



A PEDALER'S LIFE

West Georgia Flyers

Volume 1, Issue 1, March 2010

Special Events and Announcements

PRESIDENT'S MESSAGE

Greetings fellow cyclists! 2009 is fully in the books. All of the miles, hills, dogs, porch gatherings and great times on two wheels are now in the past. We now turn to 2010 and at the question: "Where do you want to go on two wheels?" This question has me thinking.....

The biggest part of my job as the club president should be in answering this very question. What do you, fellow cyclists, want out of your cycling experience and how can your cycling club provide it? While we cannot be everything to everyone, we can and should be more to all than we have been in the past. That is my goal!

We have just enacted a set of Bylaws that will allow the club to operate more efficiently and with better organization.

Meetings will be more about riding and less about other items... That being said, I need your input on what you want in terms of meetings, programs, etc. Do you want training programs? Do you want goal setting meetings (i.e. "I want to complete my 1st century. How do I do it?"). Do you want a social gathering at the start of the year to kick off the year? My own personal goal for the year is the Six Gap Ride in North Georgia.

The most important thing to remember is that this club is "YOUR CLUB". Please email me any ideas to improve the club. It is, after all, your club...

Patrick Wilson
wilsonpb@bellsouth.net

Welcome new member Joey Latulippe!

2010 Blazing Saddles - July 31, 2010

Beginning in March, the Saturday following each Monthly meeting will be a club hosted ride

March

Club Meeting: Guest Tony Myers	8th
Club Ride:	13th
Bike to the Capital	23rd
Wheels O' Fire	27th

April

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

March Club Ride

Host: Shane & Vicki Shaddix
100 Brookwood Drive, LaGrange, GA
RSVP: 706-882-1014 - 706-594-2637
bluestraveler@charter.net

3 Routes: 10, 35ish & 50ish

Routes will be available soon at:

<http://www.westgeorgiaflyers.org/ridemaps.html>

TREK DEMO DAY - April 3, 2010

Golden's Bicycles is bringing the Trek Factory and Trek Women Bike Demo Tours to West Point, Georgia. On Saturday, April 3rd, from 10:00 am to 3:00 pm, Trek will have two demo trailers loaded with some of their top 2010 road and mountain bikes for you to test ride. The trailers will be stationed at the main trail head parking lot of the Lakeside Trails located at R. Shaefer Heard Park.

This is the best opportunity you'll have to get a real world feel of some

of the best Trek and Gary Fisher has to offer. For the road riders, R. Shaefer Heard, Eagle View and Hardley Creek parks offer miles of low traffic, scenic roads equally perfect for dropping the hammer on a 6.9 Madone or taking in the parks beauty on a Lime or FX. For the mountain bikers, Gary Fisher's praised full suspension 29er, the Superfly 100, will be on hand as well as a great representation of all mountain, trail and race bikes. With the 8

miles of trail available, you'll surely find something to challenge any bike you choose.

Trek Demo Tours do have a limited supply of loaner helmets and pedals but to get the most out of your demo ride it is suggested you bring your own helmet and pedals. Event is subject to weather conditions.

Watch your email for additional information as this event draws near.

Ken Hacka

GREAT TRAINING MISHAPS by Brad Roe Editor/RBA Magazine. March 2010 edition

I wish I could ride more. We all do. In a constant effort to remain fit and not get dripped for personal and professional reasons. I've pretty much tried everything under the sun to stay in reasonable shape all year long. Here are some of the greatest training mistakes and wrong turns I've made in the last 12 months.

THE OFF-SEASON DOESN'T EXIST

While there is an off-season for a select group of professional riders when they can finally drink Diet Coke and eat pizza and stay out late at Euro discos, the off-season doesn't exist for the rest of us. Don't use it as an excuse to pack on an extra 15 pounds and tell people "rest and relaxation" is part of your riding cycle.

CHIANTI AND VEAL WILL NOT MAKE YOU A BETTER RIDER

Learning basic Italian expressions will not allow you access into the secret world of the climbing greats from the land eternal. Nor will drinking Chianti and mastering the heavenly Sallimbocca a la Romano (veal with butter, prosciutto and a slight blanket of flower). Although, I have found my life improved a bit with a fairly regular occurrence of the amazing veal dish in our house.

PELLEGRINO DOESN'T WORK

While climbing in Italy, however, if you do get a chance to drink from a public fountain that has been hydrating Italian racers for the past century, I did find I rode a bit better the following three months. There's something in that water. In order to continue with my improved riding, I've now spent over \$500 on Pellegrino, but it didn't have the same Effect.

PAN AU CHOCOLATE IS NOT A GOOD BREAKFAST (for three straight weeks)

In July, while covering the Tour de France, I ate at least one (usually three) chocolate croissants per day and didn't ride once. While I smiled all morning and proclaimed the benefits of soft, buttery pastries and chocolate in the morning to everyone I met, it didn't make me faster in Paris, when I finally go to ride.

TO SEE OR NOT TO SEE

Watching cycling on TV or the Internet will not make you any faster. It will make you happy, for sure, which is nice, but it won't help your riding. Nor will checking Twitter 50 times a day to see what is happening in the cycling world. I learned this the hard way.

HONESTY DOESN'T EXIST, SO LIE AS MUCH AS POSSIBLE

Don't believe anything your training partners tell you. You must seek your own training guru and keep all the secrets to yourself. If you have to stretch the truth a bit - "My coach has me wearing ankle weights at work and ingesting seaweed powder into my Golden Grahams" - feel free. It's not lying when everyone is doing it. It's gamesmanship.

YOU CAN'T FAKE INTERVALS

A ten-second sprint for your driveway doesn't count as interval training. Nor does staying out of the saddle on a climb for three additional seconds before sitting down and resting. I made myself believe both were part of my "new interval training plan" this year, and it's time to fess up. It doesn't work. You have to suffer to succeed, unfortunately.

KNOW THYSELF

So, I'm a bit of a daydreamer. For some reason, if people around me are getting fit, I figure some of it will trickle down to me. This doesn't work. Neither does thinking you can go out and ride 80 miles with three monster climbs after only riding for 45 minutes twice a week for the preceding month. Recently, I found myself face-down in someone's front yard in the fetal position, dreaming about my couch and talking to myself in Italian (and I don't speak Italian). True story. Sometimes your dreams can be too big. Stick with Socrates on this one, "Know thyself."

VENTOUX, THE WINE

At some point last summer, I made myself believe that if we only drank wine from the Cotes du Ventoux, region at home, I would become a better climber. Somehow, I was convinced the soil on the lower slopes of that sacred climb would give the grapes and then wine a special combination of minerals that would make me climb any mountain faster. It was a good try, and a nice experiment, but it didn't work. I may deep trying this experiment, however, to see if it will work this year.

THE CLOTHES DON'T MAKE THE MAN

While this fact is disturbing to all of us who consider our kits to be almost as important as our attitude or fitness, I was passed at Levi's Gran Fondo by a guy on a 24-pound road bike wearing board shorts and a Patagonia sweatshirt. I, of course, insulted him and set him straight, although I'm not sure he heard my mumbblings, as he was way up the road by the time I caught my breath and got up the courage to ridicule him.