

## PRESIDENT'S CORNER

Last year when I rode my first Ride of Silence, it really touched me and my heart went out to all of the people's lives that had changed and their families lives as well. That day after reflecting the real meaning of this ride, I was amazed at how many riders personally I knew that had been involved with some kind of motor vehicle 'incident', I never dreamed that the next Ride of Silence I would be riding in honor of my sweet hubby as well as myself. That is such a humbling thought. This year will be a ride that I will never forget.

The Ride of Silence sent out their newsletter and this picture below was stunning and impressive. It was taken in Dallas. What a statement they made! I'd like to challenge all of you to join us for this year's ride. Let's be seen, let's "speak up" silently to the passing motorists. Let's show them that we are



**START LOCATION:** Belk's Parking Lot (Lagrange Mall)  
**START TIME:** Roll out 7PM sharp  
**POST DINNER:** Los Nopales (dutch)  
**POLICE ESCORTED** at no more than 12 MPH

There will be signs you can pin to your back so the motorists know what we are doing. (*Ride of Silence, In Honor of..., In Memory of..., Share the Road...etc.*)

If you have a helmet and wheels, please join us as we ride in silence.

## BIKE TO WORK WEEK/DAY

Please **mark your calendars** and start pestering all of your cycling friends. Bike to Work Week is May 16-20 and the official Bike to Work Day is May 20th. Imagine the simple statement that is impressed upon motorists, co-workers and passerby's when we are seen on May 20th biking to and from work. It takes a little more time planning your route, a little more of your time, a little more planning of how to fix that helmet hair and not stink all day...but it is so worth it. Plan ahead and already have everything you need at work the week before to change and freshen up. Pick up your co-workers on the way and ride together. Safety in numbers! Have fun and ride safe.

## MONTHLY CLUB RIDE - MAY 14

**WE NEED YOU!** We are testing out our Blazing Saddles Century Routes. The 101 mile route has been upgraded and has a new 25ish mile loop that we need riders to "test" out. Our other routes need it as well to check for any road changes.

Contact me if you are looking to car pool or have any other questions. We will meet at the Heard County High School at 9AM. Yep, the High School...not Middle School. The address is 545 Main Street, Franklin, GA 30217.

Maps will be available to pick up that morning.

## 2011 MEMBERSHIP IS OPEN

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

## PAYPAL IS HERE!

[WWW.WESTGEORGIAFLYERS.ORG/CONTACTUS.HTML](http://WWW.WESTGEORGIAFLYERS.ORG/CONTACTUS.HTML)

## HOUSE BILL IN GA UPDATE

**House Bill 101:** On April 14, 2011 HB 101 was approved by the House 150-9 with a **3 Foot Safe Passing** amendment from the Senate!

Governor Nathan Deal: His approval (**through inaction or by signing the bill**) **by May 24th** is all that remains for Georgia to have a host of improvements to bicycling laws, including a three feet safe passing requirement!

Contact him here:

[http://gov.georgia.gov/00/gov/contact\\_us/0,2657,165937316\\_166563415,00.html](http://gov.georgia.gov/00/gov/contact_us/0,2657,165937316_166563415,00.html)

## 2011 MEMBERS

Bob Evans, Bobby Matthews, Bret Burleson, Curt Snider, Dan Evans, David Johnson, Donna Snider, Frank Willingham, Forrest Strickland, Jennifer Wiggins, Joey Latulippe, John Turner, Kay Cole, Ken Hacka, Laurie Johnson, Patrick Wilson, Penny Willingham, Rick Smathers, Ron Bolton, Ron Cole, Shane Shaddix, Steve Alford, Sylvia Evans, Vicki Shaddix

## May Meeting

will be held at Red Rooster on West Point Road in LaGrange, GA. Monday, May 9, at 6:30PM

EVERYONE IS INVITED,  
BRING A FRIEND!

## MAY IS NATIONAL BIKE MONTH

<b>Ride 'n Eat @ Milano's</b>	<b>4th</b>
Sweet Onion Century	7th
<b>Club Meeting</b>	<b>9th</b>
<b>Monthly Club Ride Blazing Saddles!!</b>	<b>14th</b>
Brasstown Ball Buster	14th
Atlanta Tour de Cure	15th
<b>Bike to Work Week</b>	<b>16th-20th</b>
<b>Ride of Silence</b>	<b>18th</b>
Roopville Ramble	21st
Re/Max West GA 100	22nd
<b>Ride 'n Eat @ Milano's</b>	<b>25th</b>

## JUNE

BRAG	4th-11th
<b>Club Meeting</b>	<b>13th</b>
<b>Monthly Club Ride</b>	<b>18th</b>
Cartersville Century	25th
<b>Ride 'n Eat @ Milano's</b>	<b>29th</b>

## Regular Scheduled Rides

Please check the online 'rides and events' page for details of the following rides at [www.westgeorgiaflyers.org](http://www.westgeorgiaflyers.org)

Milano's Whine & Cheese 6PM Wednesdays  
 Bobby Matthews 9AM Every other Saturday  
 (May: 7th & 21st)

## WEDNESDAY NIGHT WHINE & CHEESE DINNER

**LAST WEDNESDAY OF EACH MONTH AFTER THE RIDE AT MILANO'S - COME JOIN US!**

**LaGrange club comes to aid of Cuban cyclist**

By Sherri Brown Staff writer La Grange News



*Lazaro Moreno shows off a racing bike put together with parts collected in LaGrange. Larry Duncan, left, and Bret Burleson, right, of the West Georgia Flyers gathered the parts. Moreno lives in Cuba, where he was once an international cyclist before the Cuban government halted competition.*

Held together with stripped electrical wire, sporting deep gouges in the tires and a worn-out chain, the bicycle stood out from all the others - not because it was on its last leg, but because it was far better than the other, even older bikes on the street in a small town in Cuba.

Bret Burleson knows a good bicycle when he sees one. The competitive cyclist has been riding for years on a high-end road bike. Last summer, he had traveled to Cuba with his church to help with a sister Cuban church. Not only did he help build a church building, he also had the opportunity to restore an internationally known cyclist to competition.

“A lot of people use bikes to commute in Cuba. They’re ancient, old bikes, but this one was only about 10 years old and it was a road bike,” said Burleson, who lives in LaGrange.

Burleson doesn’t speak Spanish, and the man on the bike didn’t speak any English.

“I grabbed an interpreter and started asking questions,” Burleson said.

The dramatic story that unfolded amazed him.

Lazaro Moreno was just 18 when he started collecting cycling medals for Cuba. He competed in Mexico, Venezuela and his own homeland, often winning medals for the Cuban National Cycling Team. Then the Cuban government shut down the team.

It was devastating for Moreno - and for his family. As a member of the government-sponsored team, Moreno’s equipment, food, everything he needed was provided by Cuba. Once the team dissolved, he went to work as a block mason, making about \$30 a month - not nearly enough to provide basics for his family.

Certainly not enough to continue his beloved bicycle racing.

Devastated, Moreno told Burleson he became angry, then he became an alcoholic. It was the local church that reached out to him, that gave him hope. It was the members of the small congregation that showed him a different way of life.

Slowly, he put his life back together and even started studying to be a physical education teacher. Burleson decided to help Moreno go a little further and start racing again.

“Cuba has a big bike race called Tour of Cuba - about two weeks long across the country. Lazaro could do it, but he needed a new bike,” Burleson said.

When he returned home to LaGrange, the Procter & Gamble Duracell engineer went to the local bicycle club, West Georgia Flyers. He showed them pictures, told the stories and asked for help.

Burleson sent out a list of bicycle parts that Moreno needed, then someone suggested they send a whole new bike. Bill Golden, owner of Golden’s Bicycle Shop in LaGrange, offered the club a bicycle at his cost.

“Then I found out that you can’t take anything into Cuba that’s valued at more than \$1,000. They tax it 150 percent,” Burleson said.

Undaunted, he returned everyone’s donation and, again, sent out a list of parts.

New and slightly used parts came in through donations from West Georgia Flyers members until Burleson had gathered enough to help Moreno rebuild his bicycle. A friend who was returning to Cuba in November took the parts to Moreno.

In March, Burleson again returned to Cuba with his church group and discovered that the government canceled this year’s Tour of Cuba race.

“I don’t know why. They don’t give you reasons in Cuba for everything they do,” Burleson said. “But Lazaro is racing in smaller races right now. He now has the hope of racing and winning again only because of his friends in LaGrange.”

Sherri Brown can be reached at [sbrown@lagrangenews.com](mailto:sbrown@lagrangenews.com) or at (706) 884-7311, Ext. 240.

## ON A LIGHTER NOTE...ROADIE SLANG (N-R)

### - N -

**Newton's First Principle** -- Fruit Newtons never stay whole for more than 20 miles on any ride!

**No cop... no stop!** -- (Come on, we all know this one...)

**Nobodies** -- Riders who are not worth chasing when they attack because you know you will catch them a few clicks down the road. Usage: "I don't chase nobodies."

**Noodle, noodling** -- Out for an easy ride; recovery ride.

### - O -

**Off from the blocks** -- Meaning as soon as you get the go ahead to start, you attack.

**On the gear/juice** -- A roadie that is allegedly taking performance enhancing substances.

**On the rivet** -- Describes a rider who is riding at maximum speed. When riding at maximum power output, a road racer often perches on the front tip of the saddle (seat), where the shell of an old-style leather saddle would be attached to the saddle frame with a rivet.

**On your wheel** -- Phrase describing the condition of being very close to the rear wheel of the rider ahead of you. Used to inform the rider that you have positioned yourself in their slipstream for optimum drafting. For example: "I'm on your wheel."

**Organ donor** -- A helmetless rider.

**Ouch!** -- What you say when you cut yourself while shaving your legs.

### - P -

**Pace line** -- The line of people going through at the front of the bunch.

**Pagoda dragon** -- The snaking motion a long line of racers forms in a straightaway as each guy tries to hang on to the wheel of the guy in front of him.

**Pedaling squares** -- Riding with considerable fatigue such that the rider is unable to maintain an efficient pedaling form that is strong and smooth.

**Pegging the fun meter** -- reaching max heart rate on a tough ride.

**Piano** -- Going very slowly in a road race. "They rode the first 20 miles piano."

**Played speed bump** -- Biffed at the front of the pack.

**Poacher** -- A person that rides with the participants in a charity ride but does not pay the entry fee.

**Pooch polo** -- This is the time-honored tradition of using a frame pump to dissuade the pursuing dog from having your leg for lunch.

**Popped** -- Blown.

**PowerBarf** -- Maybe that Berry bar wasn't such a good idea after all...

**Pray the rosary** -- What you do when you suddenly realize that the line you're on will bisect the bale of hay/car/wall in front of you.

**Pull** -- To take the lead on a pace line or echelon.

**Pump the big meat** -- Push a big gear.

### - R -

**Real Cyclist** -- You are only a *Real Cyclist* when the net worth of your cycling equipment exceeds the net worth of your automobile(s) by a factor of  $\geq 3$ !

**Retro-grouch** -- A roadie with a friction ironclad and not a gram of titanium anywhere.

**Rice and potatoes** -- What the College Boys eat. (Why waste money on food when you need a pair of Ti skewers!)

**Rig** -- Bicycle.

**Got the rig** -- When you run out of gas in a sprint.

**Pivot, put to the rivet, on the rivet** -- Pace is so fast you think you're gonna see Elvis. (This is a reference to Brooks Pro saddles which have copper rivets.)

**Road pizza** -- Road kill; furry Frisbees; flattened fauna.

**Road rash** -- Abrasion from sliding on pavement after a crash.

**Roadie** -- Cyclists that like to put their rubber on something HARD!

**Rough stuff** -- Gravel, shoulder of the road.

**Rubber band** -- When your attack fails, the pack catches you and spits you out the back.