



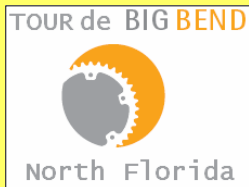
JANUARY, 2009

Capital City Cyclists

CLUB

NEWSLETTER

UP COMING EVENTS:



2 days, 2 centuries
(Metric and Mile)

Day One is hosted by CCC, and the route includes Leon, Jefferson, Taylor counties

Day 2 is hosted by the Blue Line 100/ Ride to Remember. The route includes Gadsden County and S. Georgia

March 28th-29th

Please see
www.cccyclists.org

Join the local
cycling forum



Go to:
www.cccyclists.org
for the link

Share the Road

Joe Mizereck is fighting a battle for space between cyclists and motorists. His aim is to remind and educate motorists of the importance of sharing our roads and giving cyclists at least 3 feet of clearance when passing. "As a cyclist who spends a lot of time on the roads in traffic," he writes on his web site, "I have experienced numerous close calls. After one frustrating ride I decided to act."

He designed a jersey with the words "3 Feet Please" on the back. He ordered several hundred jerseys with Voler, built a website and launched a campaign to save lives. The web site is www.3feetplease.com.

A Florida law requires motorists to give

cyclists at least 3 feet of clearance when passing a cyclist. His goal is educating motorists about the law and reminding them to follow the law.

"It's my hope that this '3 Feet Please' jersey will remind drivers to share the roads that belong to all of us and to give us at least 3 feet clearance as they pass. This will make our riding safer and far more enjoyable. But most importantly, it will reduce the numbers of cyclists who are injured or worse killed."

You can order your "3 Feet Please" jersey today online.



Gulf Coast Velo

Gulf Coast Velo, a new Tallahassee amateur cycling team focused on bringing enthusiasm and teamwork to the USA Cycling calendar, will begin racing throughout the Southeast in 2009.

Teamwork will be the foundation of Gulf Coast Velo. Chris Marino, the team's Director, Founder and Manager, says it is imperative for the team to be a healthy addition to the Tallahassee bicycling community, as well as to be competitive in bicycle races throughout the

Southeast.



"Tallahassee has a vibrant and wonderful community of cyclists," says Marino. "There is a genuine camaraderie among all cyclists in the area and the talent level here is fantastic. Gulf Coast Velo is pleased to provide a new outlet for local racers. We look forward to collaborating with other longstanding cycling organizations, and will focus on representing our sponsors in a positive light."



Geoff Shaffer. Photo by Chris Neal

Get local ride summaries on the Get A Life Blog. You can read all the play by play action of the Chaires A-riders as they try break-aways and go for sprints. A sprint point system has been developed so that local “racers” can compete at the local rides for fun. See who’s winning all the sprints and maintaining breakaways by going to:

<http://getalifecup.livejournal.com/>

2009 Club Officers

The club officers for 2009:

President: Chris Lacher

rlacher@cccyclists.org

Vice President: Karen Loewen

rememberwhen@supernet.net

Secretary: Laurie Koburger

lauriekoburger@gmail.com

Treasurer: Steve Wise

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Prior President: Mark Koch

mark.koch@fldoe.org

Other Club Positions:

Road Ride Director: Jim Mann

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Membership Director: Marv Rubenstein

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Newsletter: Mark Koch

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E-News Editor: Christine Decoteau

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Web Content Manager: Kathy Lurding

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Atomic Race Team

Atomic Jr Development

Former CCC president Mark Koch has taken over the Atomic program from Paul McMannus. Mark’s team goals for Atomic in 2009 continues to focus on Junior racers and the development of young cyclists. In addition to the usual 10-18 year-old racers, Mark is creating a new age group dynamic for younger riders from ages 7-10. Called the “Knobbies,” kids ride off road at the local trails and learn advanced bike handling and team building skills. For the Knobbies, participation in two local off-road events per year is encouraged. If you would like to learn more about how to get your child cyclist involved in organized on-road and off-road group cycling, please contact Mark Koch at : mark.koch@fldoe.org



Short Sleeve
\$9.00

Long Sleeve
\$14.00



Long and short sleeves club t-shirts, jerseys and shorts are available. Jerseys are \$51, and matching shorts are \$53. Please email Mark Koch at mark.koch@fldoe.org for available sizes.