoid commuting when high school kids are driving to and from school. They tend to enjoy verbal and occasional physical assault. I’ve had fruit, firecrackers, and a Big Gulp cup of ice thrown

at me. Use tires with flat-protective casing to guard against debris in bike lanes.”

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## Capital City Ride For Hope

By David Stotts

The 2nd Annual Capital City Ride for Hope will pedal away from the Killearn.Celebration Baptist Church, 3300 Shamrock East off Centerville Road, on Saturday, June 2.

From a strictly cycling perspective, the ride looks like a winner. It has a convenient in-town start and two distance options – a 15 mile route starting at 8:30 am that goes out Centerville Rd to Proctor Rd then back on Roberts/ Crump - and a 62 mile metric century beginning at 7:00 am to Miccosukee with a return via SR 59 to Lloyd, Lloyd Creek and Old St. Augustine back to 59, White House Rd to Capitola, on to Baum, up to Miccosukee Rd to Crump/Roberts and back to the start.

Sunshine Cycles will provide support, and packet/T-shirt pickup will be at the store the evening before the event.

The ride benefits the Tallahassee Memorial Cancer Center, an affiliate of the H. Lee Moffitt Cancer Center and Research Institute. The event was founded as a result of a son trying to help his father survive seemingly inoperable colon cancer. Jason Farrah, a Florida State University medical-school graduate, was inspired by seven-time Tour de France champion and cancer survivor Lance Armstrong to create the ride when the doctors told his dad that there was no hope and he should go into hospice.

A doctor with the TMH Cancer center disagreed with the prognosis and treated Lou Farrah after which the cancer went into remission. Lou was well enough to pedal last year’s Ride for Hope with Jason.

Jason Farrah feels that giving people with cancer hope and the most advanced treatment options are the most important things we can do. He thinks that the Capital City Ride for Hope will help on both counts.

Visit the event’s web site at: [www.capitalcityrideforhope.com](http://www.capitalcityrideforhope.com) for more information.

## 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/PHONE	START	COMMENTS
Every Friday 6:00 PM	Recreational, family ride	YOYO	St. Marks Trailhead	Friday night social ride - Ride as far as you like, everyone welcome!
Every Sat 8:00 AM	20/31/45 A B C	YOYO	Chaires Elementary School (4774 Chaires Cross Road)	
Every Sun 8:00 AM	20/38/51 A B C	YOYO. Info: 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 20 8:00 AM	21 C D	Jim Mann 422-0302	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 May 27 8:00 AM	32 B C D	Dave Beck 656-2797	Miccosukee School	Miccosukee to Monticello with optional breakfast at the Courtyard Cafe
Sun Jun 3 7:30 AM	TBD ALL	Jim Mann 422-0302	Bruegger's Bagels, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers. 3425 Thomasville Road	Bruegger's (with relaxed option) - Short ride a relaxed pace. Group stays together and decides on distance.
	34 B C	YOYO with map provided		
Sun Jun 10 7:30 AM	37 B C D	Chris Lacher 385-7340	Midway City Hall, Hwy 90 west of I-10 50 Martin Luther King Blvd	Midway-Quincy Loop
Sun Jun 17 7:30 AM	21 C D	Roger Holdener 656-6521	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 Jun 24 7:30 AM	23 C D	Lee Berger 297-0448	Lower St Marks Trailhead	Crawfordville Breakfast Ride
	34 B C	YOYO with map provided		
Sun Jul 1 7:30 AM	TBD C D	Dick Durbin 668-4336	Bruegger's Bagels, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers. 3425 Thomasville Road	Bruegger's (with relaxed option) - Short ride a relaxed pace. Group stays together and decides on distance.
	34 B C	YOYO with map provided		
Sun Jul 8 7:30 AM	TBD C D	Tom Strazulla 539-9598	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
	40 B C	YOYO with map provided		
Sun Jul 15 7:30 AM	21 C D	Tom Butler 893-2360	Piney Z Plantation Lodge, 950 Piney Z Plantation Rd. From Conner 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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## Local Upcoming Events

May 14-18

Bike to Work Week

May 26-27

Atomic Race Weekend

June 2

Capital City Ride for Hope



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.