



A PEDALER'S LIFE

West Georgia Flyers

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WHY THE FLYERS AND WHAT IT MEANS TO ME

I started riding my mountain bike some on the road back in early 2000's and borrowing road bikes here and there when I could. Running shorts, tennis shoes, and cotton t-shirt was the standard uniform. Spandex shorts and clip in pedals were alien to me. I had no intention of being the next Lance. I was a fair-weathered rider and never really was consistent in a routine. When I did my first 20 mile ride with a 14 mph avg. I thought I was king of the road.

Well time slipped by after Vicki and I moved into our new home and the 2nd hand Cannondale I had purchased had sit collecting dust for over a year without me riding it yet. I was ready to shed the jelly belly I had built 12 oz. at a time, so I started out riding solo from around the house. I had heard about and seen other people on the road, but did not know anyone. When I caught wind of a bicycle club, it sparked my interest. I started going to meetings sometime in 2006 (if memory serves

me right) and met a lot of new and interesting people with one common love. Bicycling.

Something I look back on in retrospect, there is a big learning curve when you first start out riding a road bike on the road (especially with other people). Luckily I found a group of like minded individuals who don't mind lots of questions. Why do you wear those funny looking shorts and shoes that clip in? What is the best bicycle to buy? What's better a triple, double, or compact? What gear should I be in climbing hills? All questions that seem so simple now, but at the time not so much.

One of my first organized rides was Wheels Of Fire in 2007. I had not ridden much that winter (I did not yet have the proper cold weather gear) and was going to do the 45 mile course (turned out to be around 48) being more than a little intimidated. I had never been that many miles at one time and had never ridden that tough of a terrain. I'm sure other club member were there on the ride, but one person I do remember was Becky Stanley. I was new to the club and didn't really know anyone that well. Somewhere on the ride Becky

and I crossed paths. She stayed with me until the end. We talked bikes and life while climbing those hills, the whole time taking my mind off the task at hand. Next thing you know it was over. I had a great feeling of accomplishment for finishing and a great feeling of appreciation to her for staying with me.

Sure, she could have dropped me (especially considering my avg. speed for ride was about 14 mph) but she didn't, she encouraged me. That's what it's all about. I challenge all you seasoned riders reading this right now, to encourage someone, be a mentor. Help someone do their 1st century. Show a new rider how to patch a tube or adjust their brakes. Invite them out to ride and show them the ropes of riding in a pack. All the things that seem second nature to us now are not to someone just starting out. I've learned a whole lot about bikes, riding, and made some great riding buddies since becoming involved with the club and now I want to give back. That's why I'm a West Georgia Flyer and what it means to me.

*Shane Shaddix
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WEST GEORGIA FLYERS RIDES

All Club Rides can be found on our website on the calendar at:
www.westgeorgiaflyers.org

Wanna host a ride? Send in the details and we'll get you on the calendar.

Tuesday Night Loyd Presbyterian Roll out at 6:15PM

- A no-drop ride. These two routes (12 & 26 mile loops) will challenge you. The 12 mile is great for beginners or slower riders, just when you think you've had enough, you find yourself at the end. Beginners come out and try the 12 mile but be prepared, once you have conquered the 12, you will want to

have a taste of the 26!

Wednesday Night Florentino's Ride Roll out at 6PM

- A wonderful 24 mile route for any beginner or seasoned rider. An all around favorite ride.

Beginner's Social at the West Point Dam - Roll out at 4:30PM

- A no-drop ride. Held every other Friday. Check the calendar on the website to see if we are riding. This is a great opportunity to practice unclipping, grabbing your water bottle, shifting and don't forget...riding while talking! Of course this is ideal for beginners but also is a great recovery ride for those seasoned riders. Come

out and join us, share your tips and tricks or just get to know each other.

Ron Cole Rides Saturdays & Sundays, check website calendar for details.

- Need a challenge? This is it. Fast and furious (well for some of us). Perfect for any training regimen. Wanting to race or complete a triathlon? Add this to your workout schedule.

Monthly Club Ride

- Always follows the Saturday after our Club Meeting. You can always find details in the newsletter or on the website's *Rides & Events* or the *Ride Maps* page.

BYCYCLE RIDING SAFELY IN A GROUP

Think of it as DRIVING YOUR BICYCLE, paying attention at all times. Here are some "rules of etiquette".

Call Outs

- Road Hazards: A hole, gravel, grates, etc. When a cyclist is behind you, they may be too close to see the possible hazard. Pointing to it before and as you pass will alert the cyclist behind you and sometimes even yelling "hole" is acceptable.
- Cars: Yelling out "Car Up, Car Back, Car Left, Car Right" will alert all cyclists to move to the far right of the road when rolling and/or when crossing an intersection. When you hear this, alert the cyclists ahead of you by calling it out and do not assume they had already heard it. Also, when proceeding thru an intersection yell "clear" if in fact the coast is clear. Be sure to look both ways even if the cyclist ahead of you yells "clear".
- Riding Status Change: If you are slowing, stopping or even pulling to the right in front of another cyclist – call it out and/or use hand signals AND look behind you before proceeding just in case they did not hear you.

Traffic Hand Signals

- Always use hand signals when turning. This is also a courteous to other cyclists that are following.
- Always use hand signals when

stopping or slowing.

- When stopped at a light or stop sign, use hand signals to alert motorists of which direction you are going. Make eye contact, wave your arms if you have to, don't assume they see you.

Passing another Cyclist

- Never pass on the right, this is a blind spot.
- Call out "on your left" or "passing on your left" loud and clear. Even if the cyclist has a mirror, they still may not see you, if they should swerve just as you are passing, you both may go down.
- Do not cross wheels. When following a cyclist that is slower than you, slow down and never ride with your front wheel to the left of their rear wheel. It takes only a second for them to veer left and you could go down.

Staying to the Right

- Stay as far to the right as practical and safe so others can safely pass you on the left. Always look first before pulling out to the left if cyclists are behind you.
- Never ride more than two abreast and move single file when a car is behind you.

Common Courtesy

- And let's not forget...make sure to be down wind of the pack when spitting or blowing snot rockets.

Blazing Saddles Century is July 31.

It will be here before you know it. Volunteers are needed to help make this a success.

Only have a few hours? That works too, just let Vicki know the times and she will find the perfect place for you.

Can't volunteer? Then recruit a friend or family member.

Special Events/Announcements

WELCOME NEW MEMBER!

Ben Cole

WELCOME BACK MEMBER!

Ronald Bolton

2010 MEMBERS

Becky Stanley, Bob Evans, Bonnie Vowell, Bret Bursleson, Craig DeLoach, Curt Snider, Dan Evans, David Johnson, Forrest Strickland, Frank Willingham, Janel DiVirgilio, Jennifer Wiggins, Joey Latulippe, Joy Burnham, Ken Hacka, Laurie Johnson, Mel Jastram, Nancy Mallory, Patrick Wilson, Penny Willingham, Rick Smathers, Ron Cole, Shane Shaddix, Steve Alford, Vicki Shaddix

- West Point Triathlon - June 13, 2010
- 2010 Blazing Saddles - July 31, 2010

June

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|---------------------------|----------|
| Bike Ride Across GA | 5th-12th |
| West Point Lake Triathlon | 13th |
| Club Meeting | 14th |
| Club Ride | 19th |
| Cartersville Century Ride | 26th |

July

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| Hospitality Highway Century | 11th |
| Club Meeting | 12th |
| Club Ride | 17th |
| Pedal with a Purpose Century Ride | 25th |
| Blazing Saddles Century | 31st |

June Club Ride

Blazing Saddles Pre-Ride

Ride the 26, 48, 76 or 101 mile routes. **Be sure to email Vicki of your route so no cyclist is riding alone.**
bluedolphins@charter.net

Time: 8AM

Place: Heard County Middle School
269 Old Field Road, Franklin, GA 30217

This ride will NOT be sagged so be sure to bring extra tubes, snacks, fluids and whatever you will need for the route you plan to ride.

Maps and directions can be found at: <http://www.westgeorgiaflyers.org/ridemaps.html>

HAVE A STORY TO SHARE? WANT TO CONTRIBUTE?

Email your written article to Vicki Shaddix. Just copy and paste it into an email.

bluedolphins@charter.net

VOLUNTEERS NEEDED

The West Point Triathlon is June 13.

Volunteers are needed from 7:30AM until Noon or 1PM at the latest.

The GA MultiSport will give each volunteer a T-Shirt and donate funds to the West Georgia Flyers. These funds help pay for our website and insurance every year.

Contact Vicki ASAP if you can help.

GEORGIA BICYCLE LAWS

In Georgia, as in most states, the bicycle is legally a "vehicle". This classification means that general vehicular traffic law applies to the operation of a bicycle. However the vehicular code and various regulations include many specific qualifications for specific classes of vehicles. Whenever the code or regulation uses the phrase "vehicle" that section applies to all vehicles, including bicycles. When the term "motor vehicle" is used, that portion does not apply to bicycles. The following excerpts are those subsections of the traffic law that deal specifically with bicycle operation.

40-6-292.

(a) A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached thereto and shall allow no person to ride upon the handlebars.

(b) No bicycle shall be used to carry more persons at one time than the number for which it is designed and equipped.

(c) No person shall transport a child under the age of one year as a passenger on a bicycle on a highway, roadway, bicycle path, or sidewalk; provided, however, that a child under the age of one year may be transported on a bicycle trailer or in an infant sling so long as such child is seated in the bicycle trailer or carried in an infant sling according to the bicycle trailer's or infant sling's manufacturer's instructions, and the bicycle trailer is properly affixed to the bicycle according to the bicycle trailer's manufacturer's instructions or the infant sling is properly worn by the rider of the bicycle according to the infant sling's manufacturer's instructions and such child transported in a bicycle trailer or infant sling is wearing a bicycle helmet as required under paragraph (1) of subsection (e) of Code Section 40-6-296.

(d) No child between the ages of one year and four years shall ride as a passenger on a bicycle or bicycle trailer or be transported in an infant sling unless the child is securely seated in a child passenger bicycle seat, bicycle trailer, or infant sling according to the child passenger bicycle seat's, bicycle trailer's, or infant sling's manufacturer's instructions and the child passenger seat or bicycle trailer is properly affixed to the bicycle according to the child passenger bicycle seat's or bicycle trailer's manufacturer's instructions or the infant sling is worn according to the infant sling's manufacturer's instructions.

(e) Violation of subsections (c) and (d) of this Code section shall not constitute negligence per se nor contributory negligence per se or be considered evidence of negligence or li-

ability.

(f) No person under the age of 16 years failing to comply with subsections (c) and (d) of this Code section may be fined or imprisoned.

40-6-293.

No person riding upon any bicycle, coaster, roller skates, sled, or toy vehicle shall attach the same or himself to any vehicle upon a roadway.

40-6-294.

(a) Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable, except when turning left or avoiding hazards to safe cycling, when the lane is too narrow to share safely with a motor vehicle, when traveling at the same speed as traffic, or while exercising due care when passing a standing vehicle or one proceeding in the same direction; provided, however, that every person operating a bicycle away from the right side of the roadway shall exercise reasonable care and shall give due consideration to the other applicable rules of the road. As used in this subsection, the term "hazards to safe cycling" includes, but is not limited to, surface debris, rough pavement, drain grates which are parallel to the side of the roadway, parked or stopped vehicles, potentially opening car doors, or any other objects which threaten the safety of a person operating a bicycle.

(b) Persons riding bicycles upon a roadway shall not ride more than two abreast except on paths or parts of roadways set aside for the exclusive use of bicycles.

(c) Whenever a usable path has been provided adjacent to a roadway and designated for the exclusive use of bicycle riders, then the appropriate governing authority may require that bicycle riders use such path and not use those sections of the roadway so specified by such local governing authority. The governing authority may be petitioned to remove restrictions upon demonstration that the path has become inadequate due to capacity, maintenance, or other causes.

(d) Paths subject to the provisions of subsection (c) of this Code section shall at a minimum be required to meet accepted guidelines, recommendations, and criteria with respect to planning, design, operation, and maintenance as set forth by the American Association of State Highway and Transportation Officials, and such paths shall provide accessibility to destinations equivalent to the use of the roadway.

(e) Electric assisted bicycles as defined in Code Section 40-1-1 may be operated on bicycle paths.

40-6-295.

No person operating a bicycle shall carry any package, bundle, or other

article which prevents him from keeping at least one hand upon the handlebars.

40-6-296.

(a) Every bicycle when in use at nighttime shall be equipped with a light on the front which shall emit a white light visible from a distance of 300 feet to the front and with a red reflector on the rear of a type approved by the Department of Public Safety which shall be visible from a distance of 300 feet to the rear when directly in front of lawful upper beams of headlights on a motor vehicle. A light emitting a red light visible from a distance of 300 feet to the rear may be used in addition to the red reflector.

(b) Every bicycle sold or operated shall be equipped with a brake which will enable the operator to make the braked wheels skid on dry, level pavement.

(c) No bicycle shall be equipped or operated while equipped with a set of handlebars so raised that the operator must elevate his hands above his shoulders in order to grasp the normal steering grip area.

(d) No bicycle shall be equipped, modified, or altered in such a way as to cause the pedal in its lowermost position to be more than 12 inches above the ground, nor shall any bicycle be operated if so equipped.

(e)(1) No person under the age of 16 years shall operate or be a passenger on a bicycle on a highway, bicycle path, or sidewalk under the jurisdiction or control of this state or any local political subdivision thereof without wearing a bicycle helmet.

(2) For the purposes of this subsection, the term "bicycle helmet" means a piece of protective headgear which meets or exceeds the impact standards for bicycle helmets set by the American National Standards Institute (ANSI) or the Snell Memorial Foundation.

(3) For the purposes of this subsection, a person shall be deemed to wear a helmet only if a helmet of good fit is fastened securely upon the head with the straps of the helmet.

(4) No bicycle without an accompanying protective bicycle helmet shall be rented or leased to or for the use of any person under the age of 16 years unless that person is in possession of a bicycle helmet at the time of the rental or lease.

(5) Violation of any provision of this subsection shall not constitute negligence per se nor contributory negligence per se or be considered evidence of negligence or liability.

(6) No person under the age of 16 failing to comply with any provision of this subsection may be fined or imprisoned.