



## PRESIDENT'S MESSAGE

Greetings fellow cyclist:

As many of you know or may have heard, I had a run-in with a dog April 1st that left with me a couple of bumps and bruises. Needless to say, I have had plenty of time to think, and to come up with an appropriate article to share with you. What would it be? Training-na, done that....; Tips and Tricks..... last month; newest technology out there..... I'm definitely not the person to review...

Then it hit me, literally..... my accident and what I have learned from it...

First off, before I go any further I need to say something. THANK YOU!!!!!! A special thank you to each and every person who has called, dropped a note, came by the hospital (and please forgive me if I did not seem myself... drugs do that!). I cannot begin to express my gratitude. To Cindy Miller who rode in the ambulance and Becky Stanley who came up to the hospital that night and sat with Beth while I was being poked, prodded, xray-d and stapled, I cannot say thank you enough....

Now on to what I learned... first, I miss my bike and look forward to the day I am back riding.... second,

we as cyclists need to start looking out for ourselves. We have talked about it before, but if we are not going to stand up for ourselves then who will... AJ Nelson came to the last club meeting and shed some light on the current animal control situation and the process for reporting (or lack thereof..). At the meeting he asked anyone who has had an incident (dog related) or who witnesses a dog in violation of county ordinance to let him know. PLEASE do this... each and every time. If we don't report, no one else will.

Lastly, be sure you carry emergency contact info on you where a fellow rider or first responder can find it. The best two places are on cell phone (ICE-In Case of Emergency) and RoadID. On the cell, either have in your phonebook an ICE listing where you list your emergency contact or check and see if your cell phone provider has this service. Both Iphone's and Verizon Droid phones do. RoadID is just that, a "on person" form of identification that provides emergency contact info. Their website is [www.roadid.com](http://www.roadid.com). I have been told that it took 10-15 minutes for me to tell someone my home phone number.... imagine if you are knocked out.....

Here is hoping to see all of you soon on the roads! Patrick

<http://www.goneriding.com>. Hopefully this will turn into an annual event for the Lakeside Trails.

The promoter is very well equipped and staffed but with the many places the trail crosses the roads volunteer help will be needed. If you would like to help out please contact Ken Hacka at [hacka@charter.net](mailto:hacka@charter.net). Volunteers will be needed from about 9:00am through 2:30. Any time you lend helping out will be greatly appreciated.

## TRAIL NEWS

The month of May brings another event to the Lakeside Trails at West Point Lake. On Sunday May 30<sup>th</sup> Lakeside Trails will be the venue for the fourth of eight races in Gone Riding's Georgia State Championship Series. The kids' race starts at 9:00 am and main races start at 9:30. Come on out, enjoy the park and cheer on the racers. For more information please visit Gone Riding's website

## BLAZING SADDLES CENTURY

What an exciting event for West Georgia Flyers. Cyclists from all over come to ride the Blazing Saddles Century and keep coming back every year.

Things are revving up and excitement is building as we get closer to July 31st. We are pleased to be able to give back to the community, to the Heard County Middle School that allows us to use their facility. The Blazing Saddles' proceeds this year will help purchase much needed school supplies.

**We want you to be a part of it.** We need you, even your family and friends to volunteer the day of. Let's make this a great success by lending a hand. Contact Vicki Shaddix if you or someone you know would like to volunteer.

Visit the Blazing Saddles Century web page for details of this year's event, sponsors and a little something extra...a silent auction announcement!

[www.westgeorgiaflyers.org/blazingsaddlescentury.html](http://www.westgeorgiaflyers.org/blazingsaddlescentury.html)

## WGF RIDES AND EVENTS - GET INVOLVED

### Blazing Saddles Century - July 31, 2010

S.O.S. - Supply Our Schools is this year's goal. We need your help by volunteering. Your support as a club member is very important. Not a member? Want to help? Contact Vicki Shaddix: [bluedolphins@charter.net](mailto:bluedolphins@charter.net)

### Tuesday Night Loyd Presbyterian Ride at 6:15PM

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 at 6PM

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

## ABOUT WEST GEORGIA FLYERS

West Georgia Flyers meetings are held every 2nd Monday of the month at Red Rooster on West Point Road at 6:30PM. Bring your friends and see what we are all about. Join any of our rides (member or non-member) and enjoy the beautiful Troup County scenery and great company.

Membership fees are only \$35 for a single membership. This includes the following: **Golden's Bicycle Shop** - 10% off cycling accessories; **55Nine Performance** - 10% off precision laser bike fitting; **Athletic Training Services** - 10% off Metabolic Heart Rate Testing; **Supplemental Insurance coverage thru the West Georgia Flyers participation in the League of American Bicyclist**: Paid members are covered up to \$10,000 per person per accident with a \$500 deductible. Accidental Death and Disability coverage of \$5,000 is also provided.

### Beginner's Social at the West Point Dam starting at 4:30PM - until?

April 23rd was our first ride. Had a lot of giggles and a lot of pedaling. This is a great time to socialize or just enjoy the scenery and company. 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 of you 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.

### West Point Tri - June 13, 2010

Every year the club participates in volunteering for this event. Not only is it a great way to

## WELCOME NEW MEMBER!

Curt Snider

### 2010 MEMBERS

Becky Stanley, Bob Evans, Bonnie Vowell, Bret Burleson, Craig DeLoach, 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

Ride of Silence - May 19, 2010

West Point Triathlon - June 13, 2010

2010 Blazing Saddles - July 31, 2010

## 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

## June

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

## May Club Ride

Silver Comet Ride

Meet at Ingles: 7:45AM (roll out 8AM)  
1890 E Main Street, Hogansville, GA

Starting at Trailhead in Smyrna (roll out at 9:30AM)

RSVP Requested: Vicki Shaddix  
[bluedolphins@charter.net](mailto:bluedolphins@charter.net) OR  
706-882-1014

There will be groups of different mileage options. The 75-100 milers plan to eat at Frankie's at the 37.6 mile marker.

Details can be found at:  
<http://www.westgeorgiaflyers.org/ridemaps.html>

"advertise" our club, but we receive funds that help our club hold events like the Christmas Party and allow our participation in Trek Demo Day. Your help is needed and besides, who wouldn't want to be a part of this awesome event? It is a blast! Not a member? Want to help? Contact Vicki Shaddix: [bluedolphins@charter.net](mailto:bluedolphins@charter.net)

### Ride of Silence - May 19, 2010 - 7PM

This is a very important ride. You need to be a part of this. I shared last month in the newsletter what this was all about, so now I'm just going to tell you that as a cyclist, you need to be there. Please mark your calendar and attend this awesome event. (Leaves from the LaGrange Mall.)

Do you have questions about any of these rides? Would you like to add a ride to the calendar? Contact Vicki Shaddix @ [bluedolphins@charter.net](mailto:bluedolphins@charter.net).