

**PRESIDENT'S MESSAGE**

"Tips, Tricks and Don't Do's" from a novice

Recently I had a conversation with a new member post ride. The question was simple: "Outside of cleaning the chain, what else do I need to do to the bike?"

Wow! What else do I need to do to the bike? That opens up the door...lube the chain (and which lube do I use Dry or Wet?), keep the breaks free from dirt, check the spokes, tires, rim tape...where do I start? The mind started flowing and hundreds of tips, tricks and suggestions from friends, the bike shop, magazines started flowing.

Bicycling Magazine had an insert a while back titled "ABC Quick Check." A is for Air, B is for Brakes and C is for Cranks/Chain/Cassette. This is a good beginning point. Always check your tires for air every time you ride...inspect your brakes regularly. Spin both wheels before you ride to be sure your brakes are not rubbing. I have seen more than one experienced cyclist complain about poor legs, only to find that the brakes were rubbing the whole ride...check your chain for wear/cleanliness. If you ride regularly and find you have the cyclist tattoo on your

calf, this is a good indicator to clean the chain.

The question also leads into what to take on a ride...kitchen sink or tempt fate? That is personal preference. At a minimum, take no more than what you need to support yourself on the road. This is a great opportunity to visit the local bike shop and talk with Bill Golden/Patrick Burton or come to the bike club and ask what other folks do. Always have a spare tube, pump, tire levers and a tool kit. Get a bag big enough to hold what you need, but not so big as to take a foot long sub. The size should make you think "Do I need it?". Take at least one water bottle on every ride! Put one gel in your bag and leave it. Stowe a couple of bucks in the back in case you need to buy water on a long ride.

This article leads me into a second question directed at new riders: Would you be interested in a clinic to discuss these things and learn basic maintenance 101? Let us know. I am sure between the bike shop and the experienced folks we can put together something possibly before a club ride (or completely separate... your call!).

See you on the roads!

Patrick Wilson

THE RIDE OF SILENCE May 19, 2010

A little history of this ride and how it came to be....

The 2003 Ride of Silence™ at White Rock Lake in Dallas drew 1,000 cyclists through word of mouth and email communication over a period of only ten days. There was no registration and no fees. Local media reported the ride to be incredibly moving as these cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back.

Chris Phelan, a friend of Mr. Schwartz and the person responsible for starting this initiative, thought the ride was a one-time event. However, as word got out other cy

clists began to contact him with a desire to do the same thing in their own communities.

WHY DOES THIS ORGANIZATION EXIST?

To HONOR those who have been injured or killed

To RAISE AWARENESS that we are here

To ask that we all SHARE THE ROAD

Join us May 19th at the parking lot of the LaGrange Mall. The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors and no registration fees.

3 FEET SAFE PASSING - HB 988

[Update 3/12/10: The bill's sponsor has requested that advocates choose between the ability to ride two abreast (as current GA law provides) or the 3 feet safe passing law, stating there is concern that passing two cyclists riding side by side would be unfeasible. The GBA board is currently voting on what action to take.]

Georgia is now one of 7 additional states with a proposed 3 foot passing law: **HB 988** was introduced in the Georgia House of Representatives by Wendell Willard of Roswell, and we need you to contact your State Representative to support this bill, so we can make sure it becomes law!

While overall biking is a pretty safe activity, we do hear about folks who get buzzed and knocked off their bikes,

scared, or much worse, seriously injured or killed. Despite what many Georgia cyclists believe, state law makes no specific statements about how cars should pass bicycles. The portion of the code that refers to passing (40-6-42) says only

(1) The driver of a vehicle overtaking another vehicle proceeding in the same direction shall pass to the left thereof at a safe distance and shall not again drive to the right side of the roadway until safely clear of the overtaken vehicle; ...noting of course that bicycles are vehicles under the law. 16 other states have laws that apply a 3 foot safe passing distance for cars passing bicycles, which works as an educational tool for drivers and a standard for enforcement (how close is too close? "I didn't hit him -- he just fell down after I passed").

Based on GA numbers from 2004-2006, more than half (55%) of recorded deaths from car vs. bicycle crashes occurred when the car and bicycle were traveling in the same direction -- speeds tend to be higher and injuries more severe, highlighting the need for education and enforcement of a safe passing distance.

Current Law in 14 states: AZ, AR, CO, CT, FL, IL, LA, ME, MN, NH, OK, TN, UT, WI

Pending in 7 states: GA, MD, MO, OH, SD, VA, WA

While I was #1,184 to have signed the online petition since March 29, 2010, it seems the online petition is not available any longer: <http://hb988.epetitions.net/>. The legislation has to pass one chamber of the state Legislature by Friday, known as "Crossover Day," or it is likely dead for the session. Over 1,200 cyclists showed their support in Atlanta by riding to the Capitol.

WELCOME NEW MEMBERS!

Bonnie Vowell

Bret Burleson

Janel DiVirgilio

Joy Burnham

2010 MEMBERS

Becky Stanley, Bob Evans,

Craig DeLoach, Dan Evans,

David Johnson, Forrest Strickland,

Frank Willingham, Jennifer Wiggins,

Joey Latulippe, Ken Hacka,

Laurie Johnson, Mel Jastram,

Nancy Mallory, Patrick Wilson,

Penny Willingham, Rick Smathers,

Ron Cole, Shane Shaddix, Steve Alford,

Vicki Shaddix

2010 Blazing Saddles - July 31, 2010

**Wednesday Night Florentino's Ride
Wednesdays at 6PM**

**Ron Cole Rides Saturdays &
Sundays, check website
calendar for details about roll
out times and directions.**

April

Trek Demo Day	3rd
Marble City Centuries:	
Sylacauga, AL	10th
Club Meeting	12th
Club Ride	17th
Cheaha Challenge Century	18th

May**May is National Bike Month**

Auburn Bike Bash	1st
Wheels to Heal	2nd
Club Meeting	10th
Club Ride	15th
Tour de Cure Atlanta	16th
Ride of Silence	19th
Bike-to-Work Day	21st

April Club Ride

Host: Patrick Wilson

723 Cherokee Road, LaGrange, GA

wilsonpb@bellsouth.net

Three routes available, a no-drop route and SAG available

Routes will be available soon online:
www.westgeorgiaflyers.org/ridemaps.html