



A PEDALER'S LIFE

Volume 2, Issue 2, MARCH 2011

West Georgia Flyers

PRESIDENT'S CORNER

I would be honored to hear from you. What would you like to see WGF do in 2011? While March is already here in full swing there is still plenty of time. While I have goals, ideas and thoughts about growing this club and getting out into the community, bringing cycling awareness to more and more people...the fact is, this is not my club. It is our club. Please send me your ideas and thoughts. Is there something we as a club are not doing that is a no-brainer? My inbox is open and I hope to hear from you.
(bluedolphins@charter.net)

Sincerely,
Vicki Shaddix

RAILS TO TRAIL - GA

Please speak up for trails and bicycling on Facebook! AASHTO²—a powerful voice in the federal transportation debate—is turning to the millions of Americans on Facebook to provide their thoughts on transportation priorities. We encourage everyone who has an opinion on active transportation improvements to stop by AASHTO's "I Told Congress" discussion page and leave a comment to influence future transportation priorities!

Currently there are 22 trails in GA.

Arabia Mountain Trail, Athens - North Oconee River Greenway, Augusta Canal Trail, Big Creek Greenway, Chastain Park Trail, Chattahoochee Riverwalk, Douglas Trail, Georgia Coast Rail-Trail (White Oak), Georgia Coast Rail-Trail (Woodbine Riverwalk), Heritage Park Trail, JF Gregory Park Trail, McQueens Island Historic Trail, Moultrie Trail, Peachtree City Multi-Use Paths, Riverfront Greenway Trail, Silver Comet Trail, Stone Mountain Trail, Suwanee Creek Greenway, Tallulah Falls Rail-Trail, Trolley Line Trail, Westside Trail (Atlanta Beltline), Wild Horse Trail

HOUSE BILLS IN GA UPDATE

2/17/2011 House Bill 101 Passed 93 to 73

A BILL to be entitled an Act to amend Title 40 of the Official Code of Georgia Annotated, relating to motor vehicles and traffic, so as to provide for safer bicycle riding for bicyclists and the motoring public; to provide for definitions; to change provisions relating to parking a motor vehicle; to change provisions relating to traffic laws being applicable to bicycles; to change provisions relating to the transporting of children under the age of one year on a bicycle; to change provisions relating to riding on roadways and bicycle paths; to change provisions relating to equipment on bicycles; to legalize the use of recumbent bicycles; to provide for related matters; to repeal conflicting laws; and for other purposes.

House Bill 180 has been introduced and needs your support! To encourage your state representative to support HB 180, visit this online petition:

www.capwiz.com/lab/issues/alert/?alertid=27856516&type=ST

Bill summary:

*A BILL to be entitled an Act to amend Article 3 of Chapter 6 of Title 40 of the Official Code of Georgia Annotated, relating to driving on the right side of the roadway, overtaking and passing, and following too closely, so as to require the operator of a motor vehicle to **leave a safe distance* between such motor vehicle and a bicycle when such vehicle is passing the bicycle.***

*The bill defines the "safe distance" as "at least three feet."

TREK DEMO DAY - APRIL 16

2010 was a great success and a lot of fun. I personally rode my very first bicycle trail...off road! What a rush. You gotta come and check out all of the bikes and take them for a spin. The WGF will have a booth set up with refreshments and also will be hosting a ride as well so bring your wheels and lets roll after we play!

2011 MEMBERSHIP IS OPEN

\$20 PER PERSON, ADD \$10 FOR YOUR SPOUSE

PAYPAL IS HERE!

WWW.WESTGEORGIAFLYERS.ORG/CONTACTUS.HTML

2011 MEMBERS

Bob Evans, Bobby Matthews, Curt Snider, Dan Evans, Donna Snider, Frank Willingham, John Turner, Kay Cole, Penny Willingham, Rick Smathers, Ron Cole, Shane Shaddix, Sylvia Evans, Vicki Shaddix

March Meeting

will be held at Red Rooster on West Point Road in LaGrange, GA.

Monday, March 14

Meeting begins at 6:30PM for business and then stick around for social time.

EVERYONE IS WELCOME TO COME, AND BRING A FRIEND!

MARCH

Club Meeting	14th
Monthly Club Ride	19th
Ride to the Capitol	22nd

APRIL

Wheels O' Fire	2nd
Tony Serrano Century	9th
Cheaha Challenge	10th
Club Meeting	11th
BRAG Spring Tune-Up	15th-17th
Monthly Club Ride	16th
Trek Demo Day	16th

Regular Scheduled Rides

Please check the online 'rides and events' page for details of the following rides at www.westgeorgiaflyers.org

Ron Cole's Spinnervals 5:45PM Wednesdays
West Point Dam 6PM Tues & Thurs
Bobby Matthews 2PM Every other Saturday
(March: 12th & 26th)

HAVE A STORY TO SHARE?

Email your written article to Vicki Shaddix. Just type it into an email and send it to: bluedolphins@charter.net

SPRING CLEANING

Can you smell it? Can you feel it? Spring is coming and the birds have been singing! It's time for some Spring Cleaning. Whether you have been a dedicated cyclist throughout the colder months or you hung up your bike or life just happened and you haven't been out there, now that it is warming up outside it is time to get your ride ready for Spring. Here are a few tips that were pulled together from different articles and hopefully some of them will be helpful in your Spring Cleaning.

Don't wanna DIY? Then take your bike to your local bike shop and let them checkout your bike. A basic tune-up is a good investment if you do not know what to look for or if you just do not like getting your fingers dirty. There can be a great sense of satisfaction that comes from maintaining your own bike as well as learning what to do when you take it in for a tune-up.

Cleaning -- It is important to start with a clean bike. Keeping your bike clean will extend the life of your components. As you clean the bike take the time to inspect everything. Look for cracks or other signs of wear that could cause future breakdowns or part failures. Clean the chain, chainrings, cassette, derailleurs, etc. with a biodegradable cleaner. Simple green works great for this. Use an old tooth brush and clean everything. Use as little water as possible. Clean the pedals, the brakes, tires, rims, and the frame. Remove the seat post from the frame and wipe off any dirt. Wipe the inside of the frame where the seat post slides into. Apply a very small amount of good grease to the post and reinstall.

Brake System -- Check the brake pads. Unfasten the brake cable and look at the brake pads closely. The pads should be wearing evenly. If you have a ridge in the pads then your brakes may need to be adjusted. If the pads are worn or not smooth then get some new pads. Old brake pads tend to harden and if the pads are ok then reconnect the straddle cable and squeeze the brakes. Do the pads strike the rim at the same time? You can adjust the brake arm tension screw that is usually on one of the brake arms so the brakes are even.

Wheels -- Clean the rims with a cloth and rubbing alcohol, beer won't work! Check the rim for pits or grooves in the sidewall of the rim. Spin the wheels. Do they go around straight or do they wobble? You can make minor adjustments to the wheel with a spoke wrench. For major tweaking take it to a shop or use a truing stand and get it back in true.

Drivetrain -- Elevate the rear wheel and spin the pedals. This is where a stand comes in handy. Shift through all the rear gears. Shifting from gear to gear should be smooth. If it skips try adjusting your rear derailleur. If this fails to correct the problem your chain, cogset, and chainrings may be worn. The chain is the first to go. Chains last from 6 months to a year. A good chain is well worth the investment. Examine your chain closely for side slop and stretch which are signs that your chain is wearing out. If your chain is worn it can prematurely wear on your cogs and rings. In the front try shifting the derailleur. Adjust your front derailleur if needed. Check the front chainrings for excessive wear or missing teeth. Small chainrings wear out much faster than your larger ones. If all is well, your bike will now shift perfect. Apply some fresh lube of your preference.

Tires -- If the brake pads were out of alignment they may have damaged the tires. Check tires for splits, cracks, or tears in the sidewall. Check the tread of the tire for worn knobs, uneven tread wear, or excessive wear. Replace the tires if needed. There is nothing worse than having a tire blow out because it needed to be replaced.

Cables -- If you ride all year round you should consider replacing your brake and/or derailleur housing once per year. If you keep your bike clean you can use the same housing for many years. For all others then once every 2-5 years is fine. Dirty or rusty cables will diminish shifting performance. You can purchase bulk housing and install it yourself if you have some quality cable cutters. The cable ferrules can be reused. Install the new housing and adjust the brakes and derailleurs. Fresh cables make shifting and braking smooth.

Lube -- Apply lubrication to the chain. It should be applied so there is an even coat on the inside and outside of each link and between the pins and rollers. Leave it one for a few minutes, then wipe off the excess lube with a rag. A few drops should be added to the cables at the nipple end. Gore-Tex and other Teflon cables should never be lubricated. All the pivot points on the front and rear derailleur should be oiled. Apply a few drops to the brake lever pivots and to the exposed brake cable.

ON A LIGHTER NOTE...ROADIE SLANG (E-G)

- E -

- Echelon** -- (French) a line of riders seeking maximum drafting in a crosswind, resulting in a diagonal line across the road.
- Elvis** -- "I was seeing Elvis!" I was hurting real bad out there. (Clara Hughes on CBC during 1994 TdF Femme coverage.)
- Endo** -- To go over the handlebars in a crash. From "end-over-end".
- Erwin, doing an Erwin** -- When a rider riding at the front sets a heavy tempo that the rest of the bunch don't wanna do, hence he tends to roll off the front on his own. The Erwin came about from the 93' Tour when Erwin Nijboer from Benesto was setting a heavy tempo in the front of the peloton. Big Mig rolls through the bunch up to the front called out "Erwin, Erwin" then flicks his head back to indicate "Slow down, I don't want you to set this tempo."
- Eyeballs Out** -- Going very hard, generally up to a break.

- F -

- Fat boy** -- A rider with more muscle than you, (especially above the waist).
- 4-H training** -- Headwinds, hills, heat and humidity; all at the same time!
- February legs** -- That heavy, stony feeling in your thighs.
- Feeling the chain** -- A good pull; a good burn. "I was feeling the chain after that pull."
- Flicked** -- Dropped from the group.
- Flat liner** -- A rider who is good on the flat, but as soon as the road goes up, gets shelved.
- Flathead calves** -- Legs that are in fatless form.
- Fork plant** -- What happens after you realize that your front skewer wasn't as tight as it should have been.
- Fred** -- Anyone who is marching to the beat of a different drummer. A newbie.
- Freida** -- Female Fred.
- Fridge magnet** -- a wheel sucker, someone who does no work at the front.
- Fried** -- Overtrained.
- Funmeter** -- heart rate monitor.
- Furry frisbee** -- Road kill; road pizza; flattened fauna.

- G -

- Gapping someone off the back** -- Riders in a break take turns creating a gap at the back and bridging, with a non-working break member on their wheel, forcing the non-working member to jump repeatedly.
- Garanimal** -- A novice, devo animal.
- Ginchy** -- A bike part that is new and pretty cool. "Nice ginchy stem!"
- Ginzooed** -- What happens to your leg or knee when a spoke on a Spinergy wheel delaminates from the rim.
- Go till ya' blow** -- Self explanatory.
- Gone, he's gone** -- A roadie that doesn't join the bunch ride at 7:00 am Sat/Sun Morning because of either: a) a new girlie, or b) pressure from the Mrs. (Usage: "Where's Mark?" "He's gone!")
- Goo, goop** -- Carbo gel.
- Good set** -- Several good waves in close succession. "I got spat out one good wave and caught a second straight away, good set!"
- Good wave** -- A truck that you managed to catch just right and clocked up 50 km/h following for a few minutes before you lost them or blew up - "That was a good wave, if only I hadn't been spat out."
- Goose, goosed** -- Nudged off balance; knocked off your sled.
- Granny gear** -- a very low gear, say 39 x 28. (So low your grandmother could turn it).
- Gravity tattoo** -- The scar on your skin that is a permanent reminder of a serious crash.
- Grid** -- a bike.
- Grind** -- Pedal slowly in a big gear.
- Grovel** -- A hill you end up in your lowest gear for. "That hill was a real grovel." Also used on the flat when you have blown your ring.
- Groveling** -- Riding badly.
- Gruppetto** -- In the big tour mountain stages, the group of poor climbers, who stick together and help each other finish inside the time limit. Also called the autobus or the laughing group.
- Gut spray, gopher juice** -- What gets splattered over your legs when a truck runs over fresh road pizza.
- Gutter** -- To ride in the gutter is to ride close to edge of the road making it hard for others to draft.