



The

Cyclist

Newsletter of the Capital City Cyclists
Volume 24, Number 1
January-February, 2004

A Happy New Year brings new faces and organization to the CCC

Paceline

By Chris Lacher

(... OK, time to rotate...make minimalist signal...be careful not to change speed...check the rear view mirror...maintain speed...ease out to the left...once clear let the speed drop off ever so slightly...feels great, out here with fewer responsibilities for a few seconds...stretch a little as I slide back along the other riders...don't slow down too much...watch my back...get out of the saddle and push back to pace as I tuck in behind the last rider in the 'line...now take a drink and enjoy the spin...it's great riding behind people you trust...but I have to keep a good eye on the rear - I'm the caboose now, gotta announce and control traffic coming up from behind...breath easy, watch the heart rate drop...stay alert, I'll be moving up through the 'line again soon...)

Well, this is an approximation of what goes on in my head as I rotate out of a pull in a good paceline. The feeling is similar as I turn over the club presidency to Tom Butler. We had our club elections at the general membership meeting on December 20, and the results are:

President:	Tom Butler
Vice President:	Jimmy Kalfas
Secretary:	Julia Winter
Treasurer:	Steve Wise

With that group ahead of me in the 'line, I'm happy! Tom and I agreed to start a "tradition" that the outgoing president writes the January *Paceline*, since its deadline is about two days after the elections. So here 'tis.

New Club Bylaws

I will take this opportunity to give you some of the most relevant particulars of the new bylaws and the established practice they condone.

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Newness in the Newsletter

By Dave Stotts

The Cyclist's editor Val Sands, who produced one of the most attractive and informative bicycle club newsletters in Florida for the past two years, has retired. She expanded and enhanced content, began coverage of racing, pioneered electronic delivery, improved print quality, and never missed a deadline. Val is a very organized and persuasive person. Her timely and friendly reminders to contributors assured readers that important content like ride schedules, upcoming events, and regular features were always in place. She elevated the quality of the Club's publication to a very professional level.

Val even wrote some very good articles. Her piece on the perils of pedestrians should have won a Good-Pull-itzer (if such a thing existed) for bike/ped journalism.

As the incoming editor, I hope that I can maintain the high standard that she established and continue her program of improvements.

Introducing the New Features

Otersen cartoon. Just about everyone in the club has Bill Otersen on his back in the form of fine art Spaghetti 100, TOSRV, and Bike-Around-Downtown t-shirts. Now Bill will enter our homes six times a year with one of his bicycle cartoons. Imagine R. Crumb's left brain and Tinker Juarez's right brain controlling a pen.

Shop Talk replaces Dr. D. *The Cyclist's* tech feature, Ask Dr. Derailleur, is out and Shop Talk is in. An enfeebled Dr. D is retiring to Sun Universe Trailer Heaven in Naples where he will keep wheel chairs true and ride his all-Campy tricycle to the canasta tables and shuffle board courts. Shop Talk will rotate among Tallahassee's five excellent bicycle shops, Tec's, Joe's, Great Bicycle Shop, Fool's Crow, and Higher Ground. Last issue, Chris Lacher began

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Directors and Elected Officers

There are four Elected Officers elected at the general membership meeting in December: *President*, *Vice President*, *Secretary*, and *Treasurer*. The elected officers serve one-year terms coincident with the calendar year following the elections. There are five Corporate Directors: the four elected officers plus the outgoing president. (There's a mechanism to take care of the case where the president is re-elected for another term, so that there are five corporate directors in all circumstances.) Only regular club members may vote at a general membership meeting.

The *Corporate Board* consists of the five corporate directors and has the responsibility to set policy for the Club. At an official Corporate Board meeting, all club members may attend but only the Board votes.

Executive Board and Appointed Officers

The President, with the consent of the Corporate Board, appoints other officers whose terms of office have no set length, including the following specifically established in the Bylaws: Ride Director, Off-Road Ride Director, Director of Publications, and Membership Director. The *Executive Board* consists of the Corporate Board plus any appointed officers the Board chooses to include, typically including all appointed officers.

The Executive Board has the responsibility for the day to day management of the Club and the implementation of policy established by the Corporate Board. All members of the Executive Board vote at Executive Board meetings, by agreement of the Corporate Board. There may be a separate Corporate Board meeting immediately preceding or following a meeting of the Executive Board, at which only Corporate Directors may vote. Any regular club member may attend meetings of the Executive Board.

Note that the executive board exists and derives its authority by consent of the Corporate Board. The executive board is not mentioned specifically in the Bylaws. The description above represents established and current practice that needs to be re-affirmed annually by the Corporate Board.

Official Duties

The eight officers specifically authorized by the bylaws, and their duties, are as follows:

- **President:** Serves as the CEO of the Club; calls and presides over board meetings; and serves as a liaison with the larger cycling and advertising community.
- **Vice President:** Attends all board meetings, acts for the President at such meetings in the absence of the President; performs special assignments for the board; serves as Chair of the Social Committee.
- **Secretary:** Creates and maintains full records of proceedings of the Board (both Corporate and Executive); serves as Club Historian, maintaining a scrapbook; other duties assigned by the Board.

- **Treasurer:** Has charge custody of all Club funds, including bank account management according to Board policy; prepares and renders periodic financial reports and other duties required by the Board.
- **Ride Director:** Schedules club road rides, ride leaders; maintains ride list and ride map database; maintains training of ride leaders and club ride waiver sheets. (Note that these duties may be split among more than one person.)
- **Off-Road Ride Director:** (Duties similar to Ride Leader, for off-road rides.)
- **Director of Publications.** Editor and publisher of the Club Newsletter and other publications deemed necessary by the Board. (Note that these duties may be split among more than one person.)
- **Membership Director:** Maintains database of club members; communicates with members as memberships lapse; publishes an annual members directory according to format established by the Board.

Categories of Membership

The bylaws specify four (4) types of membership, as follows:

- **Regular Membership:** Any individual person or family is eligible.
- **Honorary membership:** Conferred by a majority vote of the Corporate Board.
- **Special Event Membership:** Established by the payment of a special event fee; membership extends through the dates specified by the special event.
- **Business Membership:** Any business that desires and accepts all club members as customers is eligible.

Only regular members may vote on club business at general meetings. One family membership is entitled to one vote.

Well, that's about it for the important stuff. I've included above both the items required by the bylaws as well as those that are condoned and already established by practice. Of course, there are other technicalities (a lawyer wrote them, and they conform to Florida Law and US Tax Code, so you expect some "whereas" and "heretofore" clauses sprinkled liberally) but I believe the above captures the essence. Also, I should state the disclaimer: These are my good lay effort at interpretation of the bylaws. The actual Bylaws are the official legal document and take precedence over any interpretation or opinion expressed herein. Eventually, the bylaws will be made available as a .pdf file for members.

Sincerely yours,
Chris Lacher

the concept of covering local bike shops with an interview with Tec Thomas. Now, with each issue, we'll visit a different shop for mechanical advice on keeping our machines in top condition and find out what new hot bike, component, or wearable the LBS has for us to lust over. First up is our town's newest pedal palace, Higher Ground.

Book or Film review. This issue, it is Tim Krabbé's bike racing novel, *The Rider*. Next issue, we will review Helen Richardson Coyle's, account of her 1942 solo bicycle adventure in the South American countries of Chile, Argentina, and Uruguay.

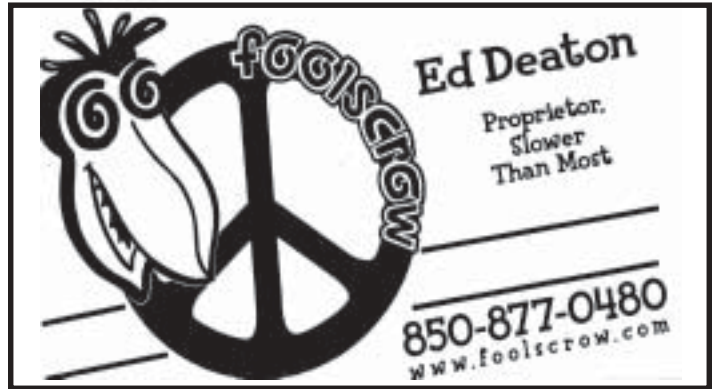
Racing News. Each issue will have coverage of the latest in competitive cycling by local members of the Atomic Race Team, FSU Cycling, Tallahassee BMX, Higher Ground Racing, and individual riders.

Touring News will have news and articles about local riders exploring by bicycle for fun and exercise

Advocacy and Issues. Information and features concerning cycling for transportation. News from government bike and planning professionals Mary Ann Koos, Dwight Kingsbury, Steve Hodges, Martin Guttenplan, Jennifer Carver, and Dennis Scott. Articles from individual non-pro commuters. Highlights from the Bicycle Pedestrian Advisory Committee.

Training and Fitness. Local coaches, exercise physiologists, and doctors tell us how to keep our bodies in shape for cycling. This issue, we present an interview with cycling coach and tandem ace, Ivan Glymph.

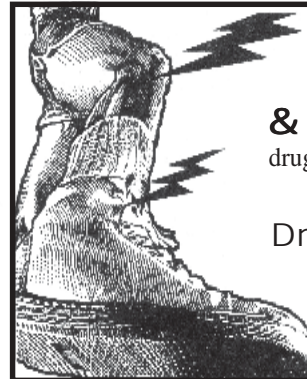
Send articles, suggestions, and tech and fitness questions for the newsletter to dstotts@mail.istal.com.



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Treasurer	Steve Wise	510-0164	kendaylil2@aol.com
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Road Ride Coordinator	Kathy Lurding	656-1633	lurding@nettally.com
Membership Director	Chris Sands	224-7453	ctsands@tfn.net
Director of Publications	Dave Stotts	422-1027	dstotts@mail.istal.com
TOSRV Coordinator	Larry Pushor	878-7473	tosrvsouth@yahoo.com
Webmaster	Wayne Harris	942-1860	wayne@cccyclists.org

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 and editorials on issues pertaining to cycling are welcome and encouraged. Submit yours to dstotts@mail.istal.com.

Touring News

TOSRV: Just Around the Corner

By Larry Pushor, TOSRV Director

It has been such a cold winter so far that it is hard to imagine what nice warm riding weather was like. In spite of that, I assure you warmer days are ahead. (Sounds like a political ad doesn't it?) And furthermore, the months and weeks are going to slip by quickly, and TOSRV will be right on us.

The TOSRV brochures will go out in early January. Hopefully, you will receive yours. The online registration also will be open in early January on the club web site, www.cccyclists.org. Click on TOSRV and follow it through. Preparations are on a roll. To be assured of a bed you may wish to make your Albany motel reservations, if you don't want to camp in or out. As of December 20, the Ramada Inn is full and the Inn and Suites has only a few rooms available. All the motel information is on our web site, but here are the telephone numbers anyway:

Inn and Suites 229-883-5544
Ramada Inn 229-446-0010
Motel 6 229-439-0078
Regency 229-883-1650
Albany 8 Inn 229-435-2151

If need more information, you can go to our web site, call 850-878-7473, or email me at tosrvsouth@yahoo.com.

First annual edition of "A Ride to Remember" will honor fallen officers

By Kevin Lyon, CCC member


The first annual "A Ride to Remember" will pedal away from Tallahassee on March 27, 2004 at 8:00 am. The fully supported metric century event will have a serious purpose - to honor fallen officers and send four TPD officers to a Washington memorial ride- but also will be a fun and well-produced bicycle tour.

"A Ride to Remember" is organized by the Police Unity Tour, Florida. All of the proceeds from the ride will go to sending four TPD officers to Washington, D.C. to participate in the annual 3 day, 250 mile Police Unity Tour in May, which ends at the National Law Enforcement Officers Memorial. More information on the Police Unity Tour is at "<http://www.floridapoliceunitytour.org>".

The Tour in Washington last year had 350 riders from 9 states, but not one rider from Florida. Cyclists at TPD felt that in the aftermath of the shooting of Sgt. Dale

Green, Tallahassee should be sending someone. Then, Deputy Howard Day in Tampa organized the Florida Chapter of the Police Unity Tour which hoped to send one officer from each of Florida's 67 counties. Currently the Florida Unity Tour has 25 officers to send and four of them are from Tallahassee!

Join us for this special bike ride on March 27 and honor our fallen officers locally and nationally. The entry fee of only \$20.00 will include a ride t-shirt, water bottle, and bag of schwag at packet pick-up! Registration forms will be available soon at your local bike shop, along with details about ride times, route maps, and other info. You can also call Kevin at (850) 926 7766, or write to: A Ride To Remember, P.O.Box 1690, Crawfordville, Fl. 32326.



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Racing News

Members of the **Atomic Race Team** have been racking up the training miles in preparation for the 2004 season's first races. The pace of the training rides has been high because of the presence of top riders like Locos/Porterfield's Phil Southerland, Atomic's David Guttenplan, FSU's Dan Holt and Team Fuji's Kyle Walmsey. Walmsey, the 2002 National Champion in the track event, the Madison, is in town for winter training from the frozen Northeast and reportedly is impressed by the strength and competitiveness of local riders. According to Atomic's Pete Butler, target races for the team are the pre-FPS Bring it On! series in Gainesville on weekends beginning January 17 and ending February 7. Contact race promoter Dan Larson 352-262-7601 - bshark441@aol.com. The first Florida Points Series race is the Gainesville Downtown Gator Criterium on February 15.

Many Atomics will be riding new Litespeed bicycles partially underwritten by sponsor, The Great Bike Shop. Other sponsors of the Atomic Race Team are the Capital City Cyclists, Havana Ford, Kim Orloff, LMT, Seidler Productions, Cox & Burns, P.A., Trail and Ski, Cabo's Island Grill and Bar, CSG Systems, and Pepsi Refreshment Services.

FSU Cycling has a new set of club officers, a paid coach, and a new direction. Tim Lewis is the new President, Dan Holt the road VP, Tyler Stevenson off-road VP, Chris Deal the Treasurer, Amy Walsh the Secretary, and ex-Prez Dwayne Huffman is the Graduate Advisor in charge of race promotion and sponsors. Masters World Champion Jason Snow is the new director sportif. Snow, who mentored Atomic Junior star David Guttenplan on the east coast pro racing circuit in the summer of 2002, and won the pro-1-2 category at the first cyclo-cross race ever held in Tallahassee a year ago, will build a road team around former Collegiate National Track Champion and Locos/Porterfield rider Dan Holt. Lewis, Hazen Kreis, and unnamed riders from the FSU swimming team and a transfer from UF will round out the road squad. Amy Walsh and Nancy Bruner will anchor the women's team.

FSU Cycling plans to resume the popular and successful training criteriums at Innovation Park in late January or early February. Each of the two races that were held last fall attracted around 20-30 riders and were very competitive. David Guttenplan echoed the sentiments of the participants when he said the training crits "were great and he was looking forward to more." Anyone with a valid USCF license can race, or a one-day license can be purchased at registration for \$5.00. The race needs 3 to 6

volunteers to man the course and officiate. If you would like to help with the crits or the club-promoted Spring Race, e-mail Tim Lewis at AudiTL13@aol.com.

National FSU Cycling sponsors are Rock Star Energy Drink, Rudy Project Eyewear, and Verge Sports Apparel. Local businesses that make bike racing possible include Higher Ground Bicycle Company, Full Press Apparel, and the FSView.



Atomic's David Guttenplan, who finished 15th at last summer's Tour of Ohio stage race, will begin the 2004 season at the Bring it On! race series in Gainesville on January 17.



Winter Cycling Advice - An Interview with cycling coach Ivan Glymph

Long-time CCC member Ivan Glymph manages the CommuniCare Wellness Center at TCH and the Executive Fitness Program of Tallahassee Orthopedic & Sports Physical Therapy. He graduated from FSU with a degree in Nutrition and Fitness and is a USCF Certified Cycling Coach. Glymph says that "I used to do personal training and coaching but I have pretty much moved on from that. My job just takes too much time and energy to allow me to train or coach anymore. I prefer helping newcomers to the sport on a 'as needed' basis. I don't schedule it or charge for it." His recent American Classic- sponsored Tandem palmares with wife and stoker Karen, include a 1st place at the 2000 State Time Trial Championships (2nd place in 2001 & 2002), a 6th at the 2002 Elite Nationals Time Trial in Nashville after relinquishing the lead because of a flat with 9k to go, numerous 1st finishes at TOSRV, the course record at the Cheaha Challenge Century in Alabama, and the first tandem to finish at Mt. Mitchell in 2003.

He graciously gave an electronic interview on winter cycling tips that was the basis of a column in the Tallahassee Democrat. Here is the complete interview:

What should riders be doing over the winter season in the way of on-bike training and off-bike training ?

In the winter it is good to cross-train for both a physical change of pace as well as mental. Cycling places us in a fixed position with a very limited range of motion. Muscles become adapted to this position which is great for riding a bike, but not so great for our overall musco-skeletal well-being. By running, swimming, hiking, playing basketball, lifting weights, doing aerobics classes, etc. we can employ different postures, muscles, and joint range of motion. I believe that one of the best things that cyclists can do for themselves is to work on their flexibility and core strength. Two types of classes that are available to us and that meet these criteria are yoga and Pilates.

What about diet and nutrition over the winter?

As far as diet goes, work on eating fewer simple sugars and try not to overeat during the holidays! Although for a lot of people (moi included) it is the hardest time of year to lose weight, it is the best time to do so, so that when spring rolls around and the miles pick up, you can concentrate more on eating for energy and proper recovery - not restricting calories in an attempt to lose weight while trying to perform at a high level.

Is there a strength or performance advantage in the use of creatine and other supplements?

Supplements, i.e. ergogenic aids, are a wonderful way for supplement manufacturers to separate you from your dough. I have no problem with vitamin and mineral supplementation, but the ergogenic aid supplement route is way too risky and unlikely to provide the advertised results.

Should riders have a period of pure rest where they do absolutely no cycling?

If you are serious about your riding, then you actually won't take that much time off the bike in the winter. Some do 1 week completely off. I believe that as long as you broaden your fitness horizons with alternate programs, you can and should continue to ride as much as is reasonable in the off-season. This is due to the specificity of exercise. I call this T.I.T.S. - time in the saddle. You gotta have it. It is very hard to make gains (or minimize the losses in the case of us aging athletes) in the coming season if you allow the specific training to become stale.

What do you think of riding a fixed gear as an off-season training tool?

Fixed gear riding is fun and a great change of pace. It can help you to develop a smoother, faster spin. Unfortunately, in today's world of bikes with vertical dropouts, it is very hard to convert your road bike to fixed gear and few people are likely to build up a dedicated fixed gear bike. I'd say that on balance it is probably not worth the effort to convert your bike for the actual gains that you might obtain. Additionally, it can be very dangerous if you forget that you're on a fixie and try to coast. It'll throw you over the handlebars and onto the ground faster than you can say, "Wha..?"

What should riders keep in mind to avoid knee injury after resuming riding or breaking in a new pair cycling shoes from Santa?

To avoid knee injury make sure that you have your cleats adjusted so that your feet are in a relaxed position while riding. If you constantly strain to turn your foot against the tension of the pedal, your cleat is misadjusted. This can cause knee problems. Another area that can cause the knees to ache is a saddle that is too high or too low. Finally, pushing too big of a gear can cause knee problems. Try to spin 80+ rpm as a rule. The faster you go the faster you should spin

Any special tips for cold weather riding?

My favorite cold weather riding tip is to place a piece of newspaper in the front of my jersey to block the wind.

Book Review

There are answers in this beautifully composed short novel about why we love to ride bicycles, push ourselves into the red zone of high heart rates and muscle pain and transform the experience into enjoyment.

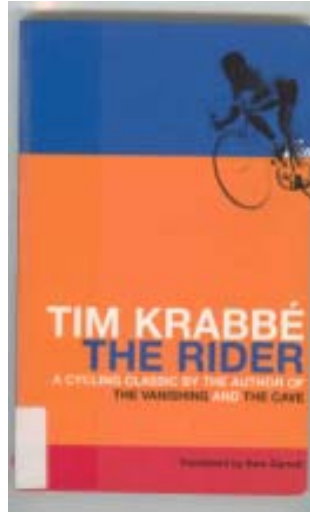
Tim Krabbé, one of the Netherlands' most famous modern novelists, was a top amateur bike racer in Europe 25 years ago and veteran of hundreds of races. He wrote *The Rider* in 1977, at the end of the Merckx era. The book was translated only recently into English but is enjoying brisk U.S. sales because of its appeal to a dual audience - the literary set who read his other fiction, *The Vanishing* and the *The Cave*, and the bicycling crowd who empathizes with this interior monologue chronicle of a single race.

Although *The Rider* is about a 150 km race in France (one page per kilometer,) it could be about any bike ride - race, club ride, or day on a tour because of a dead-on accurate portrayal of the thought process of a cyclist. Krabbé captures a rider's mental state, the mixture of zen-like total concentration counterpointed by day dreaming, fantasy, and reflection. The prose perfectly reflects anyone's mind who's in the saddle for a five hour stretch and who climbs five mountain passes in bad weather. Alternately in pain and exhausted, then energized and exhilarated, Krabbé shifts thoughts from being completely absorbed in race tactics and competitor's moves, to wool gathering about past races and racers, his career, and wild delirious fantasies.

Advice from past cycling greats peppers the text. One of my favorites is wisdom from 1923 Tour de France winner Henri Pelissier: "Always attack as late as you can, but before the others do."

Junior racers looking for a readable short book of sophisticated adult writing couldn't find a better example than *The Rider*.

The Rider by Tim Krabbé



"Hot and overcast. I take my gear out of the car and put my bike together. Tourists and locals are watching from sidewalk cafes. Non-racers. The emptiness of those lives shocks me." - first paragraph of *The Rider*

And if the weather is bad, you've had a crash and are nursing broken bones and road rash, or just need some motivation to get off your butt and ride, *The Rider* is your medicine.

So, who wins the race? I won't tell. You'll have to enjoy the experience of reading this thrilling "who-won-it."

The Rider is published by Bloomsbury and is available from the Leon County Public Library and booksellers everywhere at a cover price of \$12.95

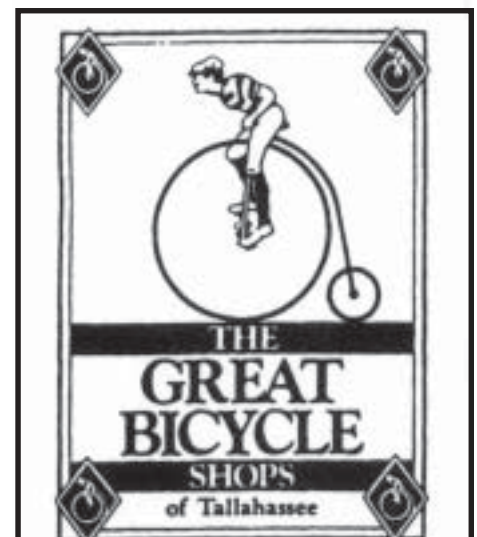


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Optimism and Pessimism at the Bicycle Pedestrian Advisory Committee Meeting of Nov 4, 2003

By David Stotts

Bicyclists should be happy that we have many bike lanes, trails, greenways, BPAC, paid Bike/Ped officials, and a pending Bicycle-Pedestrian Master Plan. On the other hand, the routine of indulging the bad habits of a car-oriented society with massive government spending and planning to speed more and more cars seems hard to change. These were the yin/yang forces at play that made November's BPAC meeting more interesting than usual.

Whit Blanton from Genesis Consulting and Jon Sewell from Kimley-Horne presented an update on the Bicycle-Pedestrian Master Plan, the blueprint for building cycling and pedestrian infrastructure in Leon County for the next 25 years.

County Commissioner Bob Rackleff, one of the few elected officials to actively care about bicyclist and pedestrian issues, was present and spoke up frequently.

Rackleff's first interjection came during Blanton's opening remarks when the Commissioner said that despite all of the talk and plans to include Bike/Ped considerations into street improvements, traffic engineering continues to build with a car-oriented mentality. He cited recent re-construction of the intersection of E. Tennessee and Calhoun as an example of building only to speed cars along at the expense of cyclists and pedestrians. "An intersection is as much a facility for all users as it is for cars. If it doesn't work for everyone, it doesn't work at all. Every time we build only for cars the way we have on Tennessee Street, we lose opportunities and waste money because we will have to address the same road again in the future."

The Commissioner urged Blanton to make sure the Plan

document stressed parity of Bike/Ped with cars to stop the damage from the current car-only mindset of traffic engineering. "Hurry up!" he said. Rackleff added that the Plan should contain the goals of reducing traffic congestion and improving transit.

Blanton responded that those points were included in the Goals section of the Plan. He said that 14 % of Tallahassee's roads currently have parallel sidewalks and that the Plan's goal is for 33 % of roads to have them. Francis Ventre, a BPAC member, pointed out that at the current rate of sidewalk construction, it will take 130 years to build needed sidewalks for existing roads. Blanton quipped that he had heard it was 190 years.

Former decade-long BPAC and CCC member Ed Deaton spoke up on two points: 1. Use mode split as an evaluation method of the Plan. 2. Use re-allocation of road-building funds to pay for improvements recommended in the Plan. Mode split is based on the idea that since 35 % of County residents do not drive cars, 35 % of transportation funds and construction should be allocated for bicycle, pedestrian, and transit projects.

Jon Sewell discussed funding sources for the Plan. He presented a long list of sources, but said not all desired projects could possibly be funded, and that MPO staff will have to be very creative to tap diverse pools of money from public and private areas. He said that one of the most important functions of the Plan would be as a tool to persuade funding sources by having detailed conceptual projects in a well thought-out framework ready to submit. Commenting on funding sources, Jack Kostrzewa,

www.ccclists.org a Senior Planner for Tallahassee and Leon County, said that for the next five years most of the money spent by the County will go for the widening of I-10. In other words, don't look for a lot of Bike/Ped improvements in the near future.

Judy's 2004 Bike to Somewhere Challenge

By Judy Lazzarini

For 2004, I'm challenging you to do more of your in-town commutes by bike than I do. Here's a chance to give the earth a break, save money and promote the bicycle as a viable means of transportation. Just use your bike instead of the car for your in-town transportation.

In 2003, 50% of my urban travel miles were done via bike. I ride my bike to work; I do errands on my bike; I ride my bike vs. driving my car every chance I get. It's easy, it's fun, and it makes sense. The city has improved many of our roadways making it a snap to get around town on a bike. I figure I've biked well over 25,000 miles around town in the 9 years I've lived here, saving our lungs from breathing 24,000 lbs of horrible gaseous pollutants my car would have spewed into the air.

What better advertisement for our club and cycling than for motorists to actually see people on their bikes? Legislatures constantly are attempting to erode our rights to use the roadways and we are always fighting to preserve the bicycle's status as a legitimate form of transportation. So who better than the CCC to set an example and inspire others?

So come on club members, put down those car keys, get on your bikes, and go!

Help Shape Projects and Programs for the Bicycle and Pedestrian Master Plan

By Jennifer Carver, CCC member

In the on-going process of creating and implementing a Bicycle and Pedestrian Master Plan, we want to get people's input on the draft 2025 Needs Plan for bicycling facilities at the January 15 Community Open House. Interested citizens will have some time to review the Needs Plan and give us comments. We're taking it to the Tallahassee-Leon County Metropolitan Planning Organization for approval at their March 15, 2004 meeting so we'll need people to come out to that meeting and let the MPO government officials know that area bicyclists want more bike lanes, trails, paths, safety, and accessibility. We'll take comments at the workshop and afterwards, for a period of 30 days until sometime in February. Details will be provided at the workshop and on our website.

In Tallahassee-Leon County Bicycle & Pedestrian Advisory Committee news, the BPAC will meet on January 13, 2004 and February 3, 2004, at 5:30 PM (Locations To Be Determined). The Master Plan consultant will be at the January 13 BPAC meeting to provide a presentation on the Needs Plan and receive input from the committee prior to the

workshop. In addition, the BPAC's Best of Tallahassee-Leon County Bicycling & Walking Awards will be presented to recipients at the January 26, 2004 MPO meeting, 3:00 PM in the City Commission Chambers at City Hall.

The Community Open House for the Needs Plan will be:

THURSDAY JANUARY 15, 2004
5:00-8:30 PM
LEROY COLLINS LEON COUNTY
PUBLIC LIBRARY
200 West Park Avenue

Your ideas and our analysis will come together at this presentation. You will see how the Plan will increase the visibility, legitimacy and safety of non-motorized travel through an interconnected, well-defined system and a consistent education program. It will prioritize access to jobs and economic development, mitigate traffic congestion and expand travel choices. The Plan also will support land use objectives and neighborhood linkages to non-residential land uses and improve public health by encouraging increased physical activity for all ages.

Agenda

— 5:00-7:00 Open House examine maps and displays of the draft needs plan, offer ideas and discuss questions with project team members

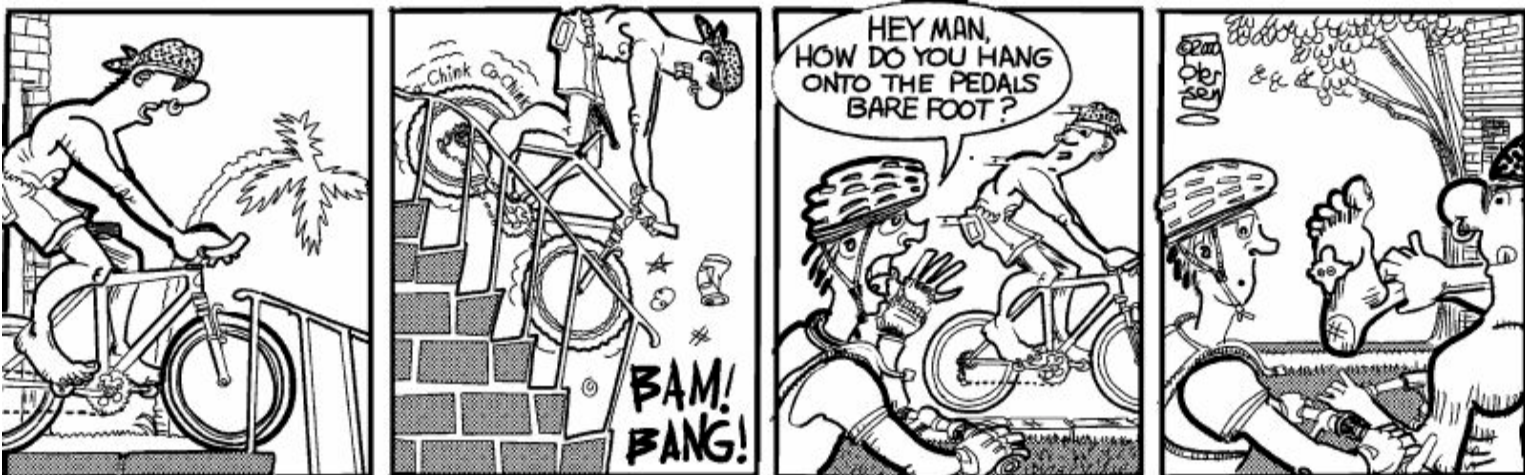
— 7:00-7:30 Presentation - Highlights of the Draft Plan hear reports from the project team, ask questions, and find out about the next steps
— 7:30-8:30 Continued Open House & Wrap Up

Light refreshments and activities for kids ages 5-12 will be available.

For more information, contact Jennifer Carver, Bicycle & Pedestrian Program Planner, Tallahassee-Leon County Metropolitan Planning Organization (MPO) at (850) 891-8090 or carverj@talgov.com. If you have a disability requiring accommodations, please contact the MPO at (850) 891-8600 or through the Florida Relay TDD Service is 711.



SPD Foot by Bill Otersen All rights reserved by the Artist





Bike Shorts

Greg Wilson named Executive Director of Bike Florida

Capital City Cyclists founding father and creator of the Spaghetti 100 (in 1985) is the new Executive Director of Bike Florida. Wilson started the job on December 1 and completed the first task of moving the Bike Florida offices to Gainesville by mid-month. No stranger to professional cycling employment, he was Tallahassee's Bike/Ped Coordinator from 1991 -1998, and held the same position in Corvallis, OR from 1998-2000.

This year he will oversee BF's "Springs Training," on April 3-9 starting from Gainesville. The 1000 rider-limit event has been sold out for a month and has many international tourists participating, including riders from Japan and Korea.

Ed Williams Ride for Leukemia

Club member Ed Williams is planning to ride his bike from St. Augustine to San Diego, CA in 50 days as a cycling adventure and fund raiser for the Leukemia & Lymphoma Society. He will leave on April 1, plans to ride 80-100 miles per day, and will be accompanied by his parents in their RV. Ed invites everyone to follow along electronically and make a contribution to the cancer-fighting organization by accessing the website at www.connect2cure.org. Call him at 850-656-9563 for more information.

Dwayne Huffman is the City's new Trails Coordinator

Dwayne Huffman, President of FSU Cycling for the last 3 years, is the new Trails Coordinator for the City of Tallahassee. Huffman is hard at work on the area's extensive network of trails and is organizing a major rebuilding and maintenance effort in January. The trail work will revolve around a visit from IMBA Trail Care Crew expert Rich Edwards. His visit will consist of a work-party/training session on Jan 3-4, construction days Jan 5-9, and community training and information session on Jan 5 at 6 pm at the Myers Park Community Center. More information is at "<http://groups.yahoo.com/group/TLHTrailNews/>" or call Dwayne and the Tallahassee Trail Team at 545-1571.

Linda Crider to teach Cycling Instructor course

Teach others how to build confidence while cycling with traffic by becoming a League Cycling Instructor (LCI). Teaching BikeEd is a great way to help present and future cyclists in your community. Certified instructors can teach BikeEd classes to children as well as adults and help bring the joy of safe cycling to others.

Club member Dwight Kingsbury says that next chance for training to become a League Cycling Instructor will be on 20-22 February in Gainesville. Application and registration fee (\$175) are due at the League of American Bicyclists in Washington by 9 January. The Seminar Trainer will be Linda Crider, Ph.D. Information and application are available at the League of American Bicyclists website, www.bikeleague.org, email sami@bikeleague.org or call Linda Crider in Gainesville at 352-392-8192, e-mail safetyed@grove.ufl.edu

New Year's resolution that makes a difference

Club member Neil Dimacali spotted some New Year's resolutions in the current issue of Natural Home Magazine ("<http://www.naturalhomemagazine.com>") that can help make the earth a better place to live. Number one on the list is something all of us, who don't hesitate knocking off 50 or 100 miles on a recreational ride, can do: Skip a twenty-mile car trip each week. According to the article, the average American drives an automobile more than 250 miles each week. It suggests riding a bicycle or telecommuting to reduce pollution and demand for oil.

Red Hill Triathlon set for March 27

Incoming CCC vice-president and avid triathlete Jimmy Kalfas wants to make sure everyone knows that the Red Hills Triathlon will take place at McClay Gardens on March 27 at 7:00 am. He says that the race director welcomes volunteers, spectators, and participants.

Shop Talk - Mech tips and Hot Hardware from Tallahassee's bicycle shops

Tallahassee's newest bike shop is Higher Ground which manager Brendan Draper's stylish t-shirt says is Florida's highest bicycle store at 257 ft above the waves. *The Cyclist* stopped by one busy Friday afternoon and asked what kind of mechanical problems his customers had brought to him recently.

Mech TIPS

"We see a lot of problems resulting from not inspecting the bike before it's ridden," said Draper. "Under-inflated tires, dry-rotted and threadbare tires and worn drive trains are pretty common. Most cheaper road tires need to be inflated from 70-90 psi. For quality tires, 100 psi is a minimum. I've seen rim damage and even riders rolling tires off clincher rims because of under-inflation. Customers sometime come in complaining that the bike doesn't shift. In many cases it's because the teeth in the chain rings or cog set are worn down and ramped or the chain is stretched. Many of these basic maintenance problems can be identified by inspecting the bike before riding it. Anyone can just bring their bike over to the shop and we'll be happy to do a quick, basic inspection of tires and drive train at no charge."

Higher Ground recently became the town's Specialized and Cannondale dealer, but their newest franchise is the Spanish bicycle maker Orbea, manufacturer of the machines ridden by Spain's Euskaltel-Euskadi team. Atop Orbea's, Euskatel's Orange jersey clad riders, Iban Mayo and Haimar Zubeldia, bedeviled Lance Armstrong in last year's Tour. Orbea also will supply bikes for the American Team Jelly Belly in 2004.

Hot hardware

Draper didn't have to think twice about what droolicious bike hardware he and his fellow High Grounders most want to own. He handed me a pile of feathers that looked like an Orbea all-carbon road frame and fork. The Orbea Orca frame weighs 1 kilogram (2.2 lbs) and, unlike frames built from some of the ultra-light aluminum tubesets like Columbus Starship, has no rider weight limit. The Orbea all-carbon also has a lifetime warranty, and for an additional \$100 above the \$2199 price tag, can be custom built and painted.



1319 East Tennessee Street
Tallahassee, Florida 32308
Phone: 942-BIKE; Fax: 942-RIDE
Email: highergroundbikes@earthlink.net

Cannondale ♦ Specialized ♦ Santa Cruz
♦ Orbea



Brendan Draper with the Orbea Orca

Capital City Cyclists Regularly Scheduled Rides

A=>21 B=18-21 C=15-18 D=12-14 EZ=<12 YOYO=You're On Your Own

For the latest information on club rides visit the club web page at www.cccyclists.org

Helmets are required for all rides.

Recurring Rides				
Date/Time	Miles/Level	Leader/Phone	Starting Point	Name of Ride/Comments
Saturday 9:00 a.m. March: 8:am	20/31/45 A/B/C	YOYO	New Chaires Elementary School on Chaires Cross Road	Chaires Ride Group decides route and mileage.
Sunday 9:00 a.m. March: 8:a.m.	20/38/51 A/B/C	YOYO info: Peter Stone 942-9095	Cabo's Grill parking lot, corner of Apalachee Pky & Magnolia	Cabo's Breakfast Ride B/C riders should bring riding partners
January/ February Rides				
Date/Time	Miles/Level	Leader/Phone	Starting Point	Name of Ride/Comments
1/4/2004 8:00 a.m.	32 B/C	Lee Berger 297-0448	St. Marks Trailhead	Wakulla Springs Breakfast Ride Note early start time because of restaurant hours
1/11/2004 9:00 a.m.	34 B/C	Dave Crawford/ Martha Cunningham 386-1805	Cabo's Parking Lot	Cabo's Ride
1/18/2004 9:00 a.m.	40 B/C	Frank Hanson 894-5584	Jefferson County High School	Boston Ride
1/25/2004 9:00 a.m.	35 B/C	Dave Beck 656-2797	Miccosukee Day School	Monticello Ride Miccosukee to Monticello with optional breakfast at Courtyard Café
2/1/2004 9:00 a.m.	38 B/C	Gary & Sandy Robertson 997-8482	Chaires Elementary	Chaires-Lloyd-Miccosukee Loop
2/8/2004 9:00 a.m.	34 B/C	Dave Crawford/ Martha Cunningham 386-1805	Cabo's Parking Lot	Cabo's Ride
2/15/2004 9:00 a.m.	40 B/C	Dick Durbin 668-4336	Miccosukee Day School	Thomasville Breakfast Ride
2/22/2004 9:00 a.m.	35 B/C	Tom Strazulla 539-9598	Havana Police Station - right at 2nd light in Havana - station on right	Havana-Calvary Loop. No rest stop - bring snack and sufficient water.
2/29/2004 9:00 a.m.	50 B/C	Greg & Angela Knecht 997-6490	St. Marks Trailhead	St. Marks Lighthouse Ride
3/7/2004 8:00 a.m.	65 B/C	Jim Mann 422-0302	Jefferson County High School	Jefferson-Madison County Loop
3/14/2004 8:00 a.m.	66 B/C	Chris Lacher 385-7340	Miccosukee Day School	Metric Spaghetti Route

Out of Town Rides

January

9-11	13th Annual News-Press Tour de Cape	Cape Coral, FL
10 (Sat)	Tour de Felasco	Alachua, FL
11 (Sun)	Brevet Series: 200 km	Satellite Beach, FL
17 (Sat)	Brevet Series: 200 km	Gainesville, FL
17-18	Sebring Tandem Weekend	Sebring, FL
19-23	Florida Trails Tour	Inverness, FL
24 (Sat)	Brevet Series: 200 km/ 100 km	Bonifay, FL
24 (Sat)	Ididaride	White Springs, FL
31 (Sat)	Populaire: 100/150 km	Satellite Beach, FL

February

1 (Sun)	Orlando Road Club Pace-Led Century	Clermont, FL
7 (Sat)	Celebrate Florida Century	Windemere, FL
7 (Sat)	Brevet Series: 300 km	Gainesville, FL
7 (Sat)	Croom 35/50 Off Road Challenge	Brooksville, FL
14 (Sat)	Brevet Series: 300 km	Satellite Beach, FL
14 (Sat)	The Great Valentine Tour 2004	Sanford, FL
14-15	Suwannee Sweetheart Cycling Weekend	White Springs, FL
21 (Sat)	Brevet Series: 300 km / 100 km	Bonifay, FL
21 (Sat)	5K Run and 35/65 mile Bike Ride	St Marys, GA
22 (Sun)	Snowbird Century	Miami, FL
23-27	Florida Trails Tour	Inverness, FL
28 (Sat)	Populaire: 100/150 km	Satellite Beach, FL
28 (Sat)	Biking Bleckley	Bleckley, GA
28-29	Bike Sebring 12/24 Hours	Sebring, FL

For information on these and more rides, visit the Florida Bicycle Touring Calendar online at <http://www.floridabicycle.org/fbtc/>

Upcoming Events

Date	Event	Location	Time	Contact
01/10	Miccosukee Greenway Grand Opening	5650 Miccosukee Rd (at Thornton Rd)	10:00 a.m.	
01/13	BPAC Meeting	TBD	6:00 p.m.	Jennifer Carver 891-8090
01/15	Bike-Ped Master Plan Meeting	Collins Library 200 W. Park Ave	6:00 p.m.	Jennifer Carver 891-8090
01/20	CCC Board Meeting	Silver Slipper Restaurant 531 Silver Slipper Lane	7:00 p.m.	Jimmy Kalfas 922-4845
02/03	BPAC Meeting	TBD	6:00 p.m.	Jennifer Carver 891-8090
02/17	CCC Board Meeting	Silver Slipper Restaurant 531 Silver Slipper Lane	7:00 p.m.	Jimmy Kalfas 922-4845

Club Member Advertisements

Club members may advertise for free. The next deadline for classified ads is February 15.

Members may also advertise on the club web site. Visit www.cccyclists.org for details.

Yakima upright bike mount roof rack system. Two upright mounts, 48" crossbars with locking raingutter towers. Canoe mount included. Cost \$400; will take \$150. Tom Yeoman 893-7211

or tyeoman1@comcast.net.

17" (43 cm) Trek 520 touring bike.

Asking price: \$350.00.

Call Eileen Cormier evenings at 561-8019 (before 9:00 pm) or email at ecorpatch@msn.com.

Haluzak Leprechaun Recumbent for sale.

Very good condition, less than 2000 miles. Purchased from Foolscrew in 1997. Underseat steering, 21 speeds. Great bike. My wife is now riding tandem with me and doesn't use it. Has custom seat bag as well. \$700 or will include in a trade for a road tandem. For more information on the model: <http://www.haluzak.com/products/leprechaun.htm>.

If interested, contact Martin Guttenplan at 386-7043, or at martinguttenplan@juno.com.

Used Alley Cat with gears

(Adaptor to your bike, with a third wheel and seat.) Best for ages 3-6 years. Excellent condition. \$95. Call Nancy 422-2756.

Welcome New Members!

Leslie Delao

John Kelly

Mike & Cheri Madsen

Bill McLain

Michael & Shelley Yaun

Please take the time to introduce yourself to new faces at our weekly rides and monthly club events.

Change of Address

Have you moved? Keep your address current with Capital City Cyclists to guarantee that you continue to receive *The Cyclist*, plus invitations to all of the club socials and special events. Fill out the form below and mail it in to: Capital City Cyclists, PO Box 4222 Tallahassee, FL 32315-4222.

Name: _____

New Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Quick Address Update:

E-mail your information to ctsands@tfn.net or call Chris at 224-7453 to update your mailing address, phone number and e-mail address.

What's Inside

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- 1,3 Newness in the Newsletter
- 3 CCC Board & contact numbers
- 4 Touring News - TOSRV, Ride to Remember
- 5 Racing News - Atomics, FSU
- 6 Training & Fitness - Ivan Glymph interview
- 7 Book Review - *The Rider*
- 8 Optimism & Pessimism at BPAC
- 8 Judy's Challenge
- 9 Bike - Ped Master Plan
- 9 SPD Foot, the Otersen cartoon
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- 12 Ride Schedule
- 13 Out of Town Rides/Upcoming Events
- 14 Member Ads, Welcome New members
Address Change
- 15 Membership Application

Upcoming Events

January

- 10 Miccosukee Greenway Opening
- 13 BPAC Meeting
- 15 Bike Ped Master Plan Meeting
- 17 CCC Board Meeting

February

- 3 BPAC Meeting
- 20 CCC Board Meeting



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

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.
Please call Chris Sands at 224-7453 to ensure that you continue receiving your newsletter.