



Perspectives

Summer 2011

Vol. XXIII Issue II

Adventures of App Gap **Sandy Dupuis**

Besides the challenge of biking up App Gap, I enjoy the unexpected adventures one may encounter. I usually start my ride from home, and once I get to the base of Rt17, I've gone about 27 miles. During the ride, I usually see other bikers, many are GMBC riders who I recognize. One time in 2009, when I was about 500 meters from the top, I thought I was hallucinating. I saw this really dark brown, strange animal, that at first I thought was a mutant deer. As I got closer, I saw that it was a moose. Looked like a young one, and not knowing if I was between the it and its mother, I attempted to accelerate. Once at the top, I often see hikers, usually with their dogs

Last year, as I was crawling up, I saw a couple of bikers just ahead of me. I recognized one of them. Oh yes, Jill Smith the IronMan triathlete, with one of her training partners. I later learned that they were on one of their 5+ hour training rides. Eventually I managed to make it to the top and clipped out to get a good drink and a quick snack. There was a rather old, beat-up car parked at the top. Four young adventurous men emerged and pulled their long boards out of the trunk. Interesting...what were these guys planning? I said hi to one of them. He responded that he was so glad that a new bill had been passed so that cars had to share the road with all vehicles, including long boards. They were about to descend the west side of App Gap. I asked if their boards had brakes. "No, but you can slow down." A young woman sat behind the steering wheel of the car. Was she a certified EMT? During their descent, they would probably be using up at least the full width of their lane, if not both. As much as I wanted to see them take off, I also did not want to be in their way as I descended. So I clipped back in and headed downhill. As I was descending, I could hear Jill and her training partner start to talk with these guys. I'm sure she asked what they planned, and as I began to pick up speed I heard Jill exclaim "Shut Up, no way!". That must have been when she heard of their plans.

Officer's Row

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GMBC Web page

<http://www.thegmbc.com>**Schedule of Publications and Deadlines****Issue****Deadline****Summer****June 25****Autumn****Sept 25**

The past few years have been successful with just three newsletters, fattening up the issues and reducing mailing costs considerably. The April issue will have general articles and schedules for the first half of the season. July will cover the bulk of the club activities going on through the rest of the summer, while Autumn will review the GMSR, club meeting, GMBC's year as a whole and options for winter activities for club members.


I'll continue to send out reminder emails to the club via the list serve well before the above deadlines so we're all not struggling to make the above dates.

Thanks to all who have submitted your work for the past couple years.

Lost in the Flood – A Summary of the Early Touring Season

Phyl Newbeck

It was the rainiest April on record in the Burlington area but amazingly most of that rain did not fall on Sundays. Three of the four leaderless rides went off without a hitch and with 15-30 riders. The first official ride of the season was also on one of those days when riders turned to each other and said “you couldn’t ask for a nicer day.” A whopping 58 cyclists turned out for the **Covered Bridges of Chittenden County** with almost all opting for the long ride. Aside from a mix-up over where to meet in the parking lot, the ride went off without a hitch in very light wind and brilliant sunshine.

The weather for the **Vergennes Voyager** on May 8 was chilly and gray but that didn’t dampen  the enthusiasm of the 26 riders who set forth into a stiff north wind, virtually all opting for the long ride. The route had to be slightly altered because of one washed-out road, but other road conditions were good and traffic was light. After a delicious stop at the Otter Creek Bakery, the skies began to brighten (coincidence? I think not) and by the time we finished the ride the sun was out and layers of clouds and clothing were shed.

It was almost a good thing the **St. Albans Explorer** was rained out on May 15 (although Kerry gamely drove to the starting point just in case anybody *really* wanted to ride), since the nicest portions of the long ride were washed out from lake flooding. We have rescheduled the ride for August 14.

We had similar flooding issues on May 22 with the **Rouse’s Point Rouser**. The short loop around Isle LaMotte was under water. On the long ride, a beautiful jag in North Hero was replaced with additional riding on Route 2 and a portion of the ride on Lake Shore Road in New York had to be rerouted as well, giving us some additional mileage but providing us with a very pleasant view of farm fields. Unfortunately, miscommunication led to the maps and cue sheet not being accurate, but all 38 riders (including two who were making it part of a century) managed to make all the right turns (okay, mostly left turns since we go around the lake counterclockwise). We did find some water on Route 129, as well as a stream from a pumped out well across Lake Shore Road in NY. How-

ever, the only real issue was the strong headwind on the return trip. My sincere thanks to Chris and Mike Ford who offered to sweep since we were short one leader.

On Marathon Saturday at least 32 (we suspect some latecomers didn't sign in) riders braved the dire forecast and headed to Shelburne for the **Kingsland Bay** ride, including one visitor from New York City. Seven people did the short ride while the others did the medium length, both of which were slightly adjusted due to one washed-out road. For once, the headwind was on the first part of the trip but the humidity increased with each pedal stroke making the day seem hotter than it was. The ride is hillier than one might expect but the hills are rolling and the last stretch goes *down* Irish Hill Road, rather than up it so there were no complaints. We were all impressed with the roaring river that Little Otter Creek had become thanks to the incessant rain.

No roads were washed-out for the hilly **Hinesburg Hollow** on June 5. Clouds and cool temperatures made the route much more enjoyable than last year, if you can call a route that includes Irish Hill Road and Walker Hill Road enjoyable. Thirty-nine riders came out to test the hills, with most doing the long route. Cookies at the Old Brick Store in Charlotte helped many of us on this decidedly *not* flat route.

A half page spread in Seven Days featuring one of Chet Huang's photos did much to increase interest in our annual **Grand Isle Flats** ride, although a forecast calling for a 90% chance of rain diminished the ardor of others. You may notice I left out the "and picnic" part of the ride title. That's because Helen's camp was still underwater from Lake Champlain flooding. In the end, only ten brave souls showed up for a very windy truncated ride. Three riders did their own version of the short ride, altered to avoid the wet dirt roads. The others took advantage of the tailwind to fly northward but six of those made the wise decision to turn around at Hero's Welcome as the skies became threatening. Another alteration in the route saved them from the brunt of the headwind and all six were able to stay dry (not so the intrepid seventh who continued to Isle La Motte). To compensate for not having a picnic at Helen's camp, four riders headed to the Blue Paddle for a delicious lunch.

Father's Day was sunny and pleasantly cool for the **Jaunt from Jasper Mine**. Twenty-eight riders were almost equally split between the short and long routes; both of which featured light traffic and good pavement. Lake Champlain finally receded enough that all roads were open and there was only one short stretch of packed gravel. We started the ride with a light headwind but finished with a lovely tailwind. To top things off, the mini mart in St. Albans which serves as our food stop decided to let us use their bathroom, no doubt because there was a weighing station for the LCI Fishing Derby just behind the store and fishermen/women bring in more revenue than cyclists. Thanks to the Derby we were treated to the sight of one giant pike, but I opted to purchase a maple whoopee pie instead. Unfortunately, a number of folks not on the listserv thought the ride started an hour later than it did (calendar glitch) but Warren and Dorothy left route sheets on their car so latecomers could follow the ride on their own.

In addition, we ran four highly successful Introductory Rides from Dorset Park. Experienced GMBC riders helped newcomers learn how to ride in groups, teaching them the rules of the road and helping them out with their gear. My sincere thanks to the folks who took time out of the weekend to help spread the word about cycling etiquette and increase our numbers.

All in all, it's been a great start to the season in spite of Mother Nature. We've got plenty of rides yet to come so please join us. If you're not on the listserv, considering signing up so that you can learn of any last minute changes in the ride schedule.



Green Mountain Stage Race

September 2-5, 2011

4 days of exciting & challenging racing in the Green Mountains of Vermont

Numb Hands

Oliver Hall

A few weeks ago there was a question on the GMBC list-serve about what to do for numb hands while riding. Hopefully this means at least one person should find this topic interesting.

Numb hands are caused by nerve compression most often of the ulnar (funny bone nerve that enters your wrist on the pinky side) and sometimes of the median nerve (the nerve involved with carpal tunnel syndrome that enters through the midline of the wrist). Injury to one or both of these nerves can cause numbness and tingling and/or weakness and clumsiness of the hands.

To correct the problem there are several bike fitting options as well as a couple of suggestions while riding to take pressure off your hands and nerves. You can either try these suggestions yourself or ask your local bike shop for help.

- Frequently change hand position while riding
- Keep your wrists in a neutral/relaxed position (forearm and hand should be close to being lined up)
- Wear well padded gloves (gel is the best form of padding)
- Use well padded bar tape
- Check saddle tilt (if the nose is too low your weight may be moving forward onto your hands)
- Check your reach (elbows should be bent about 65-70 degrees)
- Ride a fatter/wider front tire at a lower pressure (to decrease vibration)
- Check handlebar shape and possibly try carbon handlebars (the shape will affect wrist position, carbon offers some intrinsic shock absorption)
- Check saddle height relative to handlebars (recommendations vary by frame size. The goal is to take more weight off your hands.)

If these measures are not enough to correct the problem, check in with your sports medicine practitioner to evaluate the problem. They will want to make

sure that the nerve issue is indeed at the wrist and not coming from the elbow, shoulder/chest or neck. Once it is established that it is indeed a wrist issue the focus will be to decrease irritation of the nerves by working on wrist mobility and correcting mechanics/posture of the entire upper body. Modalities like ultrasound may also be used to decrease inflammation of the nerve. In cases that are resistant to all of these suggestions, you will be referred to an orthopedist for more aggressive testing and treatment. You are best off trying to fix the problem as soon as you start to notice symptoms – the less irritated the nerves are the quicker they heal!

If you have any questions about numb hands or if there are topics you would like me to write about in future please e-mail me at oliver@inspirephysicaltherapy.com

The Benefits of Post-Ride Massage

Jenn O'Connor, MS, LMT

- Recover faster
- Reduce/prevent injury
- Relax/elongate your muscles
- Improve circulation
- Flush metabolic cellular waste byproducts
- Calm your nervous system
- Relieve pain
- Feel better

Post-ride massage plays an important role in supporting a rider to perform at his/her best. Massage helps to speed the recovery process by relaxing and elongating muscle tissue, improving circulation, calming the nervous system, and relieving pain.

Post-race massage involves several techniques, which increase blood flow to muscles. This is important because improved circulation brings essential nutrients to deprived muscle tissue and removes the build up of cellular waste by-products. This promotes healthy muscles and leads to better performance on the bike.

Sustained riding puts muscles in a more shortened state. This decrease in length may limit a rider's range of motion, and in turn reduce power output. Massage helps to elongate muscles and return them to a more normal length after a ride.

When competing, most riders experience an increase in some hormone levels including epinephrine (adrenaline). While this is advantageous for a cyclist during an event, it is also necessary to return this hormone to normal levels soon after a competition. When levels are closer to normal, healing processes are more optimal. Massage has a direct impact on calming the nervous system, which helps to facilitate this process and promote a greater state of health.

Pain relief is another important aspect of maintaining optimal performance on a bike and is complemented by all of the processes previously described. For example, during periods of high intensity exercise, there is increased pressure on muscles, which results in micro-tears along the actin and myosin junction of a muscle fiber. As with any trauma, muscle tissue needs oxygen and nutrients (which travel in the blood) in order to heal. An increase in circulation from massage, quickly facilitates this necessary delivery. When muscles get what they need, they can begin to repair damaged areas more efficiently and the rider will begin to feel better sooner. Massage is a comprehensive practice that synergistically supports the rider to perform better.

Jenn operates Sustainable Wellness Massage and is a proud sponsor of GMBC. A discount is offered to club members. Call her at 928-308-0567 for more info.

(Note: when the weather cooperates Jenn will be at some time trials offering PRM...this greatly benefits recovery! Kevin Bessett)

GMBC Time Trial Series

Kevin Bessett

Flooding, rain, and thunderstorms lead to a few course changes and cancellations in April and May. This has caused a bit of a hassle for me but it's all worked out and the series has a new course in Ferrisburg that racers like.

Be advised that the first visit to Huntington was cancelled and the make up date is Tuesday, August 2nd.

There was an incident at the first visit to the South Greenbush course that involved a landowner and his witnessing several riders "relieving" themselves on his property. The problem has been worked out with the landowner, but if it happens again, the future of the course will be in jeopardy. So now I am listing restroom locations in the TT announcements on the GMBC listserv and will eventually update the course descriptions on the website.

I know that sometimes the call of nature happens at inopportune times, and if that happens to you, be sure to get far away from houses and out of sight from traffic. It is difficulties like this that will make us unwelcome visitors to the locals. It is *all of us* that control how they feel about us, so please do your part to keep the peace.

And speaking of that first visit to South Greenbush, it was a well-attended event with 62 entrants. That is the second-highest on record at any course. Last year 64 entered a race at Jonesville.

Bobby Bailey is back and he's riding fast! Bobby was one of the fastest racers in the area and held several TT records in the late 90s and 00s. He took some time off from riding and is getting back into it now. He is a great source of information, and if you have questions about position on the bike or training for time trials, don't hesitate to ask him. Bobby is at many of the events.



Be safe and "keep on riding" (as the GMBC VP would say)

2011 GMBC Time Trial Schedule

(Subject to change--visit www.thegmbc.com for the latest updates)

Date	Course Name	Timers/Marshals*
Jun 30	Huntington***	B Dillon / M Hammond
Jul 7	Jonesville***	K Bessett / J Cary
14	Smuggler's Notch	S Gaydos / C Schneider
21	Huntington***	K Bessett / L Coletti
28	Cochran Road Ext.	J & E Tucker / G Van Den Noort
Aug 2 (Tue)	Huntington***	TBD (note: this is a make up date)
4	Little Chicago TTT	K Bessett / A Seidita
11	Jonesville***	J Davies / C Le Coz
18	Bolton Hill Climb	K Bessett / W Coolidge / D Pumo
25	So. Greenbush***	A Bolduc / R Kilymoyer / A Lesage / M Mainer
Sep 1	NO EVENT	(Green Mtn Stage Race)
8	TBD	(6pm) M Hopewood / A Miner
	TBD Fall Flat 20mi	(9:30am) Updates posted on website
	TBD Fall Hilly 50mi	(10am) Updates posted on website

KEY: * Timing/marshalling assignments determined by rider participation last year.
 *** Part of the Championship Series (see below for more information).
 TTT Team time trial. You and one other can work together to the finish.

How the Championship Series works: your fastest average speed at the Huntington, S.Greenbush, & Jonesville courses will be averaged together to come up with an overall average speed for all three courses (each course must be ridden at least once). Awards will be presented to those who post the fastest overall average speed in their category. **Anyone can ride on a championship course, but only GMBC members are eligible to compete for awards.** Separate trophies will be presented to the overall fastest male and female.

NOTE: All events start at 6:30pm on each Thursday, unless otherwise indicated.
 For more information contact Kevin Bessett (434-6398). Helmets required at all times.

☞ **These events are FREE for everyone** ☞

Course Descriptions:

Bolton Hill Climb: 6.86 mi. Parking: At rest area on Rt. 2 in Bolton (about 2 miles east intersection of Bolton Valley Rd. on Rt. 2). Start: At parking area, head west on Rt. 2. Take right on to Bolton access road and finish at top. Caution: It's a very fast descent off the mountain with a few sharp corners.

Cochran Road: 6.86 mi. Parking: Near the Joneville Post Office. Start: Just south of the Winooski river bridge in Jonesville on Cochran Road. Proceed west about 3.4 mi., turn around and head back. Caution: Look for traffic when making u-turn.

Cochran Road Ext: 8.41 mi. Parking: See above, and at Honey Hollow parking lot on the Duxbury road. Start: See above. Course is same as above, but on way back, just before reaching start area, turn right onto the Duxbury Road and finish at Honey Hollow parking lot (about 1.2 mi from the turn). Caution: You are REQUIRED to **reduce speed** at this turn!

Huntington: 12.71 mi. Parking: At Huntington Center School in Huntington Ctr. Start: At small bridge just north of the village and head south on Huntington Rd. to junction of Rt. 17. Turn around and head back to start area. Caution: Look for traffic when making u-turn.

Jonesville: 16.15 mi. Parking: Along Rt. 2 on west bound lane (please make sure front and back wheels are in the grass to give more space for passing bicycles and cars). Start: On Rt. 2 (1/5 mile west of Golf Course Road), head East for 8 mi. to the entrance to the Waterbury Flea Market (about 2/3 mi from Rt. 100 intersection). Turn and head back to the start area. Caution: Look for traffic when making u-turn.

Little Chicago: 16.17 mi. Parking: Along Avery Road, about 3/4 mi. on left after turning onto Little Chicago road from Rt. 7 in Ferrisburg. Start: Just beyond intersection of Little Chicago and Hawkins road. Head west on Little Chicago to stop sign, turn right onto Sand Road to Kingsland Bay State Park entrance, bear right (road turns into Hawkins) and ride to stop sign where Hawkins meets Little Chicago (start area). DO TWO LAPS! Caution: You are REQUIRED to **reduce speed** before making the turn to begin second lap.

New Haven: 12.94 mi. Parking: At Rally Sport on Rt. 17. Start: On Rt. 17 and head east to Rt. 116. Turn right and take Rt. 116 south to intersection of River Road. Head **straight** onto River Road (it goes up hill, and Rt. 116 goes to left) and proceed southwest for several miles, then turn right onto South St. (**CAUTION: VERY SHARP TURN with some sand**) and proceed north to route 17. Turn right onto Rt. 17 and head back to start area.

Pleasant Valley: 16.02 mi. Parking: Near Cambridge General Store (**do not park near store**). Start: On Lower Valley Rd just south of store. Head south to intersection of Upper Valley and Pleasant Valley. Bear right onto Pleasant Valley and ride across long flat to top of following hill. Turn and head back to intersection noted above. Continue straight onto Upper Valley. Ride several miles to turn around point and head back to intersection, then bear right onto Lower Valley road. Caution: Take this corner slow and look for traffic when making u-turns.

Smuggler's Notch: 6.2mi (first 3.2 miles is flat to rolling). Parking: Along Stebbins Road. Please keep the road clear. Start: On Rt. 108 near intersection of Stebbins Road and ride south on to finish on north side of the paved parking area near the top—just before parking area begins. Caution: It's a very fast descent off the mountain with a few sharp corners.

South Greenbush: 8.34 mi. Parking: On dirt road at intersection of Greenbush Rd. and Thomson's Bay Rd. (about 3 miles south of Charlotte). Start: 1/8 mile south of intersection and ride south on Greenbush to junction of Rt. 7, turn around and head back to start area. **Use caution when turning around and make sure traffic sees you in back and in front!**

Instructions for Timers

A GMBC person will setup the course and have the timing gear.

Arrive at least 1/2 hour before start.

Riders will sign up on the start/results sheet. The number to the left of their name indicates start position (if Vance Legstrong is at position 11, he'll leave 11 min after the stopwatch starts--ie, at the 11-minute mark).

Starting the race: announce that you are about to start the stopwatches.

Riders leave at 1-min intervals (rider 1 goes at the 1-min mark, rider 2 at the 2-min mark, etc.).

Recoding results: before the rider crosses the line, **shout** "NUMBER?" to remind them to give their start position. Press SPLIT as rider crosses. Record the number shouted and the split-time indicated on the watch (ie, record "11" and then the elapsed time shown on the watch since the start of the race). If no number is shouted, just write the time and jersey color.

Round 100th of seconds: Round :53:03.**50** to :53:04 & :53:03.**49** to :53:03

To calculate the finish time, just subtract the start position from the elapsed time (ie, if start pos. is 11 and elapsed time is 53:03, the finish time is 42:03).

IMPORTANT:

Helmet usage is mandatory.

At start area, keep riders to right of fog line as they wait for their start.

Riders **MUST RIDE SINGLE** file in warm-up/cool-down. **Please enforce this.**

Riders who miss their start time can go in the next available start-slot. Update start sheet!

Please be familiar with the course and rules for competing.

Instructions for Riders

Bicycling can be a dangerous activity and you are riding at your own risk. GMBC assumes no liability. All courses are open to traffic and you are responsible for obeying all traffic laws governed by the State of Vermont. You must agree and adhere to the following:

Know the course, turns, intersections, and fast down hills.

Read the ***Instructions for Timers*** to learn how events are run.

A Helmet is mandatory. Eye protection is recommended.

Your bicycle must be safe to ride.

Ride on the right side of the travel lane so traffic can pass. Do not obstruct traffic unless in areas where riding in the lane is safest (such as on winding and/or fast descent).

Do not ride two abreast. Any riders found to be impeding the flow of traffic will be disqualified and given a warning.

When passing others, do so as quickly and safely as possible.

On the start sheet, the number to the left of your name indicates the number of minutes after the stopwatch starts that you will leave at (for example, if you sign up at the 11th position, you will leave at the 11-minute mark).

Don't miss your start time. An easy way to avoid this is to start a timer on your watch when the official watch starts. This way you'll always know exactly how much time you have left.

10 meters before finishing, shout your start position to the timers. If you fail to do so your finish time may not be recorded due to the times not being able to identify you.

Time Trial Warm Up Techniques

Bobby Bailey

One thing I have noticed (for years and years) is that no one warms up enough for the GMBC Time Trials. Understandably it's tough to do with rushing from work but it is an important and too often overlooked aspect of setting a PR on course.

So...here are some tips to make sure your engine is warmed up prior to a full throttle effort.

A proper warmup can be performed in 30 minutes. More is better but here is how to make it happen:

1)

10-15 minutes @ Zone 1-2

5 min @ Zone 3 interval

2 x 4 min Zone 4 interval

If you have time do a few 20 second full sprints or seated high cadence sprints.

2) Set your watch so that you know when to get to the line. Show up with 2-3 minutes to your start. Stretch the quads, calves and hammies, say a prayer to the Speed Gods and HIT it!

I am baffled at how many riders stand in line for 20 minutes. Be mindful of traffic but by setting your watch, you can keep riding and not miss your start.

3) Keep hydrating with a sports drink. Take it with you during your race.

4) Recovery -- have a 4:1 mix of carbs to protein on hand. Drink immediately following your race. This is important so that you are recovered for a weekend of racing and/or long riding.

5) Cool down for 15-20 minutes afterwards and do some light stretching.

Vermont Senior Games Bike Races

Kevin Bessett

GMBC member Don Kjelleren Sr. is the organizer for the bike racing portion of the 2011 Vermont Senior Games. The event will be held in Ferrisburg on Saturday, July 23rd and will be taking place on the Little Chicago time trial course. Please see the flyer elsewhere in this newsletter for more information.

The club is helping Don organize the event and he and I hope that riders in the area 50 and over will be excited about this opportunity to race locally. There will be several races held during the day, from time trials to a road race, and it is your choice of what you'd like to enter.

The roads that will be used for the event are lightly traveled and in good shape. It will be a great day of racing!

We need racers and we need volunteers! See the flyer on the next page for info on how to enter and how contact Don to help out.

Two GMBC Criteriums Left To Go!

The Dates are Tuesday July 12 and August 2.

C Race: 6:10 Cat.5 Men, Cat 4 Women, all one day racers

B Race: 6:30 All Cat.4 men, Cat 3 Women

A Race: 7:00 Cat 1-3 Men, Cat 1-3 Women

- Race course is located off Gauthier drive in Essex Junction, Vt.
- For more information contact Claude Raineault at 1-802-899-1250
- All entries \$5 per race, which includes a \$3 USCF insurance .
- Non-USCF licensed riders may purchase a 1-day license for \$10 or buy an annual license on site.
- Registration opens at 5:30pm, closes 10 minutes before each race begins.
- Races will be cancelled if conditions do not permit safe racing.
- Participants will be asked to help out at future races.
- Course has 3 corners, is flat and just under 1km.

**THE VERMONT SENIOR GAMES ASSOCIATION
THE SENIOR OLYMPICS
AND THE GREEN MOUNTAIN BICYCLE CLUB**

Present...

Bicycle Race Day and Vermont State Bicycle Championships

Saturday, July 23, 2011, Ferrisburg, VT

(Go West from jct of Rte 7 and Little Chicago Rd. in the center of Ferrisburg - Follow signs.)

Featuring

Vermont's Fastest One Mile Time Trial and Best Overall Racer In All Events

Trophies to the fastest male and female

Schedule of Events:

9am: 1 mile time trial
10am: 5K time trial (3.1 miles)
11am: 10K time trial (6.2 miles)
1pm: 25K road race (15 miles)

- Anyone 50 years old by 12/31/11 or older is qualified to enter.
- 5 & 10K Time Trial & Road Race -- Gold, Silver and Bronze medals awarded by five year age groups (50-54, 55-59, etc.) by gender. G/S/B medals awarded to VT 1st, 2nd and 3rd place finishers.
- TT start in 1 minute increments; no drafting allowed.
- USCF rules apply and helmets must be worn at all times.
- Aerobars must be removed for Road Race.
- Centerline rule applies, whether or not marked.
- Road race will be divided into age and gender groups.
- You must check-in 30 minutes before your first event.
- See signs for parking (1/3rd mile from race course).

For registration forms and info go to www.vermontseniorgames.org

Or contact Don Kjelleren (802) 985-2766 dkjelleren@aol.com

Certified Active Release Techniques

Dr. Travis Hart

What is Active release Techniques you might ask? ART is a patented, state of the art soft tissue system/movement-based massage technique that treats problems with muscles, tendons, ligaments, fascia and nerves. Headaches, back pain, carpal tunnel syndrome, shin splints, shoulder pain, sciatica, plantar fasciitis, knee problems, and tennis elbow are just a few of the many conditions that can be resolved quickly and permanently with ART. These conditions all have one thing in common: they are often a result of overused muscles.

How do overuse conditions occur? Over-used muscles (and other soft tissues) change in three important ways: acute conditions (pulls, tears, collisions, etc), accumulation of small tears (micro-trauma) and not getting enough oxygen (hypoxia). Each of these factors can cause your body to produce tough, dense scar tissue in the affected area. This scar tissue binds up and ties down tissues that need to move freely. As scar tissue builds up, muscles become shorter and weaker, tension on tendons causes tendonitis, and nerves can become trapped. This can cause reduced range of motion, loss of strength, and pain. If a nerve is trapped you may also feel tingling, numbness, and weakness.

What is an ART treatment like? Every ART session is actually a combination of examination and treatment. The ART provider uses his or her hands to evaluate the texture, tightness and movement of muscles, fascia, tendons, ligaments and nerves. Abnormal tissues are treated by combining precisely directed tension with very specific patient movements. These treatment protocols — over 500 specific moves — are unique to ART. They allow providers to identify and correct the specific problems that are affecting each individual patient. ART is not a cookie-cutter approach!



To learn more about how you can benefit from ART visit us at: www.vtchiroports.com or call Dr. Hart at (802) 482-4476.

NOTE: VTCST is a proud sponsor of GMBC and club members will receive discounts. Call VTCST for info or see the Discounts page on the club's website.

Re-Introducing Our New Sponsors

Logos for several local businesses will appear on GMBC clothing for 2011: Inspire Physical Therapy, Sustainable Wellness Massage and Vermont Chiropractic & Sports Therapy.

At Inspire PT (876-1000) you will receive a discount of approximately 20% on all non-insurance services. At Sustainable Wellness Massage (928-308-0567) you will receive 20% off on all services. At Vermont Chiropractic & Sports Therapy (482-4476) you will receive a free visit that includes consultation, examination and treatment, and 10% off on subsequent visits.

This is a great opportunity to get those kinks worked out, address that pain that doesn't go away, or work on better posture, to name a few. Links to their sites can be found on the right side of the GMBC homepage.

Thank you to Olly, Jenn and Travis for their generous support of the club and each has an impressive background and experience. You won't be disappointed!

GMBC Discounts at Two Health Clubs

Members can get discounts at several local health clubs — but you will need your ID card! GMBC has a partnership with Synergy Fitness in Williston and they are offering great discounts on 3, 6 and 12 month memberships. Call them at 881-0553 and tell them that you are a GMBC member. They have a top notch spin studio, weight workout area, tread mills and much more.

The Edge, a long time supporter of GMBC, is offering specials on memberships, too. Call Kelly at 879-7734 ext 164 for more information. They have three locations in the greater Burlington area with weight areas, spin studios (one location has new bikes), tennis, racquetball, several pools and more.

Riding in the GMBC Kit

Kevin Bessett

When riding with the club kit on, please remember that you are a representative of GMBC. The number of non-bicyclists who know about the club may surprise you, and you may find it surprising, too, that some have tagged GMBC and its members as being rebels. This couldn't be farther from the truth, but because of bicyclist(s) behavior on some non-GMBC organized rides, the club is found guilty by association. All it takes is one club jersey in the mix to deal a blow to the club, even if the offender is not in GMBC clothing. Thanks in advance for taking this into consideration.

Day Touring: Second Half of the Season

Phyl Newbeck

This year, in addition to the Upper Valley Weekend (now in it's third year) we have added a Northeast Kingdom weekend. We also have a new ride that leaves from Hardwick. You may notice that two perennial favorites, the Triple Ferry Ride and Awesome Ausable, are not on the schedule. The Triple Ferry was taken off the schedule because the Local Motion Ferry will not be running this year. Awesome Ausable has not been included because the Burlington Ferry schedule has changed so that the first ferry doesn't leave VT until 9:30 a.m. which was deemed to be too late. Since our Introductory Rides have been quite popular, we've added two for the first and second weeks of August.


Date: *Saturday, August 6*

Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Time: 9:00

Meeting Place: Dorset Park, South Burlington, dirt parking lot

Leader: Art Michalek - 716-308-4391 / artmichalek@yahoo.com

Co-Leader: Donna Leban - 865-2839 / lightspd@comcast.net 

Date: *Saturday, August 6*

Ride: **** NEW **** Upper Valley Weekend –Woodstock Wandering- We will ride through the rolling hills of South Woodstock, Brownsville, Hartland and into Quechee. The short ride (40- M/S) will return to Woodstock via River Road. The long ride (50-S) continues to West Hartford and through Pomfret before returning to Woodstock.

Meeting Time: 9:30

Meeting Place: Billings Farm Museum overflow parking lot, Route 12, just north of Woodstock

Leader: Bryan Harrington – 899-2908 / alpinefogman@yahoo.com

Co- Leader: Pat Stabler and Tom Evers - 225-8951 / everstab@verizon.net

After the ride, cyclists can camp out Pat and Tom's camp in South Royalton, stay at an area hotel, or return home. *There is a \$10 fee for camping, part of which might be refunded.*

Date: Sunday, August 7

Ride: Upper Valley Weekend – Windsor County Cruising - After a short warm up, we will tackle Howe Hill and ride through Pomfret nearly to Woodstock. At Rt.12, we will make a sharp right turn and head up the valley to Barnard where an ideal lunch stop awaits at Silver Lake. The ride continues via North Road with its wonderful views and long descent into Bethel. The short ride returns to South Royalton for 42 miles (M/S). A longer variation with climbing is also available for 56 miles (S).

Meeting Time: 9:30

Meeting Place: South Royalton Green (**please do NOT park in front of the church or businesses**)

Leader: Bryan Harrington – 899-2908 / alpinefogman@yahoo.com

Co- Leader: Pat Stabler and Tom Evers - 225-8951 / everstab@verizon.net

Date: Sunday, August 7

Ride: Meandres et Beaux Villages - A tour of pretty villages – a 60 mile (M/S) ride across the Canadian border. **Bring your passport or the required customs documents.** We'll stop in Mystic for brunch and pass many farms along the way. There is some dirt – about 4 miles total - and a couple of hills.

Meeting Time: 9:30

Meeting Place: Highgate Elementary School, I-89 north to exit 21 in Swanton, take 78 east to Highgate Center, then left on 207 North, Elementary School is on the left.

Meeting Place:

Leader: Bob Ray – 735-5101 / rray.post@yahoo.com

Co-Leader: Leslie Carew – 865-2805 / carew@champlain.edu

Date: *Saturday, August 13*

Ride: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace for folks new to road cycling. Our goal is to teach new cyclists the rules of the road and how to ride in a group.

Meeting Time: 9:00

Meeting Place: Dorset Park, South Burlington, dirt parking lot

Leader: Viola Chu - 735-7924 / hviolachu@gmail.com

Co-Leader: Lou Bresee - 658-0597 / lakelou@adelphia.net

Date: *Saturday, August 13*

Ride: Montgomery Magic – The 45 mile (M/S) loop from Montgomery includes challenging hills on Route 105 and 242. End the day at any one of the number of eateries in Montgomery. There is also a 36 mile (M) option.

Meeting Time: 9:00

Meeting Place: Montgomery Town Hall

Leader: Bob Ray – 735-5101 / rray.post@yahoo.com (this ride has NO co-leader)

Date: *Sunday, August 14*

Ride: St. Albans Explorer – Light, rolling hills with beautiful views by the lake. The 35 mile (E/M) route goes to St. Albans Bay Park and returns, while the 50 mile (M) route continues on to Swanton and back.

Meeting Time: 8:45

Meeting Place: Georgia Park and Ride - For those coming from the Burlington area, we suggest carpooling at the Colchester Park and Ride at Exit 17 off I-89 or perhaps meeting at UVM or Dorset Park in South Burlington.

Leader: Warren Coolidge – 735-1836 / wcoolidge@myfairpoint.ne

Co-Leader: Dorothy Pumo – 735-1836 / dpumo5@gmail.com

Date: Sunday, August 21

Ride: **** NEW **** Hardwick Highlights – The short ride (30 E/M) goes to Craftsbury Common while the medium (60 M/S) continues to Orleans and the long ride (80 S) heads all the way to Newport.

Meeting Time: 9:00

Meeting Place: Hardwick Elementary School on Route 14

Leader: John Bertelsen - 864-0101 / jo.bertel@gmail.com

Co-Leader: Karla Ferrelli - 864-0101 / karla.ferrelli@gmail.com

Date: Sunday, August 28

Ride: Waitsfield and Waterfalls - Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls. Turn around at the falls for a 35 mile (M) ride or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60 mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride.

Meeting Time: 8:45

Meeting Place: Waitsfield Elementary School (on the left traveling south on Route 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89.

Leader: Leslie Carew- 865-2805 / carew@champlain.edu

Co-Leader: Lou Bresee - 658-0597 / lakelou@adelphia.net

Date: Sunday, September 4

Ride: Addison Ambler - This route travels south from Vergennes to Weybridge via Route 125 and then west to Bridport and West Addison and back to Vergennes on quiet roads. The short ride is 45 (M) and the long is 60 (S) with roughly two miles of dirt.

Meeting Time: 9:15

Meeting Place: Vergennes Union High School at 50 Monkton Road

Leader: Amy Otten - 878-4070 / amyotten@netscape.com

Co-Leader: Ralph Kilmoyer – 878-4070

Date: *Saturday*, September 10

Ride: ** *NEW* ** NEK weekend- Moose Country Meandering – 67 (S) loop up through Norton and Canaan on routes 114, 102 and 105 with (hopefully) more moose than cars.

Meeting Time: 9:30

Meeting Place: Island Pond Visitor Center

Leaders: Pat Stabler and Tom Evers - 225-8951 / everstab@verizon.net

Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. *There is a \$15 fee for camping, part of which might be refunded.*

Date: Sunday, September 11

Ride: ** *NEW* ** NEK weekend – Willoughby Wanderings – 47 mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30 mile (M) version of the ride returns to Burke via Route 5.

Meeting Time: 9:30

Meeting Place: East Burke Sports - Parking is available (check www.kingdomtrails.com) at East Burke Sports (not customer spots), Pub Out-back and East Burke Storage parking lots. No parking in Chappy's/River Garden parking lot

Leaders: Pat Stabler and Tom Evers - 225-8951 / everstab@verizon.net

Date: Sunday, September 18

Ride: Century Day – Three rides, all following the same route for the first 25 miles with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those look-

(Continued from page 22)

ing for an extra challenge can do the Double Gap Century which is 113 miles and includes the Middlebury and Appalachian Gaps.

Meeting Time: 7:30

Meeting Place: Dorset Park – South Burlington

Leader: Viola Chu - 735-7924 / hviolachu@gmail.com

Co-Leader: Tom Kennedy – 735-5359 / etomkennedy@gmail.com

Metric Leader: Lou Bresee - 658-0597 / lakelou@adelphia.net

Date: Sunday, September 25

Ride: East of Eden – Ride 50 or 60 (M/S) miles through the rolling hills around Eden with your choice of a long, gradual climb up Route 105 or a shorter, steeper route up to Jay Peak. Take a break for fresh baked goods in Montgomery.

Meeting Time: 9:45

Meeting Place: Eden Elementary School on Route 100, about ½ mile south of Route 118

Leader: Larry Coletti – 865-2383 / lvcoletti@hotmail.com

Co-leader: Phyl Newbeck – 899-2908 / phyl@together.net

October Sundays – informal leaderless rides - the route and distance will be determined by those who show up.

October 2 - Meet at 10:00 at Williston Central School

October 9 - Meet at 10:00 at Dorset Park in South Burlington

October 16 - Meet at 10:00 at Jericho Elementary School

October 23 - Meet at 10:00 at Dorset Park in South Burlington

October 30 – Meet at 10:00 at Williston Central School

GMBC Clothing

John Witmer


The 2011 clothing features the same yellow and green colors and design from 2009-2010. Sponsors Synergy Fitness and Dynapower remain, plus these new sponsor logos have been added:

Sustainable Wellness Massage

1K2GO

Vermont Chiropractic and Sports Therapy

Inspire Physical Therapy

Clothing photos are available on the order form on the GMBC website. To order GMBC club clothing, please print this and fill it out. Mail it to the address below along with a check made out to GMBC. You must be a club member to order 2009-2011 clothing, but you do not have to be a racer! Our clothing is made by [Voler](#) 

Add payment for shipping if you want your items mailed to you; generally recommended for those who don't regularly see me during the week.

Note on sizing: vests, jackets, and arm warmers are in men's sizes only. For women who may want mens' size items: Women's sizes run about 1 size smaller than men's. For example, if you want women's size medium, order men's size small. Please consult Voler's sizing chart if you need help. Most folks think their chart is accurate. Jerseys are sized to fit fairly snug.

Current clothing info is always on the web, including clothing photos: <http://www.thegmbc.com/clothing.shtml>

Voler's sizing chart: <http://www.velowear.com/help.aspx#CatCode24>

Size Quan Price Total Year/Item

_____	_____	\$52	_____	2011 Short Sleeve Jersey w/hidd zip (GMBC/Synergy) (S-XL)
_____	_____	\$54	_____	2011 Short Sleeve Jersey w/full zip (GMBC/Synergy) (S-XL)
_____	_____	\$56	_____	2011 Long Sleeve Jersey w/full zipper (GMBC/Synergy) (M,L)
_____	_____	\$53	_____	2011 Shorts (GMBC/Synergy) (S-XL)
_____	_____	\$56	_____	2011 Bib Shorts (GMBC/Synergy) (S-XL)
_____	_____	\$24	_____	2011 Arm Warmers (GMBC/Synergy) (M,L)
_____	_____	\$52	_____	2011 Wind Shell Jacket (GMBC/Synergy) (M,L)
_____	_____	\$19	_____	2011 Gloves (GMBC) (S)
_____	_____	\$50	_____	2010 Short Sleeve Jersey w/hidden zipper (GMBC/Synergy) (S)
_____	_____	\$52	_____	2010 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S)
_____	_____	\$50	_____	2010 Shorts (GMBC/Synergy) (XL)
_____	_____	\$53	_____	2010 Bib Shorts (GMBC/Synergy) (S)
_____	_____	\$24	_____	2010 Arm Warmers (GMBC/Synergy) (M-XL)
_____	_____	\$42	_____	2010 Wind Shell Vest (GMBC/Synergy) (L)
_____	_____	\$50	_____	2010 Wind Shell Jacket (GMBC/Synergy) (XS)
_____	_____	\$19	_____	2010 Gloves (GMBC) (M,L)
_____	_____	\$53	_____	2009 Long Sleeve Jersey w/full-length zipper (GMBC/Flatbread) (M)
_____	_____	\$49	_____	2009 Shorts (GMBC/Flatbread) (XL)
_____	_____	\$23	_____	2009 Arm Warmers (GMBC) (L)
_____	_____	\$41	_____	2009 Wind Shell Vest (GMBC/Flatbread) (M)
_____	_____	\$49	_____	2009 Wind Shell Jacket (GMBC/Flatbread) (L)
_____	_____	\$19	_____	2009 Gloves (GMBC) (S-XL)
_____	_____	\$42	_____	2008 Short Sleeve Jersey w/full-length zipper (GMBC/Catamount) (M)
_____	_____	\$32	_____	2008 Wind Shell Vest (GMBC/Catamount) (M)
_____	_____	\$15	_____	2007 Arm Warmers (GMBC) (S,M)
_____	_____	\$32	_____	2003 Short Sleeve Jersey (Invensys) (S)
_____	_____	\$27	_____	2002 Short Sleeve Jersey (Invensys) (WM,WL)
_____	_____	\$20	_____	2002 Shorts (FourStar) (S,WS)
_____	_____	\$20	_____	2001 Short Sleeve Jersey (Excite/SmartFuel) (S)

_____ Clothing total: _____

Shipping:(#items x \$3.00; max of \$9.00): _____

Total: _____

(order form continued next page)

Name: _____

Address: _____

Phone: _____

Email: _____

Mail to: John Witmer 147 Lamplite Ln Williston, VT 05495

Checks to: GMBC Questions: 864-5897 or witmerjohn@yahoo.com



The Green Mountain Bicycle Club 2011 Club Application

Today's Date: _____

Summer 2011 Issue

Select type of membership: ☐ Single: age >17 \$20 ☐ Single: age <18 \$10

☐ Family \$25

Were you previously a GMBC member? ☐ Yes ☐ No

Are you a League of American Bicyclist member? ☐ Yes ☐ No

May we make your address available for 3rd party mailing lists? ☐ Yes ☐ No

Would you like a GMBC window sticker? ☐ Yes ☐ No

Please fill out the following for yourself (you will be the primary member):

NAME:				
ADDRESS:				
CITY, STATE, ZIP:				
EMAIL:				
HOME PHONE:				

NAME OF MEMBER	DATE OF BIRTH	SEX	USCF CATEGORY	NORBA CATEGORY
<YOURSELF>				

List emergency contacts (This data will appear on each of your ID cards) ☐ Check to use last year's data

NAME

RELATION (optional)

PHONE

CONTACT 1: _____

CONTACT 2: _____

Please answer the following to help us determine the activities the club should pursue:

What are your interests? ☐ Touring ☐ Fitness ☐ Mountain Biking ☐ Commuting

Check all that apply: ☐ Road Racing ☐ TimeTrials ☐ Criteriums ☐ Bike Advocacy

Would you like to serve on ☐ Touring ☐ Newsletter ☐ Time Trial ☐ Mountain Bike
any of these committees? ☐ Practice Crit ☐ Public Service ☐ Green Mountain Stage Race

Would you be willing to help with the downtown Burlington criterium on Labor Day? ☐ Yes ☐ No

Please make check payable to **GMBC** and send to:
(Allow 4-6 weeks for processing)

GMBC, PO Box 492
Williston, VT 05495



GMBC Perspectives
GMBC
PO Box 492
Williston, VT 05495

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