

GWBC CLUB INFORMATION

Ride Hotline: (810) 239-BIKE
Website: www.geneseewanderers.org
Yahoo Group Mailing List: geneseewanderers@yahoogroups.com

President: Algie Murphy president@geneseewanderers.org
Vice-President: John Davison
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Webmaster / Spokesperson: Allen Murphy webmaster@geneseewanderers.org



The Spokesperson

Official Newsletter of the Genesee Wanderers Bicycle Club

July 2006 Issue

LMB Executive Director Attends Potluck

At the New Members Meeting and Potluck held in April, LMB director Rich Moeller was presented with an Assenmacher 100 jersey. He spoke about the current issues of the LMB including pending legislation.



LMB Director Rich Moeller with GWBC President Algie Murphy

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For more information on League of Michigan Bicyclists rides and activities, visit www.lmb.org.

6. Know your equipment:

The bicycle is a mechanical marvel, but one of its most outstanding and enduring features is its simplicity. You do not have to be a mechanical engineer to understand your bicycle. And once you understand how it operates you are no longer at the mercy of who knows what when you have a problem. Keep your tires inflated. Keep the hardware adjusted. Even what many people consider major jobs on a bicycle are in fact relatively simple procedures that can be accomplished by most anyone with the desire to learn how and a few simple tools.

7. Be comfortable:

For longer rides there are several inter related pieces of clothing that work together to keep you more comfortable and make you more efficient. Bicycle shorts are available in several styles and they are all designed to increase your comfort while riding. Most are designed to give additional padding in the seat and to allow freedom of motion in the leg. A variation of these is the padded briefs that can be used under more conventional clothing. Gloves are designed to pad and protect the other major contact point with your bicycle. Many of these have sophisticated materials to increase comfort. Shoes are your power transmission devices. Cycling shoes are stiff so that the foot is protected from the pedaling forces. This stiffness also allows more of your power to be transmitted to the bicycle. Several systems are available that allow the cycling shoe to more efficiently connect to the pedal.

Cycling jerseys are colorful and functional. The pockets found in the rear of the jersey allow you to carry personal items, cell phones, or food. They are in the back so they are supported while you are riding. Many other clothing pieces and accessories can make cycling enjoyable in all except the very worst weather conditions.

8. Don't Bonk:

Bonking or "hitting the wall" are two ways of describing the fatigue or exhaustion that can occur while exercising. Your body has more or less run out of the ready usable energy sources it needs to function at a high level of performance. The rule of thumb is to drink before you get thirsty and eat before you get hungry. You want to "maintain" not "recover". When your energy levels are depleted it can be a long lonely ride. Have a banana in your jersey or one of the many "power bar" type energy foods. But remember, don't eat much but eat early. Often times by the time you think you are hungry it may be too late. You can drink water almost constantly on a bike and not have too much. A little experience will tell you what you need.

9. Expect the Unexpected:

Fill your water bottles. Keep your bicycle tires inflated, and check them for damage. Carry a spare tube and a pump (know how to use both!). Wear a helmet. Make sure your bicycle is sound, and in good repair. Have a power bar or energy food in reserve. Use good lights if you ride in the evening or early morning. Carry identification, a cell phone, or money for a phone call.

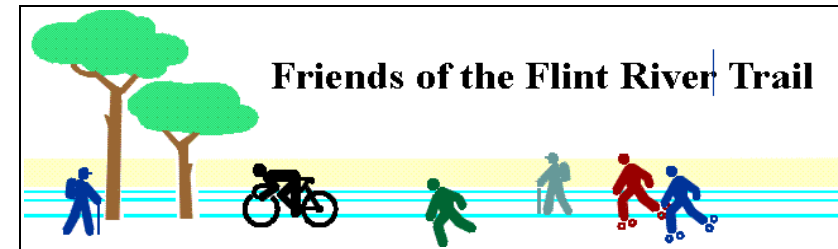
10. Have Fun, Be Fit, and Save Money. Be ecologically friendly. The bicycle is a marvelous invention. Use it often. Park your big steel box.

Friends of the Flint River Trail

by Jack Minore

(FRWC Executive Director & FFRT Steering Committee member)

The Friends group continues to ride a leisurely, family oriented ride each Sunday through October -- beginning at 2:00 pm at the Flint Farmer's Market. The ride is a 13 mile round trip ride from the Market to Blue Bell Beach. The Friends also have scheduled a Thursday ride -- same location -- each Thursday evening at 6:00 pm.



The Friends group recently came under the umbrella of the Flint River Watershed Coalition (FRWC) -- whose goals include promoting recreational use of the river and the river corridor. For more information about the FRWC, check out the web-site at www.flintriver.org.

And, there are a number of trail initiatives being coordinated by Flint area groups. The County Planning Commission is coordinating the Genesee Regional Trail Council -- which is looking at connecting the many short trails around the county so that there will be a unified trail or road routes throughout the area. The FRWC is also working with the River Corridor Alliance to extend and improve the Flint River Trail (in coordination with the County Trail Council. A number of local government representatives have been attending the Trail Council meetings and have expressed interest in local trails and trail connections.

Finally, with the County Parks system also extending the trail at Mott Lake and with additional extensions on the drawing board, it behooves us all to support the parks in the upcoming millage vote.

Ride of Silence Update



Club members take part in the Ride of Silence on May 17.

On May, 17, several of our members participated in the Ride of Silence, an eleven mile ride honoring cyclists that have been killed or injured while riding. This was a worldwide event with clubs from all over holding their own ride as well. Our members completed the tour in Lennon in complete silence after a short memorial prior to the ride. Those who participated found this to be a powerful experience. Special thanks goes out to Dave Otto who was the coordinator of this event for our area. For more information on this worldwide event go to www.rideofsilence.org.



Riders gather for the memorial prior to the ride.

Assenmacher 100 Update



A recent submission to our Yahoo email list read:

“A Call To Action.. The 2006 Assenmacher 100 is next month Sunday August 20th. We have all been busy planning and organizing this year's event. It has been brought to my attention that we still need volunteers this year. If you, a friend, or family member can help please let us know right away. No previous experience is required or necessary. It is a fun way to help other cyclists have a great cycling experience. Let's make this year's event the best ever. Remember many hands make light work! You can contact me at the store (810) 635-7844 or respond directly to ride531@assenmachers.com.

Matt Assenmacher”

Just to remind all of our members about the kinds of jobs that get done on ride day, here is a list of the major areas where our volunteers are put to work. These are typically covered by at least two shifts during the day.

- Volunteer Coordinator
- Registration
- Medical
- Shirt Sales
- SAG Coordinator
- SAG Drivers
- Gaines Rest Stop
- Shiatown Rest Stop
- Sleepy Hollow Rest Stop
- Collemer Park Rest Stop
- Kerby Corners Rest Stop
- Clean Up

There are always other minor issues to cover as well. In all, it takes a minimum of 40 volunteers to make this ride a success. So, if you can, clear some time on August 20, 2006 to lend a hand.

For those club members looking to ride the Assenmacher 100 routes, we hold a pre-ride the week before the event for Genesee Wanderers so they can enjoy the ride and still volunteer on A-100 day.

For information on the 27th annual Assenmacher 100 go to www.assenmachers.com/100.htm.

Hoppy's Hundred

Sunday July 30th

By Jim Hopperrath



Unsupported, ride at you own pace. There are routes for everyone, so get a group of friends or come out and join in. Maps and cue sheets for 20, 30, 50, 63 (100k) and 100 mile routes. Ride will start at 8:00 am, but you can leave any time you wish. Routes are in Genesee, Shiawassee, Saginaw counties. The 100 mile route also includes Clinton and Gratiot counties. All routes are generally flat similar to the Assenmacher 100.

All routes start out the same and peel off for different distances. Here are the general routes, subject to change if improvements are found before the ride:

20 mile route travels thru Juddville and New Lothrop.

30 mile route travels thru the above plus Layton Corners.

50 mile route travels thru the above plus Chesaning and Parshallburg.

100k route travels thru the above plus St. Charles.

100 mile route travels thru the above (less Parshallburg) plus Oakley,

Chapin, Bannister, Elsie, Carland, and Henderson.

Other distances are possible, just ask.

Hot dogs served on the deck after the ride.

Ride leaves from 583 W. Pierson Rd, Flushing (first house west of Seymour Road). Plenty of parking. Contact Jim Hopperrath at (810) 659-8680 or jhoppy@compuserve.com.



Genesee Wanderers Bicycle Club

6455 Corunna Road
Flint, Michigan 48532



Membership Application

Name(s): _____

Address: _____

City: _____ Zip: _____

Phone: (_____) _____ - _____

Email Address: _____

_____ New Membership

_____ Renewal

Areas of Interest: _____ Ride Leader _____ Social Events

_____ Membership _____ Board of Directors _____ Spokesperson Editor/Writer

_____ Nordic Skiing _____ New Member Support _____ Assenmacher 100 Volunteer

\$12 Annual Dues for family/individual; \$20 Annual Dues for Club or Organization
\$25 Sustaining Member; \$125 Lifetime Membership

Dues are due March 1 of each year. Makes checks payable to **GWBC**.

I agree that GWBC and its members and volunteers are *not liable* for any loss, injury, or death related to Club rides or activities. I understand that there are risks inherent in cycling and I accept such risks and release the Club and members from *all* liability in return for being allowed to participate in Club activities. I understand that I alone am responsible for my safety, health, and cycling ability. *I agree to always ride safely, wear a bicycle helmet, and observe all traffic laws.*

Date: _____ Signature(s) _____

National 24-Hour Challenge

By Allen Murphy

Hot! That's all you need to say when describing the 2006 National 24-Hour Challenge. With temperatures well into the 90's most of the day, riders seemed to be dropping like flies.

I have to admit that although this was a good year to be a crew member; I was still hot just driving around in the van!

By the evening, things were bearable, but still warm. Only when the sun finally settled behind the school did relief arrive. Our riders were treated with a surprise visit from Matt and Jeff, who flew in to Hastings for the evening to lend their support. They were even granted special passes to take a lap on the course by the event directors. I guess it pays to know people! The evening also brought crew member Kristen Hansen's now famous Sloppy Joes, which seem to have magic powers for the riders.

While the heat took its toll on many riders, the Wanderers were still well represented on the awards stand. Dave Otto took 3rd place in the single-recumbent category with 316 miles, Carla Murphy was second in her age division with 292 miles (which put her 4th among all women!), and Algie Murphy scored third place in the father-daughter division with his daughter Alison (428 combined miles). Carla Murphy and Mark Alexander also both earned their 1000-Mile Jerseys with their four-year totals.

For more results and information on the 24-Hour Challenge, go to www.n24hc.org.



Wanderers prepare for the pending heat on Challenge morning.



10 Tips on Bicycling

By Matt Assenmacher

How to select the right equipment. How to enjoy your new bicycle. How to get the most out of your new bicycle. How to stay healthy on your new bicycle.

1. Selecting the right bike:

Here is an exercise in compromise. A bike first and foremost must be sized correctly. It makes no more sense to try to be comfortable and efficient on a poorly fitted bicycle than it does to try to wear poorly fitting shoes. Select the type of bicycle that will be most appropriate for the type of riding you expect to be doing most. Good bicycles are not toys but vehicles that are not motorized. It is more economical to buy a better bike once than to replace a poor quality bike that will not do what you expect it to do.

2. Be Safe:

There is one piece of equipment that has become almost universal among knowledgeable cyclist in the last fifteen years and that is the bicycle helmet. They are light and comfortable. They can save your life in the event of an accident and are a sign that you know what you are doing. They must fit correctly to protect you.

3. Always ride with traffic:

You are a vehicle when you are on the road. Use the same rules and courtesies you would when operating a motorized vehicle. Ride Friendly! Be courteous! Be predictable! Respect traffic! Follow the "Rules of the Road". First and foremost ride with traffic. There is a great deal of misunderstanding about this. It is very unsafe to have two vehicles (cars & bicycles) using the same roads following different rules. You can test for yourself the most convincing argument. We are always taught to look both ways when entering or turning on to a road, and this is a good rule. But experience has taught us that traffic will be approaching from the left. So unconsciously we tend to look to the left to a greater extent than to the right because we expect to see the traffic coming from the left. Not only do we not look to the right as long or as often we do not expect to see traffic coming from that direction so that even if we look we may not "see" it. A cyclist is a relatively small vehicle. It is to your advantage to be where you are most likely to be seen.

4. Gain riding skills:

Confidence can only be obtained through practice, participation and overcoming your fears. Try to pick areas to ride that are less threatening. Develop your riding and bike handling skills in these areas. You will become more skilled and less intimidated. If you are trying to learn how to stay upright shift your gears and manage a difficult traffic situation all at the same time of course you will be anxious. If you are mountain biking try some less aggressive trails or dirt roads. They are fun to ride too!

5. Ride with a group:

There are local club rides and other organized rides every weekend all summer long. Or do a winter ride down south or on the west coast. By riding with people you will develop your skills much faster and have fun at the same time. Join the local cycling organizations. This is the best way to "network" your way into finding the fun rides and the people that you would like to ride with. Do not be intimidated by being "dropped". Stay with it! It may take a few rides to get it together enough to "hang with the pack". Most club rides will have someone that will watch out for the new riders and make sure they are getting along OK. Ask for help. Many cyclists don't want to "but in" but are more than happy to assist you if you just ask. Get a regular group of two or three people set a time and a place for a weekly ride. The mile will peel by and you will look forward to these mini rides.



Cookie Sale/MS 150 Bike Tour Donations



After our Wednesday, June 7th ride, I put out a coffee can for MS donations. I just want to extend my heartfelt thanks to all that donated. A total of \$64.00 was collected and submitted to the MS Society!

Thanks again for your generous contributions!

Diane Weirauch



Advertise Your Ride

If you have a special ride planned or just want to informally gather to ride with other members, feel free to use our website, Yahoo email list, and Spokesperson newsletter to get the word out. These media are all at your disposal. Just send your information to geneseewanderers@yahoo.com or webmaster@geneseewanderers.org.



Poker Run Update

By Carol Lampin



The results are in!

First I want to thank Algie and Allen for all their help in promoting our poker Ride. True the publicity didn't turn out too well with the Hometown contact person(s), nothing we did wrong, everything was delivered and accounted for by everyone that helped.... They blamed it on the Journal - which somehow I can understand.... we learned a lot by our mistakes, or rather THEIR mistakes..... I will let them know we want more publicity next year, and after talking to a few of you and getting your suggestions.... we will be armed with more ammo for next year.

Also, a special thank you to our past president, and my best side kick, Patti Myers..... she is always there when I need her. Again thanks to you.

Matt I will be forever grateful to you for all your help, your parking lot, and your computer help.

Last but not least, a big thank you to Linda Jordan, for last minute pinch hitting for us at a rest stop. Some how, we need to get our families of our riders involved to keep our club growing. Lets all work on that in some capacity.



Riders enjoying the 2006 Poker Run.

If I forgot someone, please excuse me, you are thanked also.

Now for the results:

- 1st Place:** Diane Neuman - Full House(QQQ/55) = 35.00 Gift Certificate to Assenmachers
- 2nd Place:** Ed Usewick - 3 of a kind (999) = 30.00 Gift Certificate to Assenmachers
- 3rd Place:** Brad Dowdy - 2 pair (88/55) = 25.00 Gift Certificate to Assenmachers
- 4th Place:** Linda Jordan - 1 pair (99) = 10.00 Gift Certificate to Assenmachers
- 5th Place:** Dennis Jeffers - 1 pair (88) = 5.00 Gift Certificate to Assenmachers

Thank you to all the riders: what a beautiful day to be on the road. We will try this again next year, hoping to be bigger and better.... be sure to tell your fellow riders to join you next year.

If you did not receive your certificate, let myself, Tim, or Matt know, in case they are lost in the mail.

Thanks again, Carol and Tim