

The Cyclist

Newsletter of the Capital City Cyclists

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Rain looms as over 1500 cyclists prepare to conquer the Gaps of N. Georgia –Photo by Mark Cross

Tallahassee Cyclists Take on Six Mountains of Georgia

by Mark Koch

More than fifty Tallahassee residents participated in the 18th Annual Six Gap 100-mile and Three Gap 50-mile bike ride through the North Georgia mountains on Sunday, September 24th. Ride organizer, the Dahunega-Lumpkin County Chamber of Commerce, reported that more than 1500 total riders participated.

The ride, based in Dahunega, is a popular annual cycling event through the foothills of the Appalachian Mountains. Riders come from all over the Southeast to climb and descend Neels, Jacks, Unicoi, Hogpen, Wolfpen and Woody Gaps in the 100-mile mountainous route through Dahunega, Blairsville, Helen and Suches.



Exuding confidence before the start are (left to right) Jennifer Koch, Joe Veglucci, Andrew Skaggs, Georgia Northway, Shannon Coates, and Roger Hawkes - Photo by Mark Koch

Transponders strapped to cyclists' ankles register ride times. Combined elevation totals over 10,000 feet. Unfortunately, this year's riders had to withstand continual rain, fog, and slick, chilly descents.

The distance and ascents challenge riders the most—

particularly the steepest ascents of Hogpen and Wolfpen Gaps. "On every difficult climb," said one of Tallahassee's newest cyclists Keith Brayman, "I kept thinking, 'I don't want to have to get off and walk.' I knew I couldn't live with that, so I never did."

Like Brayman, many participants from Tallahassee prepared months in advance of the ride by as pedaling early weekend mornings through Havana, Quincy, and into Georgia to gain distance and climb experience. Even after all the training, back-to-back one-hour steep mountain climbs were a mental challenge, particularly Hogpen Gap, which has a 7 percent average grade to its 3,490-foot elevation. "I thought, 'Why I am doing this?'" Brayman admitted. "But, what did it for me... what made it all worthwhile was that 15-mile descent into Dahunega. Looking back on it now, if anybody wanted to do it again tomorrow, I'd do it in a heartbeat."

Joe Mizereck's preparation and inaugural ride taught him about himself, his family, his friends and his life. "Once I set my goal to finish Six-Gap," he said, "I got advice from a lot of people on the best way to do it. I listened, developed a plan and stuck to it. Why? To answer the question: can I do it? Learning that I could do it was the biggest most satisfying lesson."

Many others tackled Six Gap for the first time and will enter next year's event with a little different strategy. CCC member Ken Brummel-Smith admitted to being in agony during the ride, but not from tiredness or muscle soreness. "What was really bothering me," he said, "was my BUTT!" He was wearing Pearl Izumi shorts. Next year he'd wear Castelli because, to eliminate chafing, they sew the edge of the pad so that it is flush with the shorts. "But all in all I had a great time. It took me over seven hours ride time, but I was committed to not stopping or walking a

Continued on next page

hill and I made it. So, I'm looking forward to next year."

On the morning of the ride, avid club rider Mark Cross felt mentally and physically ready for the distance and climbs but later learned a lesson on levels of nutrition. He made his climbs without stopping, but he said, "I will have to do better on the energy management, which is so important... I got too depleted going up Hogpen and did not rest long enough. This left me depleted to ride Wolfpen, and that was the toughest challenge. I had to rest a long time at the top of that gap." Mark realized too late that he should have eaten at the bottoms of the gaps and not just at the tops. "I needed to eat again," he said, "at least a gel or something before each ascent to have better energy for the effort."

Mark's wife, Cathy, rode Three Gap and was at the finish line when Mark completed the ride. "I have to admit I was a little tearful when he came in," she said. "I was very proud of him. I think he's moved on to another level and has greater confidence in his ability as a cyclist."



Mark Cross smiles across the finish line in Dahlonega. He rode solo for the ride, which took eight hours to complete –Photo by Mark Koch

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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 welcome and encouraged. Submit yours to dave@cccyclists.org



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President's Paceline: Spaghetti 100 scores another success

By Jon Sewell



The 23rd annual Spaghetti 100 was an overwhelming success thanks to perfect weather, great food and tremendous generosity from ride sponsors and volunteers! Early registrations were off par leading up to the ride which was a little concerning. But as we approached Saturday, the registrations flew in right up to the last minute for a total of 227 participating riders. Thanks to all of you who rode and supported this great ride. We hope to see you again next year.

The Spaghetti 100 cannot happen unless we have the support of sponsors and volunteers, and this year we had a bunch. Be sure to throw a thanks in the direction of Mark and Cathy Cross. Mark helped to coordinate a very key sponsorship with Keiser College's School of Culinary Arts which provided all the wonderful food for the event. Martha Cunningham connected us with The Tasty Pastry which brought us the morning bagels, muffins and the cakes. Ken and Zack Ball of Havana Ford supplied the soft drinks from Pepsi. I should also mention that the CORE Institute provided complimentary massage after the ride to work out some of the kinks from the afternoon's ride.

We also had the help of many volunteers who took time out of their day before, during and after the event. I would like to especially throw out a big thanks to Team Atomic which provided a bunch of volunteers this year. When you are out at Club rides, be sure to say thanks to those who worked to ensure that you had a great ride:

Pete Butler	Ken Ball	Kathy Lurding	Karen Embry	Ed Williams
Chris Marino	Zack Ball	Martha Cunningham	Sue Kelly	Robin Frydenborg
Mary Kay Falconer	Charles Mathews	Jim Mann	Toma Wilkerson	Russ Frydenborg
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David Anderson	Faith Jones	Sara Reese	Bob Caruthers	

The Spaghetti 100 always has been my personal favorite ride during the year, but organizing the details lends itself to a little different perspective. In short, there is a lot going on leading up to and during the event. Here are some interesting statistics from the ride:

- We had 227 riders registered
- Over 40 people volunteered to help
- We had 5 riders who were lost
- There were 4 off-road riders and one road rider all who were found (thanks to the Tallahassee Radio Club)
- We had one rider who rode 120 miles (unintentional)
- We consumed a truckload of Spaghetti
- One rider left at 9:00 a.m. (who was still on Central Time)
- There were no reported crashes - Yea!!!
- There were no medical emergencies - Yea!!!

Next year's Spaghetti 100 may bring a new venue; we're not sure yet. You might have read that the community center may be reconstructed at some point, so we will keep you posted on that.

Organizing this event was a lot of fun in the end, but I can tell you it was also a lot of work. Nancy Wright, Kathy Lurding, Jim Mann and others helped immensely along the way. But in the end it, was the help from all of the volunteers that was the key. Believe me, ignorance is the key to surviving as the ride director.

If you have never organized a ride before, I would suggest giving it a try. The Club is always interested in hearing from members who can help. You would have the help of past ride directors who have organized rides in the past who can bring the curve down and who can make it an enjoyable experience. See you next year!

Roadies flirt with dirt at the Florida State Championship Series at Tom Brown Park

by
Mark Koch

Tallahassee's Brook Pace entered her first ever mountain bike race in the *Florida State Championship Series* held at Tom Brown Park on Sunday, October 9. The twenty-seven year-old competed in the Women's Beginner class that totaled 12 riders. The course meandered through portions of the park's *Magnolia* and *Cadillac* trails, then finished at the BMX track. Beginners had to complete the 6.6-mile lap twice. The single-lane course wasn't as technical as Brook feared, yet she did lunge over her handlebars once. She chalks it up to a lack of experience. Just how fast the others were going also surprised her. Though each class started minutes apart, all were competing on the trails at the same time. "I never really knew where I stood in the race," she said. "I was just in it to learn, but as I kept passing girls (some really young and some a lot older) my competitiveness kicked in and I thought that I may be able to catch the girls in the lead."



Brook Pace corners a berm on the BMX track at Tom Brown Park in her very first mountain bike competition – Photo by Mark Koch

The Lincoln High School graduate now knows that it would have been best to get a better start. "I was just being nice and letting everyone in front of me," she said. "I didn't know what to expect." She said she would also have brought a water-filled backpack called a *bladder*—the uneven course rattled her water bottle loose, and it dropped somewhere along the way. She admits that the toughest thing about the mountain bike race was having the courage to do it in the first place. She didn't even register until the day of the race. "I knew if I brought my bike and

got there early enough I would enter the race," she admitted. She finished fourth in her class.

Amazingly, Brook also participated the day before in the *Spaghetti 100* century held by the Capital City Cyclists and finished the 100-mile road bike course in just 4:56. "I was hurting the first lap and a half," she explained after the mountain bike race. "My legs were tired and I was a bit dehydrated. But after my legs warmed up I could have gone another lap."

Brook is no stranger to competitive sports. She was on a soccer scholarship at the University of West Florida (1997-2000) where she still holds the 2nd place record in both career assists (24) and points (110), and is currently a member of a four-person team that competes in adventure racing, the new outdoor sport that includes cycling through tight, single-track trails on a mountain bike, hiking through a dense forest, canoeing down rapids, or rappelling a rock face.

Mountain biking and adventure racing are vastly different, Brook now knows. "In an adventure race you are on a team so you are as fast as your slowest person and you are all working together," she said. "As an individual racer you put in all the effort."

Mickey Phillips began racing mountain bikes in 1998 as a First Timer and moved up to Men's Beginner (ages 30-39), which he entered on Sunday. He finished 15th out of thirty riders. He has one race win in his career, the *Tallahassee Fat Tire Festival* in 2000. Because of a knee injury, he gave up mountain bike racing altogether in 2002, and switched to road riding. His knee still bothers him, but he entered into the *State Series* race anyway with the knee braced. This year's course was different from how he usually rides the *Magnolia* and *Cadillac* trails, "but it was great to be racing again," he said. "You very rarely get to ride as fast and as hard as you can except when racing. If you've ever wanted to try a race, go do it. You won't regret it."



Mickey Phillips brakes into a sandy corner –Photo by Heather Whitaker

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Mickey, a graduate from Valdosta State University, is a native of Jacksonville, and says he loves representing Higher Ground when he rides. He was impressed with the store during his second visit, when store manager Roger Hawkes remembered him from a brief store visit the year before. "It means a lot to me when a shop shows that they care about their customers," Phillips said. He shows his appreciation by riding their Friday night shop ride when he can. He learned how to road ride himself by participating in shop rides in Jacksonville. "The shop rides are a great way to meet other riders in the area," he said. "That's how I found out about Capital City Cyclists and the club rides. I've met a lot of great people through Higher Ground and CCC."

Joe Veglucci began riding mountain bikes casually many years ago as a way to supplement his road riding, but, like Brook, he entered his first mountain bike race on Sunday. From his limited experience in the sport, he saw a clear difference between road riding and its off road counterpart. "Road riding requires a higher level of effort sustained for a longer period of time," he said. "But mountain biking requires more sharp changes in effort and pedaling style in addition to the pounding that your body takes from the course itself."



Joe Veglucci climbs out of gully on the Magnolia trial –Photo by Mark Koch

Joe raced in the men's beginner class (ages 30-39) with Mickey and finished eighteenth out of thirty. "Distance," he said, "was the toughest thing about the race—mountain biking miles do not equate to road biking miles." Yet, he loved the course. He liked that the main focus was single track with a lot of climbs and descents. "They included the multi use trails, the open field climbs, and the BMX track to add variety," he said. "Coming from a road bike background, I was glad to see that it was a fast winding course rather than a lot of technical obstacles."

Joe was surprised that they ran so many different riders in different classes on the course at the same time. "I wasn't aware that you would have to sort through traffic and find a safe place to pass," he said. Plus, the starters grouped all classes at the line in one big mass. "So if you weren't at the front when your class started you could be blocked in by a later starting class and miss your race," he said.

The best part of the event for Joe was the support of friends and swapping race plans and stories. He only wished that he could have pre-ridden the course more, since it was his hometown race. He didn't have the opportunity, though. "I'll be back next year," he said, "to defend my 18th place!"

Todd May



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'Tis the Season

In 2005 Christmas Connection, with the help of the CCC, provided hundreds of bicycles to needy children. See Bike Shorts on next page for details.



Christmas Connection, 2005.

Rookie Tallahassee Cyclist Wins His First Triathlon

by Mark Koch

Joe Sroka took 1st place in the Destin Crab Trap Triathlon on Saturday, October 14, 2006. It was his best placing in a triathlon, his third this year. The Crab Trap included a 400-yard swim, 10-mile bike ride and 3-mile run. The 22 year-old Lincoln High School graduate and FSU senior placed 1st in his 20-24 class and 9th overall in a field of 270 participants. His overall time was 54:58.

Joe is a new regular to the Saturday Chaires rides, which he discovered in July. He then learned of Tallahassee's most aggressive ride, Food Lion. "I knew the prestige of the ride" he said, "and trained on club rides for two months before even attempting it. I wanted to take pride in being apart of that group. Riding Food Lion has helped my training a lot. Its intensity is so much higher."



Joe Sroka takes first in his class in the Crab Trap Triathlon

Bike Shorts



The CCC Holiday Party is December 9th

The Capital City Cyclists will host its annual Holiday Party on Saturday December 9th at 7:00 PM at the Unitarian Universalist Church of Tallahassee, 2810 N. Meridian Rd. The church is on the west side of Meridian Rd north of John Knox Rd across from the T-intersection of Meridian Rd and Coldstream Drive. As usual, the party will be another of the CCC's memorable potluck feasts. So, bring your latest tasty creations or acquisitions to share. The Club will provide tableware, a meat dish, and soft drinks. Officers will be elected and a new bike will be raffled off with the proceeds going to a local charity. Details to follow. If you would like to help prepare for the festivities, e-mail Curtis Parker at ccparker1@windstream.net. Invitations will be in the mail soon.

Bikes for kids through Christmas Connection

The Christmas Connection will be collecting new and used bicycles and other household goods this holiday season for distribution to 600-800 needy families. As of press time, the group did not have a drop-off location. They are appealing to the community for the temporary donation of the use of a vacant warehouse or store for November and December. Check their website, www.thechristmasconnection.org or call 222-2180 for updates and details.

Last year the Capital City Cyclists raised thousands of dollars and purchased new bicycles for donation to area children who otherwise would have gone without.

Kevin Lyon is the new TOSRV Coordinator

Kevin Lyon, who was director of Tallahassee's first Ride to Remember, will coordinate TOSRV 2007. Kevin hopes to maintain the quality of the Capital City Cyclists' premier invitational spring century.

"We're going to have a good ride. I hope to live up to what everyone has come to expect for TOSRV," he said.

Of course, Kevin will be needing the usual small army of volunteers. Contact him at tosrvsouth@yahoo.com or 264-5471 and sign up early to become part of a grand tradition.

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				
RECURRING RIDES	MILES/LEVEL	CONTACT/PHONE	START	COMMENTS
Every Sat 8:00 AM in November 9:00 AM in Dec & Jan	20/31/45 A B C	YOYO. A-ride info: Charlie Hofacker: chofack@nsns.com.	Chaires Elementary School (4774 Chaires Cross Road)	B & C riders roll out at posted start time, the A riders leave a half hour later.
Every Sun 8:00 AM in November 9:00 AM in Dec & Jan	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 Nov 19 8:00 AM	36 C D	Jim Mann 422-0302	I-10 East approx 45 miles to Exit 241 Hwy 221 North to Dairy Queen	Madison County Ride.
	55 B C	YOYO with map provided		
Sun Nov 26 8:00 AM	25 C D	Dave Beck 656-2797	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 (formerly the Tom Brown Canopy Roads Ride)
	37 B C	YOYO with map provided		
Sun Dec 3 9:00 AM	24 C D	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 Dec 10 9:00 AM	ALL	YOYO	Wherever you choose	Post CCC Holiday Party YOYO Ride
Sun Dec 17 9:00 AM	22 C D	Sam Amantia 591-1830	Cabo's Tacos 1221 Apalachee Parkway	Cabo's Breakfast Ride
	37 B C	YOYO with map provided		
Sun Dec 24 9:00 AM	ALL	YOYO	Wherever you choose	Christmas Eve YOYO Ride
Sun Dec 31 9:00 AM	21 C D	Tom Butler 421-6966	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 Jan 7 9:00 AM	24 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 moderately paced "civil cycling" ride.
	36 B C	YOYO with map provided		
Sun Jan 14 9:00 AM	23 C D	Dick Durbin 668-4336	Jefferson County Public Library - Monticello 555 South Water Street	One Legged Turtle Ride with shorter option
	36 B C	YOYO with map provided		
Sun Jan 21 9:00 AM	TBA C D	Jim Mann 422-0302	Micosukee School	Thomasville Breakfast Ride with option for a shorter route.
	40 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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Upcoming Events

December 9 Holiday party and elections



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