



Vol. 32 Nbr. 1

Wheelmen Tracks

January 2010

SIX GAP/THREE GAP

Continued

So how do you train for a mountain ride in the flat lands of Ohio? Well it's not easy but, it can be done. As many of you know Tina and I ride a lot of miles, so that part was already covered. That was also why this ride appealed to me, it was later in the ride season, base miles weren't the issue. Climbing is the big question. Being good on our short little hills is no indication of success in the mountains, though it gives you some measure of perceived ability.

With the need to do hills in mind we looked over the Ohio calendar of cycling events and chose as many hilly rides as time would allow us to do before the event in Georgia. They included, Eric's 14 hill challenge (as you read about in previous newsletter), Ramble Around Medina, Holmes County 100, as well as several of the hillier rides Tina and I already enjoy, The Akron Bike Clubs ABC ride, Roscoe Ramble, and the many Akron Bike Clubs rides in the Cuyahoga Valley. If any of these interest you, let me know I'd be glad to give you the details as many of them are great Ohio rides. Oh and you training purists, I know you can do hill repeats on any decent hill around, and get the benefit, but I like a little variety and scenery to go along with my suffering.

We rode many of these rides at good strong paces, pushing hard on the hills. I felt this was doing what we needed. I could sense that our climbing was improving, so with a week and a half to go we started our taper into the event. Taper, for those who may not know what it is, is a deliberate reduction in work load, but a continued level of high intensity riding. In

other words, short fast rides. Then a couple days of full rest and one last easy spin before your event. The car ride to Georgia provided the rest days and a beautiful back road near our resort provided the easy spin day. We were ready and a little scared!

As I said in the earlier newsletter, Dahlonega, Georgia is a gorgeous little town. Its claim to fame is that it is the site of the first gold rush in America and thanks to fate or dumb luck the town is little changed containing much of the original architecture and charm. Nearby is some spectacular sightseeing, the mountains of course and the highest waterfall east of the Mississippi. We stayed at the Forrest Hills Resort, very impressive place that has accommodated some of the tour of Georgia teams. One of the local towns is Helen another gold rush town that fell on hard times, so, to try and reinvent themselves they reconstructed it as an alpine village in the Bavarian sense of the word. It is quite impressive to look at, with lots of shops, but it leans to the touristy side of things, worth the visit but be aware of its many shops, junk store feel.

Part of the festivities of this event are a Bicycle expo on the town square, however the weather moved that indoors. It was nicely done though and included many local shops, along with some national chains and lots of food, energy bars, and the like. We also visited the local bike shops, one being a major sponsor of this ride, Dahlonega Wheelworks. They gave

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Minutes



Cateye Totals

If you missed the November minutes, here they are again. There was no meeting in December!

The November meeting of the Lorain Wheelmen was called to order by Pres. John Bachman around 7:40p.m. The minutes were accepted as written in the newsletter. Louise handed out the Treasurer Report which was approved as written.

Road Captain Report

The mileage totals were passed out. Mileage for the year is just a spit over 40,000.

Red Flannel:

The ride went well. There were 426 riders. Clyde said the help was spread thin but the Club came thru with the home bake cookies, bread and chili. There was discussion about asking for help from other organizations but after some lengthy discussion that was put on a back burner. The Club as a whole has a good handle on the food end and even though we are spread somewhat thin, we as a club always come through.


New Business:

Discussion was brought up about being a sponsor on the Back Roads to Beaches. After some discussion it was made into a motion by Clyde and 2nd by Dan to become a Cat 1 Supporting member for \$500.00. We'll have our logo & Web site link on the Beaches Web site and other presence throughtout 2010. We hope it will generate interest and bring in some new members.

The Banquet for next year was discussed. It was decided that the price limit will be \$35.00 per person with membes & spouses free. The motion was made by Pete and 2nd by Dave. The banquet location is yet to be decided.

Member	November	YTD
Maddock, Daniel	821	9,316
Cicerchi, Ron	489	6,056
Ballard, Ralph	483	5,287
Hendrickson, Joel	443	4,733
Linn, Colleen	0	4,624
Hohn, Clyde	0	4,077
Panek, Carl	309	3,368
Trost, Bill	276	3,304
Panek, Carol	311	2,826
Krebs, Dave	85	2,761
Petro, Arthur	83	2,506
Bachman, John W.	0	737
Moennich, Jim	115	471
Moennich, Debbie	140	464
Totals	3,555	50,530

The next club meeting will be the second Thursday in January at Ole Town Pizza in Amherst. After the meeting was adjourned, the food came and everyone ate.

WHEELMAN

LORAIN WHEELMEN

TRACKS

President	John Bachman
Vice Pres	Clyde Hohn
Secretary/	
Treasurer	Louise Page
Road Capt.	Ralph Ballard
Editor	Dave Krebs

For ride info, call 440.775.1573

SIX GAP/THREE GAP Continued

from Page 1

us a good overview of what to expect on the ride and calmed some of Tina's fears, while adding some to mine. Apparently, Hogpen Gap was to be feared both going up and more so, coming down. So, with a shaky weather forecast, it's been raining hard all day Saturday, and no idea what lies ahead, it's off to the resort for dinner and bed and then on to the ride ... part three. "The Ride" in the next newsletter.



Winter Starts!

Due to the lack of ridership from the Amherst starting location all Sunday WINTER rides will start from the Oberlin Inn at 9 am as of Sunday, Dec. 13th. This change is not taken lightly and I'm sure will inconvenience a few riders. With the average ridership down due to cold weather and a few of our regular riders headed south for the winter the Amherst starting point, more often than not, has no one present to ride. I hope that if you ride during the winter you will find the Oberlin starting point a reasonable distance to drive. If the roads are dry and the temps are above 25° you will probably find a few hearty souls to ride with. Have a great holiday and I hope to see you on the road soon.

Your Road Captain, Ralph

Let the Wind Choose Your Route

RBR. 10/15/9

In lots of places (especially flat places), wind direction is the No. 1 factor in deciding which roads to ride.

Ed's ready for this when he rides in North Florida next week. There are few significant terrain changes around Gainesville so wind direction is the main factor in choosing route direction.

The idea is to ride roads that take you into the wind on the way out. You're feeling fresh and strong starting rides, so pushing into the invisible wall isn't a big physical or mental strain.

It makes a ride tougher, though, if you sail through the first half with the gusts at your back, then have to grind into a headwind with waning energy.

Wind direction is especially important as colder weather arrives with typical brisk breezes.

Start rides into a cold wind when you're dry and fairly comfortable. The headwind limits the risk of overheating even though you're putting out effort. When you turn back, you have a helping hand pushing you home. If you get too warm it doesn't matter much.

Conversely, starting with a tailwind is likely to cause overheating as you pedal in what's effectively still air. Sweat will dampen your skin and the clothing next to it. Then when you reverse course, the cold headwind will penetrate and freeze you.

Tip: If you're away from a TV or PC (<http://www.weather.com>), check current wind conditions with flags, smoking chimneys or windmills. Down South, Spanish moss hanging

Shifting

Biking Skills, Jim Langley

www.jimlangley.net

Most people don't shift enough, which leads to premature drivetrain wear, sore knees (or worse) and one tired rider. Here's how to shift a bicycle: Think of yourself as the bike's engine. Like an auto engine, you're most efficient pedaling at a certain rate, usually from 70 to 90 pedal revolutions per minute. **To maintain this efficiency, shift every time you feel your pedaling rate (called cadence) slow or speed up.** Following this rule, on a rolling course, you'll be shifting almost constantly to maintain that steady cadence. But at ride's end, you'll be fresh while a ride partner who shifts less will be spent. How do you know what gear to select? First, don't get confused by the many choices, and don't worry about harming the bike by shifting it "wrong" — you can't hurt it as long as you slightly ease the pedal pressure when shifting (you must pedal to shift). And understand that the correct gear is any gear that allows you to pedal comfortably at the moment. **There's no right or wrong gear and there's no proper sequence to follow.** You just shift when your body tells you it's time for a change. Shifting the right lever one click makes it slightly easier or harder to pedal. Think of this lever as a way to fine-tune the effort required to pedal. As you pick up speed on a slight downhill for example, you'd click the lever once or twice to shift into a better gear for the speed. Shifting the left lever makes large differences in pedal effort. Think of this lever as a way to make it considerably easier or harder to pedal. Dropping into a valley for instance, you'll want an easy gear to get back out. But, you'll probably be in a hard gear because you were just riding downhill. To make the pedaling easy immediately, shift the left lever to move the chain onto a smaller

chainring providing much easier pedaling. If you're at all nervous about shifting, practice. A good way to do this is to shift the bike when it's supported on a stand. You might place the bike on a trunk-style bike rack or in a repair stand, hang the nose of the seat on a low branch, or ask a friend to hold the bike off the ground by the seat. Once the bike is supported, use one hand to pedal and the other to shift while watching the chain move over the cogs and chainrings. With a few sweeps of the levers, you'll get a clear understanding of what's going on back there and should feel more comfortable about shifting a lot while riding.

Yahoo, continued from page 6

Klein's plan for the first year is to ride and manage the team on the local US racing scene before applying for UCI Continental Status in 2011. Should they be successful, he would like to bring in Mariano Friedick, who is currently living in Argentina, as another key person on the management team. Friedick was a multi-national American champ on the track and raced for Toyota United and Saturn.

The Yahoo! Cycling Team, which will ride on Fuji bikes, includes qualified managers that also have a cycling pedigree. Haldane Morris, who was Rock Racing's General Manager for '07 and '08, is on board to help manage the squad. Morris has won 30 Gold State Champs and a silver medal at the USA Olympic Trials and was a member of the US National Cycling Team from 1989 to 1993. Allen Bean is another person who has worked with Rock Racing Management from 2006-2008. He has also been involved in cycling since 1974, and has over 25 years of project management experience.

Calendar

Date	Start	Destination	Distance	the etc's
01/03	Oberlin Inn	U-Show	25ish	first Sunday of 2010
01/10	Oberlin Inn	U-Show	30	Wakeman?
01/14	Ole Towne Pizza	Meeting	7:30 PM	
01/17	Oberlin Inn	U-Show	25ish	Maybe Wellington
01/18	Oberlin Inn	U-Show	25	short to Wakeman?
01/24	Oberlin Inn	U-Show	30	Back to Wellington
01/31	Oberlin Inn	U-Show	25	The wind will tell!

All Sunday and holiday rides start at **9:00 Eastern Standard Time starting**

Starting Times & locations

Oberlin:

The Oberlin start is in the Oberlin Inn parking lot located in the rear of the Inn.

Amherst:

The Amherst start is the City parking area 3 located between Tenney & Park Avenues just east of Church Street.

Weeknight evening rides:

Well, they're kaput now. If anything, there might be an informal ride in the afternoon if the weather is OK. Call Ralph & check!

Weekend & Holiday Starting Times:

Sunday & Holiday rides start at 9:00 AM Eastern Standard time 'till spring.

Saturday rides will start at 9:00 AM from Prospect School in Oberlin.

Don't forget to turn in your miles to: miles@lorainwheelmen.org!

RENEW NOW! Use the renewal application on the last page and send in your renewal **NOW!**

Tour of GA Cancelled for 2010

Cyclingnews.com 12/24/09

The group trying to bring back the Tour de Georgia has announced that it will cancel the race for 2010 and postpone the return “until at least 2011”.

The Tour de Georgia Foundation, Inc. had secured a place on the 2010 calendar from the UCI, but announced it had not come up with the financing to make the race a reality on Wednesday.

“This was not an easy decision, but one that was best in the current economic climate,” said Tom Saddlemire, board member of the Tour de Georgia Foundation, Inc. “The Board of Directors and our advisors did all we could to tailor a race to fit within the economic realities of today and we are understandably disappointed in this announcement, but we are committed to bringing back the Tour as soon as possible.”

The press release stated that the Foundation “thoroughly examined every potential avenue to bring a race together this year, but despite good fundraising efforts, there simply were not enough sponsorship dollars available to stage a Tour de Georgia in 2010”.

The last edition of the Tour de Georgia took place in 2008, and was won by Team High Road’s Kanstantin Siutsou in a close contest over Trent Lowe of Team Slipstream.

Sponsorship woes led to the cancelation of the 2009 event.

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Yahoo launches team cycling team in 2010

An online survey targeted at Silicon Valley Professionals revealed that an astonishing 50 percent are cycling enthusiasts and follow the local scene. The results were presented to the Yahoo! Management, the internet services company which operates the third most-visited website in the world, and prompted it to come onboard as the main partner to launch America’s newest team in 2010: Yahoo! Cycling Team.

The man behind the new squad is Kevin Klein, a former pro focused on creating a successful business model that will keep the new team pedaling on the long-term. The team will be operating at grass-roots level and will be primarily based out of California for the 2010 race season.

“The whole idea behind the Yahoo! Cycling Team is the recruitment of high tech professionals in the Silicon Valley and to provide a platform for partners to achieve more involvement at the community level,” Klein said. “If you do it right, everyone should win and grow their business.”

Klein has assembled an impressive 15-rider roster with a unique blend of experienced professionals, young natural talent, and seasoned leaders for 2010 - including two current professional road riders, members of the Under 23 National Team, and a two-time Olympian. But Klein did not want to reveal any names at this time - not until the launch of the website in January.

Klein himself will be riding with the team and is included on the racing roster. He has had some good 2009 results including a third place at the Davis Criterium race on July 4, won by Rahsaan Bahati. “There are veterans, young guys, and professionals on the team which make for a nice mix and spread out,” he added.

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Lorain Wheelmen Membership Form

New Renewal

Name _____ Age _____ Other Family Members _____

Address _____ Age _____

City _____ ST _____ ZIP _____ Age _____

Phone () _____ Cell Ph () _____ e-mail _____

Dues (due March 1st) Schedule (1/2 after Oct 1st for **NEW** membership)

Adult/Family \$15.00
(includes CrankMail)

Return To:
Lorain Wheelmen
P.O. Box 102
Amherst OH 44001-0102

Waiver

In signing this release for myself or the named member (when the member is under 18), I understand the intent of this release and agree to absolve all of the sponsors, or organizers and associated entities be they individuals or organizations, singly and collectively of all blame for any injury, misadventure, harm, loss or inconvenience suffered as a result of taking part in any Lorain Wheelmen Bicycle Club ride or in connection with any activity associated with or related to said organization. If the member is 18 or over, he/she signs for self. If not, then the parent or legal guardian must sign below.

Date _____
Signature of member or parent/guardian _____