

PRESIDENT'S CORNER

November 9, 2010 changed my life as well as my husband's life, Shane, forever. As many of you may have heard already about our accident, I won't re-hash details. I would however, like to share some things we have learned so far through this experience.

First and foremost, we both will get back out there on the road when our bodies and minds have healed. We have always decided to live life to the fullest and not sit home watching life pass us by. Some people still think after everything we have been through that we are crazy to want to keep riding. Just like a lot of people, I'm sure, think you are too. I was sad to hear so many of my friends' husbands and/or wives not 'letting' them ride their bikes anymore because of the dangers since our accident. Well, life is dangerous...every single time you step out your front door...get behind a wheel...step out on the streets. So I'd like to say, while it is a decision you have to make for yourself, you are the one that has to live with it, and so does your family. Be safe out there and always be on alert. Live life today, not tomorrow.

So here are some things we learned throughout this whole journey:

- I'd like to be bold and tell you to have *great* health insurance. Even if the driver is at fault, your medical bills will go on YOUR health insurance first! Yep, GA law. Does this sound fair? Nope. (*Shane spent a total of 22 days in 2 different hospitals, in-home physical therapy, con-*

tinual follow up Doctor appointments, tons of medications and the list keeps going.) So knowing that you are going to ride your bike...make sure you have superb health insurance. Hopefully you will never need it.

- Contact YOUR Auto Insurance Company ASAP. Yes, you are on a bike as a pedestrian, you are required to do so and is time sensitive. Example: if the driver of the vehicle has a minimum of \$25,000 in coverage, then that is when your Auto Insurance kicks in.
- In addition to Auto Insurance, make sure you have great UM (under or un-insured motorist) coverage in any case it has to come in play. An umbrella policy is also important to have with UM coverage, not all umbrella policies have this.
- On a personal note, do NOT try to be Superman or Superwoman, lean on your cycling community, they are so very awesome! Don't try to do it all by yourself and learn how to receive from others. It may be a long journey.

Last but not most definitely not least, Shane and I would like to say thank you to each one of you again. Your support, thoughts and prayers have helped us through this unfortunate journey. They say things like this either tear you apart or glue you together. I have to say we've been "glued" and are so very thankful for each and every one of you.

Sincerely,
Vicki Shaddix

2011 MEMBERSHIP IS OPEN

2010 MEMBERS

Barry Stephens, Becky Stanley, Ben Cole, Bob Evans, Bobby Matthews, Bonnie Vowell, Bret Bureson, Chris Caldwell, Craig DeLoach, Curt Snider, Dan Evans, David Howard, David Johnson, Forrest Strickland, Frank Willingham, Janel DiVirgilio, Jennifer Wiggins, Jimmy Tuley, Joey Latulippe, Joy Burnham, Ken Hacka, Laurie Johnson, Lindsay Isbell, Michael Edwards, Nancy Mallory, Patrick Wilson, Penny Willingham, Peter Trizzino Jr., Rick Smathers, Ron Cole, Ronald Bolton, Shane Shaddix, Stephen Watts, Steve Alford, Steven Bowen, Tom Davenport, Vicki Shaddix, William Ralph

February Meeting

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

Monday, February 14

Meeting begins at
6:30PM for business and
then stick around for so-
cial time.

**EVERYONE IS
WELCOME TO
COME!**

MARCH

Club Meeting 14th

Cold Weather 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

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

Cannibal -- Inhumane rider. Eats 'stiques for lunch.

Carpet sprint -- What happens when you ride off the rollers.

Carrot choppers -- Spinergy wheels.

Cat and mouse -- Vying for sprint position.

Caveman -- Someone who's going well.

Cavemanned it -- Rode hard.

Chaingang -- Very fast training where everybody goes through the line. A large scale team time trial.

Chain slap -- Annoying slapping of the bike's chain against the chainstays while riding over rough terrain.

Chain suck -- The tendency of a chain to stick to chain rings and be sucked up into the bike instead of coming off the chainring. Primarily caused by worn chainrings and rust on small chain rings, under high loads, and in dirty conditions.

Charcoal -- Carbon fiber frame.

Chewing handlebar tape -- This occurs when you are suffering so much that you find yourself head down over the handlebars and you are chewing the tape on your handlebars (in the vain hope, I think, that you might find some energy from it.) *Usage*: "When we got to the climb I was chewing my handle bar tape".

Chicane -- A sequence of tight turns, often s-shaped, usually most important near the finish of a road-race or during a criterium.

Clincher -- A type of tire that uses a bead around the edge of the tire to attach to the rim of the wheel when inflated. The inner tube is separate.

Compound disappearing hill -- A hill where no matter how long you climb, you're never more than half the way up.

Computer geek -- Anybody that spends more than thirty bucks on a cycling computer.

Cooked -- Running out of energy while riding.

Crack -- When a cyclist runs out of strength or energy, they are said to have cracked.

Creamed -- Cream crackered. Knackered. Very tired.

Crayon -- A crash that results in major road rash.

DNF -- Did not finish.

Dancing on the pedals -- What you do when you ride away from everyone else on a climb.

Dangle 'em off the front -- Keeping a breakaway within sight but not closing the gap so as to let them fry themselves up front.

Danseuse, "a la danseuse" -- (French: Like a dancer.) When you get out of the saddle on a steep incline.

Death ride -- Training ride so hard that everyone is incoherent afterwards.

Deep-dish wheels -- Aero disc wheels.

Degueuler, "faire degueuler sa bouillie" -- (French: To make someone barf his/her gruel.) Riding hard to try to drop someone.

Delgado, do a Delgado -- Show up late for a race/ride.

Descender -- A cyclist who excels at fast descents, often using them to break away from a group, or bridge a gap.

Dine off the big plate -- Use the big ring.

In the dining car -- sitting at the back of the peloton.

Dinner plate -- The big ring. (As opposed to the salad plate.)

Doggin' it -- Sitting on and getting paced for a later attack.

Domestique -- A rider whose job it is to support and work for other riders in their team (literally "servant" in French).

Double -- Measure of distance. "I did a double bottle (or) double bonk."

Double clanger -- English for double chainring.

Drafting -- To ride closely behind another rider to make maximum use of their slipstream, reducing wind resistance and effort required to ride at the same speed.

Drop -- To be dropped is to be left behind a breakaway or the peloton for whatever reason (usually because the rider cannot sustain the tempo required to stay with the group). To drop someone is to accelerate strongly with the intent of causing following riders to no longer gain the benefit of drafting.

Drag strip -- A very fast TT course, usually a traffic assisted dual carriageway.