



The

Cyclist

Newsletter of the Capital City Cyclists
Volume 25, Number 2
March-April, 2005

TOSRV 2005 prepares to spring

The Tour of Springtime Rural Vistas on April 16-17 is nearly at our doorstep

By Larry Pushor, TOSRV Director

The days seem to be going by very fast; April 16 and 17 are almost here. No doubt, those of you trying to get in that training ride are also finding the days going by quickly. To assist you in your training, you will notice that the club ride schedule will be providing progressively longer rides prior to April 16 & 17 with a moderate ride on the last weekend prior to the ride. If you anticipate riding TOSRV, please register as early as possible to assist our planning and preparation.

The five motels near the end of the ride at Dougherty High School seem to be filled - with the exception of an occasional cancellation. But, try calling the Regency and the Albany 8 Inn anyway. The numbers are 229-883-1650 and 229-435-2151, respectively. If you still need a motel room and don't want to think about sleeping in the high school gym, which I would recommend at least once in your life, you may wish to make a reservation at the Hampton Inn at 806 N. Westover Boulevard. Telephone number is 229-883-3300. Rates are \$56 to \$59.00 a night. They have more than enough vacancies for that date. This is not a rideable distance by



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Presidents Paceline -Beck Frydenborg grows from trailer tot to hot racer with his cool family & the CCC

By Nancy Wright, CCC President

Last newsletter I highlighted Charles Matthews, our club member who has been riding the **longest**. This time around I'm talking with Beck Frydenborg, who joined the club as the **youngest** member. My sister vividly recalls riding behind Russ (Beck's father for those who may not know) with Beck in the trailer on a TOSRV. At a quick stop, she tapped the trailer, and asked if "that baby" had a tire tread tattoo on his head. Today, she still asks about that baby. I tell her that "that baby" is now a tall, strong young man who speaks with a deep voice and is quite the racer—and has no visible tire tread. And he's pretty witty, too. Read on to learn more about Beck, and about his parents, Russ and Robin, whom I've always considered such great role models for family and sports.

Russ, I once pulled my son Timmy on a short ride on an Alley Cat over the Continental Divide, standing in granny gear, just praying for any continued forward motion. I can't imagine doing that for 200 miles of TOSRV. Could you describe how that felt?

Pulling Beck in the trailer solo was extremely challenging, since I wanted to keep pace with my buddies. But, the extra drag and weight from the trailer slowed me down about 5 mph. After Beck's first TOSRV, when he was 3 months old, I pulled him 200 miles. I was so exhausted I saw God at Sunset Landing on Lake Jackson (part of the old route). It actually took me 3-4 days to recover. My lungs felt stretched way beyond my manly 46 inch chest. It was then I decided to invest in a Cannondale tandem, one

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TOSRV 2005, continued

bike from the high school. The motel is closer to the Albany Mall. We cannot provide transportation, but a shared taxi is \$15 to 20 with .50 extra per rider. And we won't be able to provide a shuttle back for supper. You also would need to taxi back in the morning. I have arranged for bike storage at the high school in a locked room. For this option, luggage will be dropped at the high school.

Many thanks to those of you who have volunteered to help. However, **MANY VOLUNTEERS ARE STILL NEEDED.** Jobs before the ride are: road marking, assisting with packet pick up, parking at Quincy, and packet pick up at Quincy on Saturday morning. On ride days we still need help at the meal sites, and check-in at Cairo and Quincy. Steve Wise is helping to pick up where Jim Mann left off last year.

The route is ready and it has no detours this time. Road maintenance has done some re-paving just to make the riding smoother. Keep your fingers crossed for bright and sunny but moderate weather. See you on the ride soon.



Paceline - Beck Frydenborg, continued

of the first in Tallahassee circa 1987, so that Robin could share the pleasure of trailering. Eventually, Beck began riding the back of the tandem, and he was a good stoker. However, he yearned for the freedom of a solo bike.

Beck, what are your thoughts now on riding on the back of the tandem when you were a lot younger?

I remember that I had a lot of fun on the back of the tandem, although it was frustrating not being able to steer or pick the cadence I wanted. I also remember that I never wanted to stand because I thought the bike would tip over.

Beck, do you remember the first time you rode your solo bike on a club ride?

I think I rode my mom's Vitus on the Chaires ride. I got dropped pretty quickly. After getting dropped many times, making Chaires on my own for the first time was my most memorable ride.

What's been your most exciting race so far, and why?

The Tour de l'Abitibi, in Quebec, Canada. This was an international stage race with fast kids from Europe competing. I had some bad luck in my ITT, and in two stages, but that just made for a more dramatic race. On one 75 mile road stage, I punctured on an uphill and was dropped from the group. I kept riding until my car, which was last in the caravan, caught up with me and gave me a new rear wheel. I was lucky enough to still be in with the caravan, and hopped my way up around each car until I caught back up with the group. It had been a long hard 20 minute effort into the wind by myself. I later found out, once I was back with my teammates in the pack, that my rear brake was slightly rubbing, causing me to expend around 5 percent more for the same speed. I finished that race in 69th place overall, with my best result being 20th. I was the highest placed rider on the team, and it was a great learning experience.

Who are some of the teenagers you're training with?

I don't know if my dad counts, but he ought to. I also ride



Beck Frydenborg at a State Criterium Championship

with Dayne Johnson, Zak Ball, and I would ride with Chet Smith III if he would quit playing lacrosse and take up a real sport again.

What bike are you riding?

Giant TCR0, in the works of building up another bike

What's the weirdest thing that's happened to you on a bike?

My back wheel coming off during a sprint well over 40 mph.

Okay, gotta ask, what happened next?

So everything is great, and next thing I know I am fish tailing all over the place. The wheel had slid out a little, causing it to lock up against the frame. After about 3 seconds of surfing on my bike, the wheel came off completely, and not being able to ride on only my front wheel, I went down on my right side, parting with around 8 percent of my skin. I think I slid on my side a good 30 to 40 yards before I found safety in the grass. The only time I have experienced more pain is when I broke my arm. Your skin has quite a few pain receptors I found out.

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What's your dream bike?

Something free that rides well and looks ok.

What do you do when you're not wearing lycra?

Captain of swim team, member of National Honor Society, Key Club, eagle scout, IB program (schoolwork), hang with friends, sleep.

What is something club members probably don't know about you?

That I also swim alright. I made it to state with the relay from my school. Also, I'm a junior in high school, not in college.

What does the club mean to you?

Shows the healthy lifestyle of the community. The commitment to junior development is very encouraging and much appreciated. It's also, not to sound corny, but in a way an extended family. I have known many club members my entire life, and everyone has always been very supportive of me, particularly when I was younger and did not have as large an interest in riding as I do now.

Robin, how did y'all get interested in racing?

When Beck was encouraged by Scot Benton to attempt the State Road Race Championship in Defuniak Springs, we accompanied him and enjoyed watching the action. For several races over the next few months, we would spectate, but after a while, felt bored by not participating. Since we were doing the training workouts anyway, we decided we might as well race. While racing, you experience a range of emotions, from exhilaration, to terror (when you almost crash), to all consuming pain. Is it any wonder why we do it?

Robin, what advice would you give to families who want to ride together?

The best advice for families who want to ride together is to make it fun before you make it challenging, especially with younger children. People used to tell us that our son would probably grow up to be a couch potato because we encouraged him to ride with us a lot. I think if we had forced him every time, then he might have rebelled. There was a period of time when Beck wasn't nuts about riding with CCC every weekend - especially on the back of the


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FBA is a not-for-profit **member-driven** organization created to inspire and support people and communities to enjoy greater freedom and well being through bicycling. We're uniting all types of cyclists—on-road, off-road, those who prefer shared-use paths or rail-trail riding—to create a statewide bicycling community bound together in common pursuit of a more bicycle-friendly Florida. For more information and to join, visit <http://www.floridabicycle.org/>

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Paceline - Beck Frydenborg, continued

tandem - when he wanted to “do it himself”. This was just the transition to being independent -which is why a bike is so wonderful. As adults, we still love the freedom cycling brings us. We always took bikes or rented them on vacations when Beck was younger and this was a great way to explore a new region (like the San Juan Islands or Cape Cod visiting relatives).

When Beck began training and racing, we incorporated his training schedule/rides into our trips. Since we all stay in shape together, it’s easy to say, “Let’s rent some road bikes and ride across the Golden Gate Bridge and then climb Mt. Tamalpais”. My other advice or observation about riding together as a family, is that we often use that time (especially if it’s an easy recovery ride) to talk and counsel each other. And I mean I’ve gotten some non-biased and blunt advice from my son and well as been an ear to listen to him. We’ve discussed school, friends, frustrations, politics and the world when pedaling together. As kids become teenagers and then young adults, it’s great to have that time together, whenever it occurs.

Beck, what role do you see for biking in your future?

I would like to try to go pro, which I am sure is every other kid’s dream. However, if I could get a deal like the guys on Webcor Builders, I wouldn’t mind either. Biking will be a big part of my life in college, and for the rest of my life as well. This year I’ll also be riding for General Electrics. In my first Pro 1, 2, 3 race -a 120 mile road race - I placed 4th overall. As I improve, there are more options open to me. I think that with the commitment and the right attitude I can make cycling work.

Beck, any final last comments?

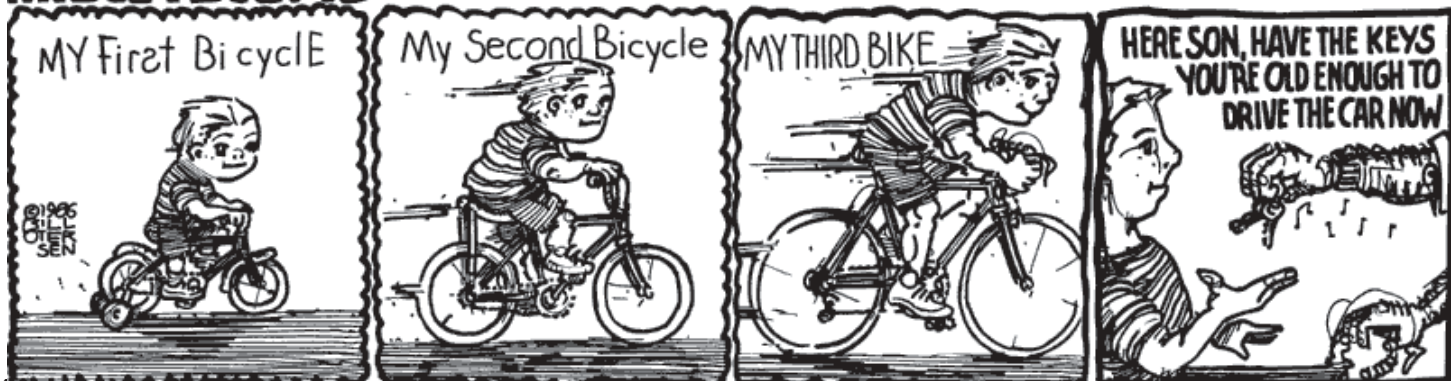
I want to thank CCC for supporting the Atomic Race Team over the years. The money has been well spent, and I have been able to travel to Canada and to Nationals with the help of the CCC sponsorship.



Fast family: Robin, Beck, and Russ Frydenborg on vacation in Sausalito, CA with the Golden Gate and the lower slopes of Mt. Tamalpais in the background..

My First Bicycle By Bill Otersen all rights reserved by the Artist

MISTER STUPID



BIKE SEBRING 12/24 HOUR RACES

By Ritaann Becker

At 6:30 a.m. on Saturday, February 19, 2005, hundreds of riders rolled over the start line to begin a whole or half day in the saddle at the 12/24 Hour Race in Sebring, FL. Four Tallahasseans had great rides and finished tired, but really happy. All finished in the top 3 of their age groups.

The 12/24 race was also a RAAM (Race Across America) qualifier and entrants came from all over the US and Europe to participate. It was a chilly start with the weather warming up nicely throughout the day. The terrain was a mixture of flat roads, a lot of rollers and a few climbs, with headwinds and crosswinds all day. The first 100 miles of the race consisted of three very fast loops on the famous Sebring race track followed by an 89 mile circuit out on the open roads. Upon returning to the start area, riders continued to race 11.5 mile loops for the remainder of their ride time. At 6:15 p.m., the 24 hour racers were directed back on to the Sebring race track to do their remaining mileage by doing loops for the next 12 hours of riding.

Support was superb, timing was accurate, and the riders were amazing. From young to old, handicapped, and varying levels of rider abilities, all came together to test what they were capable of accomplishing by riding the greatest distance in 12 or 24 hours.

Tallahassee athletes at the Bike Sebring 12/24 Hour Races were Ed Williams, Jim Russell, Karin Clausen and Ritaann Becker. This was Ed, Jim, and Karin's first bike race and it was Ritaann's (RA) first bike race since 1987. All Tallahassee participants placed in their respective age groups.



Ed Williams and Ritaann Becker at the dark and chilly start.



Tired but happy: Karin Clausen, Ritaann Becker, Ed Williams, and Jim Russell with their medals.

Local results:

<u>Name</u>	<u>Distance</u>	<u>Award</u>	<u>Age Group</u>
Ed Williams	192 miles	2nd place	35-39M age group
Jim Russell	169 miles	3rd place	30-34M age group
Karin Clausen	146 miles	1st place	35-39F age group
Ritaann Becker	209 miles	1st place 2nd woman overall Class/Age 50-54 F record	50-54F age group

Why I ride in Groups

By Chaz Heller

Why do we ride?

Moreover, why do ride in groups? First and most importantly for fun. Second, for training. Third and finally to join forces in the continuing battle between bike riders and people who choose to ride the couch. I ride for the support, training, the unlimited amount of knowledge offered by veterans and for the pure fun.



Our training during the racing season is not the same as the rest of the year. Therefore, the rides we do should not be the same all year. My training schedule for the last year, which has helped me improve greatly, uses the Food Lion and Chaires rides. Food Lion is the best ride in town, hands down, for those who want to bone up on

racing technique. But racers should not be doing race-type training twice a week all year. I do the Chaires ride in the beginning part of the season and then add the Wednesday Food Lion later. As I come into shape, I start doing the Saturday Food Lion instead of Chaires. Also, I do Chaires on off- weeks to rest and keep my roots. It doesn't have to be one or the other. It should be both. I have learned everything I know about cycling on one of those two rides - mostly from club members. There is something very special about FL. Solo breakaways, rivalry, knowing everyone out there is plotting against you, and then still going out and doing what you do best, riding a bike. Alternate weeks.

"support those who support you...CCC is an outstanding group of positive, supportive individuals, and it is imperative to support them."

Atomic is where it is because of people making an effort to ride together. I have seen the side of riding solo for months, and it is not as rewarding as a group.

Another point I want to make is this: support those who support you. We must make the extra effort to become part of the group that feeds us. CCC is an outstanding group of positive, supportive individuals, and it is imperative to support them. It doesn't have to be every week but should be at least once a month where we ride and talk to non-racing CCC members.

One last point: FL is what it is because of the people who ride it. Two quotes I will always remember. Ray McNamara said, "road racing (and riding) is circumstantial." This means what you get out a given ride or race depends on the group. The second is from Chris Robertson who said, "don't stop pedaling." He often yelled this at me, especially on breakaways. I think this wisdom is a little deeper than just encouragement to work harder. It means that each person's pedaling helps everyone else. It means the sum of a group is always greater than its parts. And that is the way to win - and have more fun.



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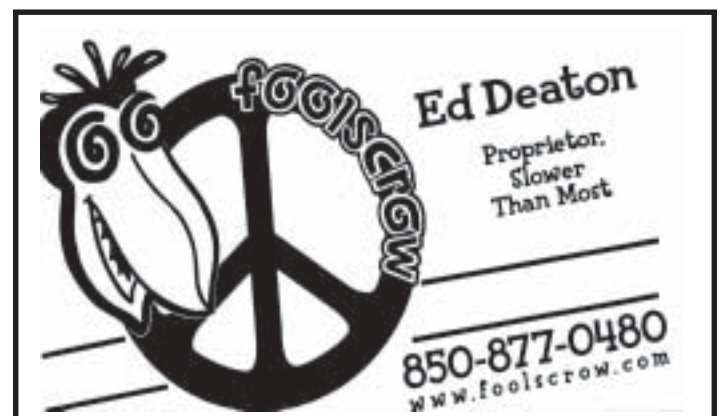
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A few bad seeds planted on Arbor Day along with good trees

By Chris Sands, photos by Mary Anne Koos

Every year the city and county work together to plant trees on Arbor Day. They take turns buying the plants and choosing the location. This year they had over 250 trees and shrubs to plant along the St. Marks Trail between Capital Circle and Gaile Avenue on January 22.

I hitched up my bike trailer and threw in some gloves, shovels and bottled water and got there late - about 9 A.M. I was getting closer and closer to Capital Circle and saw lots of unplanted trees and no planters. I started to worry that no one would show up and I'd end up alongside a handful of people laboring all day to plant these trees. Then, about a half mile from Capital Circle I came upon hundreds of people with shovels heading north and leaving planted trees in their wake.

At last I saw another bicyclist. It was Jeff Hunter on his recumbent tricycle pickup and his two sons in the bed. He had just arrived and I followed him back through the throng of workers. We kept going until we got to some unplanted trees and just dug in. The dirt was loose. The work went fast. The crowd, it turned out, was made up mainly of four congregations of youth groups from the Church of Jesus Christ of Latter Day Saints. Mormons. Nicest bunch of folks you'll ever meet.

The Mormon kids were making quick work of the tree planting. There were some scout troops in there and some independents, but no one I recognized as a bicyclist. Near the end of the planting I saw (FDOT District 3 Bike Coordinator) Mary Anne Koos and Will Abberger. So they, Jeff and I were the bicycling contingent, with Jeff and me on bikes. I intentionally wore my CCC jacket. You have to fly the flag. Every event like this is a PR opportunity for the Club and by extension for all cyclists. You never know when it's going to turn sour. This time it was right at the end.

We had all the trees planted in about an hour. Down the trail comes this aggressive bike rider in racing regalia. He's yelling at people on the trail. I couldn't make out what he was yelling, but the gist of it was that he was coming through and everyone needed to get out of his way because they were blocking the trail. "You're

late." I told him.

Here we were planting trees on the trail so this guy could have some shade in a few years, and he came through yelling at everybody. The Mormon kids stopped and looked at him with puzzled frowns. I was embarrassed. This rider really made cyclists look like angry selfish hotheads. A lot of the goodwill of showing up on a bike in a cycling jacket to pitch in just got trumped by an ugly stereotype.

Sometimes, we are our own worst enemies. I hope the kids who did all the work forgave the guy's ignorance and realized that all bike riders aren't like that. Maybe we can redeem our tarnished image by showing up in big numbers for next year's Arbor Day planting, even though it may not be on the St. Mark's Trail. And when riding on the trail, it wouldn't hurt to smile and be courteous to non-cycling trail users.



Above: Hundreds of teens plant shade trees next to the St. Mark's Trail.

Below: Chris Sands (l) and Jeff Hunter represented cyclists.



Jennifer Carver resigns as Bike-Ped Coordinator

By David Stotts

Jennifer Carver, who resigned as Bike/Ped Coordinator in February, was one of the most effective people to ever hold the position. In her 3 1/2 years on the job, she transformed from someone who was primarily a desk-bound planner to a committed bicyclist - as a commuter, tourer and recreational rider. As she did more riding and got to know the diverse personalities of our Big Bend bicycling family, she became an increasingly strong voice for advocacy. Since Jennifer was organized, charming, bright and energetic, she accomplished a great deal, overseeing many major projects like Blairstone and the Goose Pond Trail to ensure that safe cycling paths and lanes were included and built.

Her greatest achievement was midwifing the complex, comprehensive, and years-in-the-making Bicycle & Pedestrian Master Plan into being. During her last months on the job, she toiled on an addendum to the Plan detailing safe ways to Tallahassee's 47 schools which a few commissioners suddenly demanded as a contingency to approval last May.

Jennifer was a powerful friend of bicyclists in a very difficult role. We appreciate all that she's done for cycling.

"She has done a tremendous job in the last several years navigating the politics and bureaucracy of the Metropolitan Planning Organization," wrote Chris Sands. "We will miss having her in City Hall to advocate for us."

At her last meeting of the Bicycle Pedestrian Advisory Committee, which Jennifer organized and attended each month, Committee Chairman Pete Butler presented her with a gift certificate to The Great Bike Shop.

"We're going to miss you here. But we'll have you on speed dial from now on," he said.

Jennifer had some advice for her unnamed replacement: "Run, run as fast as you can! No, seriously, don't work more than forty hours a week. Don't think that every thing that happens is your personal responsibility. Make friends with the FDOT."



Members of the Bicycle Pedestrian Advisory Committee at City Hall, February 8, 2005. From left to right: Michael Bithorn, Francis Ventre, Doris Lamb, Jennifer Carver, Judy Lazzarini, Pete Butler, and Donna O'Neal.

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The Future of Cycling in Tallahassee: Highlights from February and March's Bicycle - Pedestrian Advisory Committee Meetings

By David Stotts

Big changes at area parks benefit bike pedalers - February 8 BPAC Meeting

Larry "Bear" Schenk, the nationally award-winning Superintendent of Tallahassee Parks and Recreation, had some exciting news of major improvements for cyclists, pedestrians, and paddlers. First, he announced the completion of the sidewalk around Lake Ella and the installation of new roofs on shelters and new picnic benches. Coincidentally, the woman whose fall spurred the City into paving the final three hundred feet of sidewalk was in attendance as well. "The new sidewalk solves a 40 year-old problem," said Schenk.

Bear was especially enthused about a \$200,000 federal grant for continued Parks improvements. The 798 acres of Lafayette-Heritage Park, which connects to Tom Brown will continue to be enhanced with 5 1/2 more miles of off-road trails, the possible paving of the non-technical section between Tom Brown and Piney-Z, the building of 5 1/2 more miles of shoreline trail, 4-5 more miles of other trail, a possible overpass over the CSX tracks, continued stocking of Piney-Z Lake with game fish (it's already stocked with 200,000 15" bass and other fish), better boat ramps (it already has a sandy kayak/canoe put-in), and the construction of 50 more miles of trail in all other area parks.

Weems Rd between Mahan and Easterwood Drives will be reconstructed with bike lanes and sidewalks. The project, which passes the Tom Brown Park entrance to the Goose Pond Trail, is funded for construction and should be scheduled

sometime soon.

The Future Isn't What It Used To Be - February 8 BPAC Meeting

Former long-time BPAC member, bike advocate, and Fool's Crow recumbent peddler Ed Deaton made a presentation of Todd Litman's white paper on new transportation trends. According to "The Future Isn't What It Used To Be," transportation planning needs to focus on walking, cycling, and transit and de-emphasize private automobile usage. In fact, the paper documents that the trend to non-car transportation is already occurring. You can read the paper at the website of the Victoria Transport Institute at www.vtpi.org.

Sunshine Law & BPAC - March 1 BPAC meeting

Paul Sexton, the attorney for the Capital Region Transportation Planning Agency, discussed Florida's Sunshine Laws. After explaining the obvious central notion that BPAC members are prohibited from discussing bike/ped issues with each other outside of official public meetings, he made this statement: "We're considering exempting advisory committees from Sunshine requirements by changing their status from advisory to only fact-finding." Could this ostensible favor to BPAC reduce bicyclist's and pedestrian's power to influence commissioners to support bike/ped improvements? Without the official specific advisories by the Committee, could the wishes of cyclists be more easily ignored? For example, absent the strongly-worded

advice from BPAC, Conner Blvd. most likely would have been built without bike lanes.

Capital Circle South West designed with bike lanes and multi-use sidepath - March 1 BPAC meeting

Michael Woodward, an engineer for Blueprint 2000, presented the cross-section designs for the massive rebuilding of Capital Circle Southwest. The designs include four-foot bike lanes and meandering variable-width multi-use sidepaths. The spin is that it will be difficult for commissioners to succeed in removing bike lanes from the final design, although we should monitor the situation. Jack Kostrzewa, acting planning director, said that this project will draw a lot of Blueprint funds, so don't expect to see a lot of other Blueprint projects for a long time.

Who are you gonna call? March 1 BPAC meeting

Now that it might be a year or more before Tallahassee has a bike/ped coordinator, you might be wondering who will answer the phone? Well, it will be a combination of the the very hard-working Jack Kostrzewa, Greg Burke, or Lynn Barr at 891-8540.

Quote of the day

"Transportation projects take time. The Woodville Highway project entered the Long Range Transportation Plan in 1980. It'll be lucky to be built by 2030. It could be 40-45 years before a newly proposed project is built." - Jack Kostrzewa

Jennifer Carver (far left) at the February meeting of the Bicycle Pedestrian Advisory Committee





Bike Shorts

A note of thanks from Jim Mann

I wish to thank all you CCC members that ignored the stormy weather and showed up for my surprise birthday/retirement party. I especially appreciate the efforts of Bob Carruthers, David Crawford, Tracy Dunaway, Pam Jackson, Chris Sands, and Nancy Wright in putting this party together. Another thank-you to everyone who brought those goodies and gifts. Chris Sands did a great job as MC and the power point show. I don't know where he found all those pictures of me. I am very grateful to the members who took the time and effort to write about past events in which we have been connected. Those letters, put together in a scrap book, mean a great deal to me. As I said the night of the party, "I feel I have gotten much more out of 18 years with CCC than I have put into any work I've done with CCC."

Neil Dimacali to host bike ride and party on May 22

Mark your calendars for Sunday, May 22, at 8:00 AM. Neil Dimacali invites you to "Gear Up for the Tour," a bike ride of 30 and 40 miles for rider Levels A, B, or C. The ride starts at the Chateau de Dimacali, 2599 Merganser Ct. off Noble Drive in Tallahassee. We'll have a covered dish party after the ride, then watch tapes of the Spring Classics and the Giro d' Italia. Make your predictions for the 2005 Tour de France and win an all-expenses paid trip to Paris. Of course, I'm making this last part up! Info: Neil Dimacali at (850) 422-1837.

Assistance for Ride to Remember event March 19

Sgt. Judy Suchocki of the Tallahassee Police Department, who for many years was the officer who sent admonishing letters to bad drivers reported by cyclists and is a strong advocate of cyclist and pedestrian safety, now could use some assistance from us.

The Sergeant writes, "We need your help. On Saturday March 19th at 8AM we are having our second annual "Ride to Remember" fun bicycle ride, which is for the Police Unity Tour to honor law enforcement officers killed in the line of duty. We have 64 riders pre-registered and expect at least that many to register on the day of the ride. The ride consists of three different routes starting at the head of the St. Marks Trail. We need approximately 20

volunteers to help with the many duties. If you can help, please e-mail me or call my cell phone 556-9015."

Thousand-plus Bike Florida riders to ride through Tallahassee on Sunday March 20

Over 1,000 cyclists from across the United States, Canada and Europe will roll through Tallahassee on their way from Monticello to Quincy on Sunday morning, March 20th during the seven day 400 mile Bike Florida. They will have a rest stop at the Heinz Brothers Nursery, on Bradfordville Road.

Bike Florida is a non-profit organization which has been hosting an annual bicycle ride around a different area of Florida for twelve years. Proceeds from Bike Florida events help provide financial and staffing assistance to Florida's Bicycle and Traffic Safety Education Program. The program administers traffic and bicycle safety education workshops and certificate programs for Florida elementary and middle school teachers, community volunteers, law enforcement officers and recreation leaders.

For more information on Bike Florida contact executive director Greg Wilson at (352) 376-6044, or visit our website at www.bikeflorida.org.


FSU Race Weekend in Tallahassee March 26-27

You don't have to watch OLN to see exciting bike racing. Just come to the FSU Criterium on the FSU campus on March 26. Start/finish line is at Jefferson and Woodward with racing beginning at 8:00 am. Download race brochure at www.fsucyclists.org or contact Jason Snow at 222-8108, jaysnowman69@msn.com for more info.

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Book Review

By Jim Mann

On a March evening in 1993, John Triggs was sitting on a porch in Kansas City, KS, when he first told a friend he was planning a bicycle trip that would take him through all 48 contiguous states. At the time John was 52, 6 feet tall, weighed 260 pounds and was between jobs. He had always loved geography and as a child could draw a map of the country showing all the states. He spoke of this trip being an opportunity that might not be possible at a later time in his life.

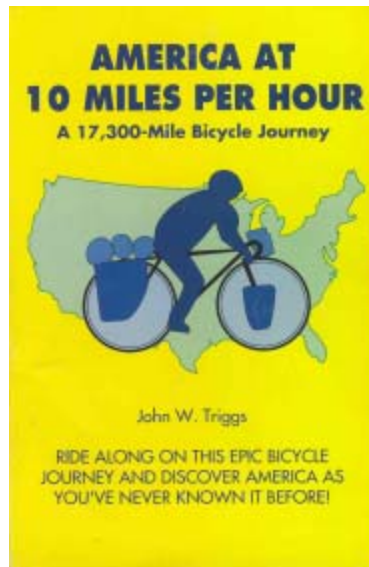
With his goal firmly resolved, John started preparing for the trip. He'd been doing some cycling, but his old bike wouldn't be up to an odyssey, so he purchased a 21 speed Specialized SIRRUS Triple. During the next 3 months he rode over 1,000 miles on his new bike and obtained the other equipment he would need for self-contained touring. His basic plan was to do the north central and eastern states that summer, go down the East Coast in the fall, do the South during the winter, the West Coast during the spring and the rest of the northern states during the following summer. He also added in a few bends to his route, which enabled inclusion of all the lower 48 states in the trip.

On June 28, 1993 he began his journey, which would take him until August 12, 1994 to complete. During most of the ride, he camped. Sometimes he used campgrounds or asked permission to set up his tent on property of people he met. Other times he practiced wild camping in areas where his campsite would go unnoticed. He occasionally would get a motel room but spent most of his indoor nights with friends he met or relatives he visited. I was amazed at the number of relatives on whose doorsteps he arrived; he seemed to have family everywhere.

I have read cycling books that are more adventurous. But, this book covers the day-to-day events that self-contained cyclists experience on a long trip. It reflects the reality of long

America at 10 Miles per Hour - A 17,300-Mile Bicycle Journey

By John Triggs



Excerpt from America at 10 Miles Per Hour in which the Author meets Jim Mann:

“As I headed for the Ochlockonee River I was hailed by a man in a pickup truck.

‘Where’d you come from and where are you headed?’ asked a partly gray-haired, bespectacled gentleman about my age.

‘I’m Jim Mann, president of the Capital City Cyclists’ Club. I’ve never tried a ride like yours, but once I ran across this fellow from Ohio who was riding to Daytona Beach — he had interesting tales to tell. You’re sure welcome to put your tent in my yard tonight, if you’d like.’

He loaded me up, drove me to his place and fixed me supper... He broke out a bunch of maps and gave me much helpful route advice.”

distance touring. He met a lot of people who helped him out and a few who declined to do so. He had to take care of repairs on his bike that ran the gamut from flat tires to broken spokes. One Swiss couple he met, who were also touring by bicycle, told him that they wired their spokes together on the rear wheel at the point where they crossed and they had suffered no broken spokes in several thousand miles. John tried this, but still broke a few spokes.

The most serious situation he encountered occurred while riding at night in New Mexico where he was the victim of a hit and run accident. He was knocked unconscious, suffered painful bruises and his bike was destroyed. After buying a new bike from the shop in Los Lunas, he was able to continue after only a week's delay.

John was headed out of Florida in late November when I saw him turning onto CR 270 from Hwy 27 in Gadsden County. Pulling over, we talked for a while. Because it was near sundown, I suggested he could spend the night at the house. That evening we went over some maps and I suggested an alternative route to Alabama, which he used.

I was surprised to get a copy of his book a year or so later. During a recent phone call to obtain the mailing address for his book, John said he was leaving for two to three years of cycling in Europe and North Africa in March of this year. He plans on sending back email messages concerning this trip. Even though he may be gone you can still obtain his book by sending him a check for \$17.95 to 2933 Holmes St., Kansas City, MO. 64109.



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

Life is always a beach at Joe's Bike Shop

By David Stotts

With hundreds of gulls whirling in the blue skies above scores of bladders, strollers, and bike riders meandering the newly renovated boardwalk, the lovely park around Lake Ella is the nearest thing Tallahassee has to a shoreline. Overlooking the lake and boardwalk scene, the stone cottage of laid-back Joe's Bike Shop is like a charming New England seaside retreat. It is the hippest, friendliest, and most relaxed place to go for your cycling needs - beach related or otherwise.

Proprietor Joe Mezzina has just the thing to put you further in the beach mood: the Diamond Back Vera Cruz single speed cruiser (\$279). Que bueno! This machine is so cool and artfully designed that beautiful thong-clad people will stop to talk when you ride it down the strand of sand at Shell Point, Carabelle, or to the store for a six pack of Corona. Its lime green paint and flame-decorated fenders scream object d'art. Even the bas relief flame-shaped tire treads match the fender flames. Constructed of Kinesis 6061 aluminum tubes, the Vera Cruz is very light for its breed. And bikinied butts will appreciate its signature double-sprung comfort saddle.

You'll always see someone you know at Joe's. Ken Foster, former owner of About Bikes, stopped by to pick up rubber parts for a pair of vintage Silca floor pumps. He also bought a slick highly-polished stainless steel hip flask by Surly (\$21.95), an item Joe says is in demand.

Joe's has been a traditional place for the start of after-work in-town rides. The current favorite is Scot Benton's casual come-as-you are cruise to Decent Pizza at 6:30 PM every Friday evening.

Expert mechanic Peter Burchell graciously answered several reader questions:

The steel bolt broke on the face plate of the stem while I was pulling up on the bars. It was seven years old and had been ridden fairly hard. Is this normal? How long can parts last, and do we need to replace every bolt on a bicycle periodically?

Every time you loosen and tighten a bolt, the metal is stressed. Every time you ride the bike, the parts of the bike are pulled, pushed, moved and bent slightly. Over time, these repetitions cause fatigue which can result in failure.



How safe to you want to be? Some bikes seem to last forever. Others register failures relatively soon. If you have a torque wrench and know how to use it correctly, tightening to the proper torque certainly will help. Using good judgment about the type and frequency of riding and replacing bikes and parts accordingly is the most important thing you can do to minimize failures.

I've had a lot of flats recently and decided to try the "slime" tubes which supposedly seal punctures automatically. Do these work?

Not in Tallahassee. They were designed to combat flats from tiny thorns found mostly out west in Colorado, Arizona, and California. What the slime tubes do is change a flat into a slow leak. Maybe you can pump up the tire and get home, but you'll have to replace or patch the tube eventually. They may do that for some broken glass punctures, but are worthless against bigger stuff like nails.



Joe Mezzina shows the artfully made, lightweight and fun Diamond Back Vera Cruz-er (\$279). Built for comfort and catching the eye, it's perfect for a spin around the lake or a cruise down the sand at the Gulf of Mexico.



Send bicycle mechanical questions to dave@cccyclists.org. We'll have them answered by a top local mechanic.

Tallahassee Area Group Road Rides

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

For the latest information and maps on many rides visit www.cccyclists.org. Helmets are required for all rides. The Chaires, Food Lion and Cabo's rides are not officially sponsored CCC events. Ride at your own risk.

RECURRING RIDES	MILES/LEVEL	CONTACT/PHONE	START	COMMENTS
Every Sat 8:00 AM	20/31/45 A B C	YOYO	New Chaires Elementary School on Chaires Cross Road.	Chaires Ride-- Group decides route and mileage
Every Sat 9:00 AM in March. 8:00 AM in April	33 A	YOYO	Old Food Lion shopping center at the corner of Shannon Lakes Dr and Kerry Forest Pkwy	Food Lion Ride. This is a fast ride with three sprints.
Every Sun 8:00 AM	20/38/51 A B C	YOYO For information, call Peter Stone 942-9095	Cabo's Grill parking lot, corner of Apalachee Pkwy & Magnolia	Cabo's Breakfast Ride B & C riders bring partner
DATE/TIME	MILES/LEVEL	LEADER/PHONE	START	COMMENTS
Sun Mar 6 8:00 AM	23 C D	Chris Lacher 385-7340	Bruegger's Bagel Shop parking lot, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers.	Bruegger's Ride - Short ride a moderately paced "civil cycling" ride. All riders welcome and no one gets dropped!
	36 B C	YOYO		
Sun Mar 13 8:00 AM	49 B C	Tom Butler 421-6966	St. Marks Trail Head	St. Marks Lighthouse Ride - Fee for entering the refuge is \$1.00.
Sun Mar 20 8:00 AM	59 B C	Steve Wise 510-0164	Miccosukee School	Aucilla Loop - Ride leader will supply maps for shorter options.
	31 C D	YOYO		
Sun Mar 27 8:00 AM	50 B C	Jim Mann 422-0302	Quincy - behind Courthouse in front of Quincy State Bank	Quincy to Chattahoochee
Sun Apr 3 8:00 AM	24 C D	Laurie Grubbs 877-1866	Bruegger's Bagel Shop parking lot, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers.	Bruegger's Ride - Short ride a moderately paced "civil cycling" ride. All riders welcome and no one gets dropped!
	36 B C	YOYO with map provided -		
Sun Apr 10 8:00 AM	27 C D	Al Hammock & Lisa Cashulette 877-1670	Chaires Elementary School	Chaires-Waukeenah-Wacissa Loop
	41 B C	YOYO with map provided -		
Sat Apr 16 7:30 AM	100 M or 100 K ALL	N/A	Quincy Recreational Center (standard century) or Cairo High School (metric century)	TOSRV! - Two day ride. Regular or metric centuries to Albany, Georgia and back.
Sun Apr 24 8:00 AM	33 ALL	Dave Beck/Laurie Grubbs 656-2797	Bonefish Grill - Killearn Center Publix parking lot	Frank Hansen - This Ride's for You!
Sun May 1 8:00 AM	24 C D	Dave Crawford & Martha Cunningham 386-1805	Bruegger's Bagel Shop parking lot, Carriage Gate Shopping Center. Use center of lot for parking to avoid interference with bagel customers.	Bruegger's Ride - Short ride a moderately paced "civil cycling" ride. All riders welcome and no one gets dropped!
	36 B C	YOYO with map provided -		
Sun May 8 8:00 AM	21 C D	Kathy Lurding 656-1633	Summit East parking lot, E Hwy 90 just past I-10 on right	Summit East Ride - All riders welcome! No one dropped on the shorter ride.
	31 B C	YOYO with map provided -		
Sun May 15 8:00 AM	TBA C D	Dick Durbin 668-4336	Miccosukee 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/>

Off-Road Ride Schedule

DATE/TIME	LEVEL	LEADER/PHONE	START	ROUTE/COMMENTS
Wed Mar 2 6:00 PM	All riding abilities welcome	Bob Carruthers 216-1873	St. Marks Trail Head	Munson Hills Night Ride. Helmet, eye protection and good lighting system for 1.5-2 hrs necessary. No rider will be dropped.
Wed Mar 9 6:00 PM	All riding abilities welcome	Bob Carruthers 216-1873	St. Marks Trail Head	Munson Hills Night Ride. Helmet, eye protection and good lighting system for 1.5-2 hrs necessary. No rider will be dropped.
Wed Mar 16 6:00 PM	All riding abilities welcome	Bob Carruthers 216-1873	St. Marks Trail Head	Munson Hills Night Ride. Helmet, eye protection and good lighting system for 1.5-2 hrs necessary. No rider will be dropped.
Wed Mar 23 6:00 PM	All riding abilities welcome	Bob Carruthers 216-1873	St. Marks Trail Head	Munson Hills Night Ride. Helmet, eye protection and good lighting system for 1.5-2 hrs necessary. No rider will be dropped.

Note: Off-road rides are not officially sponsored Capital City Cyclists events. All responsibility rests with the riders.




Todd May
HIGHER GROUND
bicycle co.

**1319 East Tennessee Street
Tallahassee, Florida 32308
Phone: 942-BIKE; Fax: 942-RIDE
New Location: 3185 Capital Circle NE
Phone: 562-BIKE; Fax: 562-RIDE
Email: highergroundbikes@earthlink.net**

**Cannondale
Specialized
Santa Cruz
Orbea
Merlin**

"HUGE selection of road bikes at Cap Circ store."



THE GREAT BICYCLE SHOPS
of Tallahassee

**1909 Thomasville Road
850 224-7461**

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 echo21@earthlink.net or call Pam at 894-3967 to update your mailing address, phone number and e-mail address.

What's Inside

- 1,2 TOSRV 2005 update - Larry Pushor
- 1-4 President's Paceline - Beck Frydenborg
- 3 CCC Board contact numbers
- 4 My First Bicycle, the Otersen Cartoon
- 5 Bike Sebring 12-24 Hour Races - RA Becker
- 6 Why I ride in groups - Chaz Heller
- 7 St. Marks Trail tree planting - Chris Sands
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- 14 Off-road Ride Schedule - Change of address
- 15 Membership Application

Upcoming Events

March

- 19 A Ride to Remember - St. Marks Trailhead - 8:00 AM.
- 26-27 FSU Collegiate Bike Racing

April

- 16-17 TOSRV 2005
- 19-24 Tour de Georgia



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 Pam Jackson at 980-3240 to ensure that you continue receiving your newsletter.