



# *Perspectives*

Summer 2012

Vol. XXIV Issue II

## **Book Review** **Sandy Dupuis**

**Title: Pedal to the Sea**

**Author: Gilbert Newbury**

When I saw on the list serve that Gil Newbury had written *Pedal to the Sea*, I knew I had to read it. I had met his son Anders once at a GMBC meeting. Over the years I have read Anders blog and found the life of a young Pro bike racer to be so interesting and adventurous. Once I met his brother Eric. It was at a time trial at Smugglers Notch. Eric blasted past me. Years ago I had heard that this family of four rode across America on a Quad bike. This book was my chance to read about their family adventure and get to know the four of them better.

Mother's Day was approaching. My daughter Stacey asked me what I wanted. Do I want yet another pair of bike socks she asked? This time I had a different answer. Please get me the book *Pedal to the Sea*.

Sure enough not only did Stacey get me the book, she managed to get one that was signed by Gil. I was so pleased. My son Joe was home from college and it would be a month before his summer position in Oneonta, New York would start. For me sharing a book with someone makes that book even better. So Joe and I set off reading *Pedal by the Sea*. The deal was I would get the book in

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**Officer's Row**

Kevin Bessett	president	kevinbessett@gmavt.net
Larry Coletti	vice-president	lvcoletti@hotmail.com
John Bertelsen	treasurer	jo.bertel@gmail.com
Kevin Bessett (interim)	secretary	kevinbessett@gmavt.net
Leslie Carew	touring co-chair	carew@champlain.edu
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Kevin Bessett	TT chair	kevinbessett@gmavt.net
Bobby Bailey	race team chair	rmbaileyjr@gmail.com
Sam Hoar	Burlington crit co-chair	shoar@dinse.com
Andre Sturm	practice crit chair	andre.sturm@earthlink.net
Viola Chu	bike advocacy chair	hviolachu@gmail.com
Scott Decker	newsletter chair	scottdee58@hotmail.com
Kevin Bessett	webmaster	<u><a href="#">This Position Still Open</a></u>

GMBC Web page

<http://www.thegmbc.com>**Schedule of Publications and Deadlines****Issue****Deadline****Autumn****October 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 Autumn, 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.

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the evening after work, while the book was his during the day.

This book is excellent. Gil is an outstanding writer. You feel like you are on the journey with them. I found it difficult to set the book aside once I began reading it. Joe and I would make comments along the way regarding where the Newburys were on the trip, the people they had met along the way and the amazing situations they had survived. Being just a little bit competitive, Joe and I were on the look out for each others bookmarks. First I was way ahead. Then he caught up. Then we were trading positions being ahead in the book. Finally one morning I saw a note on the counter, next to the book. The note was from Joe and it said "I beat you to the Pacific"!

What this family of four accomplished on the bike was truly amazing. You could sense each of them changing, adapting, growing during their trip. That Anders and Eric were 7 and 9 years old at the beginning of the trip is incredible. It is no surprise that they are both excellent athletes and that Anders is a Pro bike racer. This book is a must read.

## **Catamount MTB Camp for a Roadie**

**Aimee Motta**

I recently had my Trek X-Calibur WSD fitted with 29" wheels to lessen the fear factor (thank you Gene and Patrick at Village Bicycle Repair). After the "defanging" (their word), I knew I would be ready for the One-Day Skills Camp at Catamount. On June 16, I actually pedaled on my mountain bike from Huntington to the camp. The morning was so glorious and I just could not think of a day without road riding.

And so upon arrival, our group of 14 women met with Abbie and Sabra (Lea Davison's sister). The day was filled with anticipating a trail, use of hovering, weighting a foot, using momentum, cornering, riding around obstacles, looking at where you want to go and not at the rock or tree. Different trails helped us work on and hone these skills. Abbie and Sabra were very adept and encouraging during their instruction.

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## **Ticketing Bicyclists**

**Kevin Bessett**

By now everyone has heard about the Shelburne Police Department ticketing bicyclists for rolling through stop signs. I've heard, too, that other police departments around the state are following Shelburne's lead, and I know a cyclist who got busted by an Addison County Sheriff. This turn of events sure has raised many eyebrows and it has even made news headlines in other states. So where does the club stand on this?

GMBC's mission is to promote safe and fun bicycling, obeying the law and riding responsibly. Running stop signs is dangerous, against the law and is not a responsible way to ride. So bicyclists who choose to violate this law should face the consequences. The same applies to ignoring traffic lights and bicyclists who choose not to share the road, thus impacting traffic flow.

With stop sign violations GMBC hopes that officers will use the same or similar standards with bicyclists that they use to determine when and when not to ticket drivers. It is also important that officers are familiar with the rights that bicyclists have on the road, such as taking the lane if not impeding the reasonable flow of traffic (for example, one or more cyclists taking the lane coming to a stop sign).

The ticketing of bicyclists is new territory and it has been a learning experience for everyone. You may want to get used to it because it looks like this may go viral in Vermont. GMBC strongly encourages bicyclists to ride responsibly, share the road, to stop at stop signs and to stop and wait at traffic lights. Most of all, be safe and have a good ride!

## Discounts at Local Businesses

Club members can get great discounts at local businesses! See the Discounts page on the club's website for a list. You'll need your ID card (note: some businesses will verify your membership against a list). Newly added is ActionSportOptics.com. ASO is a local online company with a specialized focus on Action Sport and lifestyle related eyewear, and have a lot of cycle specific, and lifestyle related eyewear from top brands like Tifosi, Native, Smith, and Julbo. More info on the Discounts page!

## Are You New to Riding on the Road?

**Kevin Bessett**

There's a lot to know about riding a bicycle on the road, and that can be pretty daunting to folks who are new to the sport. Some questions you may have are: what gear to wear; what items to bring on the ride; how to fix problems; what roads to take and avoid; how to be a safe rider; and how to avoid incidents on the road.

Knowing answers to the questions above will help make your rides more pleasurable and safer. Over time you will learn by experience, but I recommend that you take the fast-track by visiting [www.thegmbc.com](http://www.thegmbc.com). In the vertical menu bar on the left is a section called, "Guides & Safety Tips." Click the links in that section to get to some very helpful information. The VTrans guides are particularly helpful. So click away!

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For me, the successes of the day were riding the Gullywhumper Trail and pedaling across the teeter-totter in the parking lot! I came away knowing I will enjoy mountain biking on many of the wonderful trails Vermont has to offer.

My husband and I have booked a weekend in East Burke to ride the Kingdom Trails. Yet before that, I will have pedaled the Vermont 100/200 double century road ride for the eighth time on June 24. And so, even though this roadie looks forward to the new adventure of trails, I cannot deny the road is my home.

## Vermont Senior Games

Kevin Bessett

Club member Don Kjelleren, Sr. is in his second year as president of the Vermont Senior Games Association, and like last summer, he will once again be the organizer and promoter of the VSGA Vermont State Bicycle Championship in Ferrisburg. This will take place on Saturday, 7/28 in the same location. This time around the event will be a qualifier for the 2013 nationals. GMBC is helping Don with his events again this year. So let's get some GMBC colors out there!

By the way, there are a number of different sporting competitions put on by VSGA. Visit their website for more info (see below).

### The Events

Vermont's Fastest One Mile Time Trial — 9 am

5 and 10K Time Trials — 10 & 11 am

20 and 40K Road Races — 1 pm

### Details

Anyone 50 years old by 12/31/12 or older is qualified to enter

Fee: \$25 will get you in the 5 & 10K TTs and Road Race (add \$3 to race the 1 mile TT). \$10 late fee after 7/23.

Race day registration is available but add \$15

Gold, silver and bronze medals awarded to male/female age groups

1<sup>st</sup> four places overall and 1<sup>st</sup> four Vermonters qualify for Nationals

Everyone must wear an approved helmet during warm-up and racing

Aero bars must be removed for the Road Race

Centerline rule applies, whether or not marked

Road Race will be divided into age and gender groups

Must check-in 30 minutes before your first event

### To Register and for More Info

Visit [www.thegmbc.com](http://www.thegmbc.com) and click on VT Senior Games Bike Race in the left column or visit [www.vermontseniorgames.org](http://www.vermontseniorgames.org)

Want to Volunteer to Help? (we could use you!)

Contact Kevin Bessett (434-6398 or [kevinbessett@gmavt.net](mailto:kevinbessett@gmavt.net))

## Riding in Sunshine (First Half of Touring Season)

Phyl Newbeck

Although we had summer weather in March, the first part of April was a bit gray and windy. Nevertheless, eight and then five riders headed out on our first two unofficial rides from South Burlington. The first Williston ride brought out 11 riders, heading out into a stiff headwind for 30 miles but the second ride from that location was on a raw and grey day. Despite the fact that temperatures weren't forecasted to pass the mid-forties and the wind was expected to gust up to 30 mph, twelve hardy cyclists (including one wearing shorts) did a 35 mile ride from Jericho Elementary School to close out the season's first set of unofficial rides.

As usual, our first official ride of the season, **The Covered Bridges of Chittenden County**, brought GMBC'ers out of hibernation. A whopping 53 riders set forth on a cool morning that got progressively warmer and sunnier as the day progressed. Most riders opted for the longer (37 mile) option but all enjoyed the apple and cherry blossoms which seemed to open up as we headed down through the Champlain Valley.

The forecast for Mother's Day wasn't encouraging and many of us drove through light rain to get to Shelburne, but the **Kingsland Bay** ride stayed dry (though humid) for the 31 cyclists who showed up, four of whom were doing their first ride with the club. Alas, only 29 people went on the ride since the other two had left their front wheels at home and were reluctant to do wheelies for that long a distance. Roughly a dozen did the short (35 mile) loop and only three did a modified version of the long (65 mile) loop. Most of us ended up adding five miles to the middle distance in an attempt to skip a hill on Silver Street, making for a 52 mile ride.

On May 20, 38 riders set out on the new **Champlain Bridge Ride**. For most, it was their first opportunity to check out the new bridge which has both sidewalks and bike lanes on each side. The day was hot and sunny so many cyclists did the short (43 mile) route instead of the 55 mile version. The festival at the foot of the bridge provided a wide range of food options and many of us were

grateful to Key Bank for their free water refills. Although the festival might have created a little extra traffic, many of those cars were antiques which were as respectful of us as we were of them.

Last year the first attempt at the **St. Albans Explorer** was rained out, forcing us to add a second ride later in the season. This year there were no weather problems whatsoever. Twenty-eight riders set out from Georgia, enjoying a slight tailwind for the return trip, which for many was followed by a creemee stop. More than half the riders did the long loop (50 miles) and virtually all of them stayed in a single group for the duration of the ride.

Ye of little faith... The forecast had been dismal all week but it began to improve as we got closer to the **Rouse's Point Rouser** on June 3. Not only did the rain hold off but the ride took place under sunny skies with light winds. Only one rider opted for the shorter loop and most of the remaining 20 stuck together (at a 16-17 mph clip) for the rest of the 60 mile ride. The only sour note was a flat tire but even there the timing was fortuitous since it occurred at the first rest stop. The opening of a new ice cream/snack bar on the New York side was a welcome addition and we were all safely in our cars by the time the rain began.

There was not one iota of rain in the forecast as 30 riders set forth on the **Hinesburg Hollow** ride. Virtually all chose the longer (47 mile) loop and although we had to contend with Irish Hill and Walker Hill in the same ride, everyone finished smiling. We broke into smaller groups based on preferred rest stops: Lantman's, Spear's Corner Store or the Old Brick Store. The ride included one visitor from New York City who immediately recognized a description of my 87-year-old mother who is a fixture in Central Park on her three-speed folding bike. He wasn't quite used to the hills, but enjoyed himself all the same. No rain, no wind, no flat tires; just a nice hilly ride.

We're all pinching ourselves about the lack of precipitation but we had other issues to contend with on the **Jaunt from Jasper Mines**. A very stiff south wind propelled all 30 riders at a rapid rate towards St. Albans at which point we all opted against continuing the long route through the open fields of Swanton and the crosswinds that were sure to buffet us there. Several of us added a bit to the short ride by taking a quick spin out to Kill Kare State Park and back. Despite the wind, we all made it back to the parking lot. The only sour note was



one rider on a borrowed wheel who had three flat tires (one short of my record) and ended up getting a ride back to the starting location rather than puncture yet another new tube.

No doubt we'll have to pay for this spate of good weather but none of the 40 cyclists on the **Willsboro Wanderer** were complaining. A number of riders opted for the short ride (35 miles) but most did either the long ride (50 miles) or a modified version. The modified ride is only a few miles shorter but it is flatter and offers an incredible view of Lake Champlain in the foreground with Camel's Hump rising behind it. The roads this ride travels are remarkable smooth and traffic-free. For bird-watchers, the ride offered views of turkey vultures, red-tailed hawks and nesting ospreys.

There's a lot of bad karma surrounding the **Covered Bridges of Franklin and Lamoille County** but this was a rather uneventful ride. True, there were two flat tires (only one of which was mine) but 36 riders (including three sets of tandems) enjoyed the rolling hills, although perhaps not the one in Belvidere. We were thankful that the cloudy skies kept the heat at bay although the humidity was still oppressive. Only six riders opted for the long route with its less than enjoyable pavement on Route 108. By contrast, a good chunk of Route 15 leaving Johnson had fresh pavement although the section through town is still chopped up. One rather incongruous sight on the trip was a souped-up Prius with flashy wheels at the mini mart in Eden.

In addition to our Sunday rides, we held a series of Introductory rides on Saturdays, some of which attracted up to 15 cyclists. In August we plan to hold at least on Intermediate ride in the hope of getting some of these neophytes to ride with us on a regular basis.

There's a lot more to come in the second half of the season. Come and join us on the road. We hope the sun will continue to shine.

## Taking Care of the Body at a Discount

Kevin Bessett

Got any aches or pains from a long winter or maybe a high training volume? Inspire Physical Therapy, Sustainable Wellness Massage and Vermont Chiropractic & Sports Therapy can help you out. And if you're a club member, you'll get a great deal.

At Inspire PT (876-1000) you will receive a discount of approximately 20% on all non-insurance services. Sustainable Wellness Massage (928-308-0567) is offering 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. All have impressive backgrounds and experience, and you won't be disappointed!

## Day Tour Rides for 2H2012

Phyl Newbeck

These are the Green Mountain Bicycle Club rides for August, September, and October of 2011. All of our rides are free and open to the public. We *strongly* encourage carpooling to the rides which require significant car travel. E-mail the listserv to find carpooling companions. For rides more than an hour from Burlington, we suggest calling the leader in the event of bad weather.

Key: (E) – Easy; (M) – Moderate; and (S) - Strenuous

**Date/Time/Place:** Sunday, August 5, 8:45, Milton High School

**Ride:** \*\* NEW \*\* Buck Hollow and Beyond – The 40 (M) mile route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia and Fairfax.

**Leader:** Joyce McCutcheon – 893-1690 / mellowmiti@aol.com

**Co-Leader:** Dave Merchant – 893-6794 / merchand@us.ibm.com

**Date/Time/Place:** *Saturday*, August 11, 9:00, Dorset Park, South Burlington, dirt parking lot

**Ride:** Intermediate Touring Ride - We will go 25-30 miles at a leisurely pace for folks interested in going a step up from our intro rides. The ride will head south to Charlotte for pastries at the Old Brick Store in Charlotte. During the ride we will reinforce the rules of the road and how to ride in a group. No rider will be dropped.

**Leader:** Cooie DeFrancesco – 363-0663 / vtcddef@gmail.com

**Co-Leader:** Sal DeFrancesco – 363-0963 / salnesp1@gmail.com

**Date/Time/Place:** Sunday, August 12, 8:45, Johnson Elementary School, 57 College Hill Road

**Ride:** \*\* NEW \*\* Journey from Johnson – This scenic ride (70 S) travels from Johnson to Lowell and then through Irasburg, Albany, Craftsbury and Hardwick with views of Lake Elligo and a camera-worthy spot at the peak of Route 58 with views of Jay Peak and the Green Mountains. The short version of the ride (61 M/S) cuts off some mileage at the end by going through North Wolcott. There are numerous food stops along the way including Eden, Irasburg and Hardwick.

**Leader:** Ron Bolan – 309-3467 / rbolamvt@gmail.com

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

**Date/Time/Place:** *Saturday*, August 18, 9:45, Gardner Park, Newport

**Ride:** In Search of Memphre – Memphre is the legendary sea monster who resides in Lake Memphremagog. This 75 mile ride (S) has rolling hills and light traffic. A shortened version of the ride (40 M) allows riders to turn around in Georgeville, Quebec. There are some beautiful views of the lake from higher elevations. A perfect lunch spot is Magog, Quebec and if it's a warm day, riders

can stop for a swim in Georgeville. **Bring your passport or the required customs documents.**

**Leader:** Bob Ray – 644-6368 / rray.post@yahoo.com (there is no co-leader on this ride)

**Date/Time/Place:** Sunday, August 19, 7:30 for the 8:00 Ferry (you'll need time to buy tickets), Burlington Ferry Dock

**Ride:** Awesome Ausable River Ride – A great, challenging ride in New York State. Follow the Ausable River from Port Kent to Lake Placid for the 80 mile (S) option or turn around prior to Lake Placid for the 64 mile (M/S) version. Food stops include Keesville, Ausable Forks and Lake Placid. Bring money for the ferry.

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

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

**Date/Time/Place:** Sunday, August 26, 8:45, Jericho Elementary School

**Ride:** Jericho Jubilee – This hilly ride starts out on scenic Pleasant Valley Road with a rest stop at The Cupboard in Jeffersonville. A 45 mile (M) option returns via Route 104 and 128, while the 65 mile (S) option heads north to Bakersfield and then to Fairfield, Fletcher and Fairfax before returning though Westford and Essex.

**Leader:** Dave Merchant – 893-6794/ merchand@us.ibm.com

**Co-Leader:** Joyce McCutcheon – 893-1690 / mellowmiti@aol.com

**Date/Time/Place:** *Saturday*, September 1, 9:00, Montgomery Town Hall

**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.

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

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

**Date/Time/Place:** Sunday, September 2, 10:00, Parking lot at the corner of Montgomery and Champlain Avenues in Philipsburg, Quebec (go through customs and continue north on 133, turning left onto Montgomery)

**Ride:** Meandres et Beaux Villages - A tour of pretty villages – a 45 mile (M) ride across the Canadian border with a shorter (30 E) option. **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.

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

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

**Date/Time/Place:** Saturday, September 8, 9:30, Island Pond Visitor Center

**Ride:** 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.

**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/Time/Place:** Sunday, September 9, 9:30, East Burke Sports - Parking is available (check [www.kingdomtrails.com](http://www.kingdomtrails.com)) at East Burke Sports (not customer spots), Pub Outback and East Burke Storage parking lots. No parking in Chappy's/River Garden parking lot

**Ride:** 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.

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

**Date/Time/Place:** Sunday, September 16, 7:30, Dorset Park, South Burlington

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

**Leader:** Matt Kuivinen - 881-9045 / mattkui@earthlink.net

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

**Metric Leader:** David Jacobowitz - 578-8803 / davidjacobowitz00v@gmail.com

**Date/Time/Place:** Sunday, September 23, 9:45, Eden Elementary School on Route 100, about ½ mile south of Route 118

**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. Both leaders will do the long ride.

**Leaders:** Amy Otten and Ralph Kilmoyer - 878-4070 / amyot-ten@netscape.com

**Date/Time/Place:** Sunday, September 30, 9:45, Cambridge Post Office, Lower Pleasant Valley Road

**Ride:** **\*\* NEW \*\*** Cambridge and North – The 51-mile (M/S) option heads out to Fairfield Pond and loops back while the 30-mile option is an out and back to Fairfield Center. Both rides feature rolling hills. There will be a post-ride gathering at Bob Ray's house.

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

**Co-Leader:** Brian Howard – 598-3857 / bjhowd@gmail.com

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

**October 7** - Meet at 10:00 at Williston Central School

**October 14** - Meet at 10:00 at Dorset Park in South Burlington

**October 21** - Meet at 10:00 at Williston Central School

**October 28** - Meet at 10:00 at Dorset Park in South Burlington

## 2H2012 Time Trial Season

**Kevin Bessett**

The series is well underway and participation has been good. It's not a record year so far but still above average. The first two events were in Ferrisburg at the Little Chicago course and on a Friday instead of a Thursday. All I'll say is that I like the early season Friday events.

The visits to that course were in late April and the 2<sup>nd</sup> visit was on a pretty cold day. The temp was around 38 degrees and that was a little chilly. I didn't have the proper long-fingered gloves during my ride and my fingers froze. When my hands were thawing after the race I thought I was going to pass out. The pain was so intense. Moral of story: lightweight long fingered gloves don't work when it's 38 degrees, so have heavier gloves!

There were two incidents at the New Haven course in June that involved cars. One was involving a car that had a passenger door open as it was passing riders and the other was with a car that passed a rider and then made a right turn right in front of him—he yelled and they stopped but he still slid along the passenger side of the car with his hip. He kept it up right but his hip did hit the passenger side mirror, and that stung he said. He still set a good time!

The New Haven is a great course to ride but traffic volume on Rt. 17 and 116 and these two incidents have pushed me to discontinue this course. There might be a replacement near Basin Harbor. The other problem, too, is that this course has two stop signs. That's not good.

In June I was invited to a Select Board meeting in Charlotte. They wanted to know more about the So. Greenbush course. Larry Coletti and I attended and it went really well. There were a few concerns about public urination that I addressed. You may remember that last year several riders were caught relieving themselves on someone's property. Just a reminder that if you have to relieve yourself while at an event and a public restroom is not available, make you and your body invisible. Get out of sight and make sure no houses are around.

Thanks to all the timers who've helped so far this season. It's appreciated.

## 2012 GMBC Time Trial Schedule

(Subject to change--visit [www.thegmbc.com](http://www.thegmbc.com) for the latest updates)

NOTE: All events start at **6:30pm** on Thursdays, unless otherwise indicated

Date	Course Name	Timers/Marshals*
Jul 12	So. Greenbush <sup>***</sup>	L Coletti / M & S Dupuis
19	<New course – TBD>	K Bessett / W Hanson
26	Huntington <sup>***</sup>	J Brannen / T Hubbard
Aug 2	Little Chicago <sup>TTT</sup>	K Bessett / J Williams
9	Smuggler's Notch	J Davies / A Sturm
16	Jonesville <sup>***</sup>	K Bessett / J Komarmi
23	So. Greenbush <sup>***</sup>	J Bertelsen / B Kinsman / J Patch
30	<b>NO EVENT</b>	(Due to Green Mtn Stage Race)
Sep 6	TBD	<b>(6pm)</b> K Bessett / A Miner
	TBD Fall Flat 20mi	<b>(9:30am)</b> Updates posted on website
	TBD Fall Hilly 50mi	<b>(10am)</b> Updates posted on website

**KEY:** \*Timing/marshalling assignments determined by rider participation last year  
<sup>\*\*\*</sup>Part of the Championship Series (see below for more information)  
<sup>TTT</sup>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, So. Greenbush, and 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.

### Helmets required at all times

For info contact Kevin Bessett at 434-6398

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

### Course Descriptions (More detailed info found on the website!)

**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.

**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

### **IMPORTANT**

- > Please be familiar with the course and rules
- > Enforce helmet usage – it's mandatory at all times
- > At start area orange cones will be setup to separate riders waiting to start from traffic – please keep riders in the buffer zone and out of the road!
- > Riders **MUST RIDE SINGLE** file in warm-up/cool-down. **Please enforce this.**
- > Riders who miss their start-time can go in the next free start-slot – just update start sheet and be sure that they know there new start position!

Arrival Time: at least 1/2 hour before event start

Timing Gear: the organizer will provide the gear and instruction

Sign-up: riders sign-up on the start/results sheet, and the number to the left of their name indicates start position (ex. start pos. 1 means rider will leave at the 1 minute

mark)

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

Start Interval: riders will leave at 1-minute intervals

During race: keep the road clear at start/finish area(s) – ask riders to stay out of road!

This is VERY IMPORTANT for public relations.

Recoding results: before a rider crosses the line, **shout** “NUMBER” to remind them to give their start position. Press SPLIT as rider crosses. Record the number shouted by the rider and the split-time indicated on the watch. If rider does not give number, put a “?” in place of the start position number and get it later.

Round to seconds: For example, round :53.03.50 up to :53:04 and round:53:03:49 down to :53:03

Calculate Finish Time: subtract the start position from the elapsed time’s minute value (for example, if the start pos. is 10 and elapsed time is :53:03, the finish time is :43:03).

### **Instructions for Riders**

Riding a bicycle on the road has inherent risks. You are riding at your own risk and GMBC assumes no liability. There is no charge to enter and all courses are open to traffic and you are responsible for obeying all traffic laws set by the State of Vermont. You must agree and adhere to the following:

- Know the course, turns, intersections and dangerous spots, such as fast descents.
- Read the *Instructions for Timers* to learn how these events are run.
- If you need to “go” while at an event and no facilities are close by, make yourself invisible. Please use common sense. Stuff like this will get courses shut down.
- A helmet is mandatory at *all times* and eye protection is recommended.
- Your bicycle must be in proper operating condition.
- 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 (for example, if you sign up at position 11, you will leave at the 11-minute mark).
- **Do not ride two abreast.** It’s legal but don’t do it to help traffic flow before, during, and after the event -- **complaints can quickly put a course in jeopardy!**
- Any riders caught impeding the flow of traffic will be disqualified and given a warning. TAKE THIS WARNING SERIOUSLY!
- Don’t miss your start time. To avoid this, start a timer on your watch when the official watch starts. This way you’ll always know exactly how much time you have left.
- Always ride on the right side of the travel lane so traffic can pass unless in areas where riding in the lane is safest (such as a fast descent).

- When passing other riders, look behind you first!
- 5 meters before finishing, shout your start position to the timers. Failing to do so could cause your finish time to be miscalculated or lost.

## Only One Practice Criterium Left! Tues Aug 21

- C Race<sup>1</sup>: Cat.5 Men, Cat 4 Women, all one day racers. 6:10pm
- B Race<sup>1</sup>: All Cat.4 men, Cat 3 Women. 6:30pm
- A Race<sup>1</sup>: Cat 1-3 Men, Cat 1-3 Women. 7:00pm
- Juniors Racers: You will be required to race in your USCF category

<sup>1</sup> Fields may be combined to make a minimum field at the discretion of the promoter and chief referee.

Some other items for you to know about before you come to the races:

- All entries \$10 per race, which includes a \$3 USCF insurance surcharge. Standard entry forms used.
- Junior Racers \$5 per race.
- Non-USCF licensed riders may purchase a 1-day license for \$10 or buy an annual license on site.
- Licensed riders must present license at registration!
- All USCF rules of racing apply.
- Registration opens at 5:30pm, and closes 10min before each race begins.
- Races will be cancelled if conditions do not permit safe racing.
- Course has 1 corner, is sloping and about 500 yards long.
- Helmets must be worn at all times at the race site -- infractions will be subject to fines.
- Riders may **NOT** warm-up and cool down on the race course unless given permission by the chief referee. **Please be courteous to traffic when warming up.** It's rush hour.
- Participants will be asked to help out at future races; please remember that without volunteers to help marshal, this series cannot and will not take place!!

Race course is located at Water Tower Circle, Colchester.

For more information contact Andre Sturm at (802) 872-9125.

## **GMBC Clothing**

**John Witmer**

The 2012 clothing features the same yellow and green colors and design from 2009-2012. It is identical to the 2011 clothing.

The second of two 2012 orders is due to arrive in mid July.

To order GMBC club clothing, use the inventory order form on the GMBC website. The order form reflects the actual inventory:

<http://thegmbc.com/ClothingOrderForm.shtml>

Alternatively, you may use the order form below. Mail it to the address below along with a check made out to GMBC. You must be a club member to order 2009-2012 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 for more details. Most folks think their chart is accurate. The short sleeve jerseys are sized to fit fairly snug.

Voler's sizing chart: <http://www.voler.com/help/#HelpSizingCharts>

Size Quan Price Total Year/Item

_____	_____	\$52	_____	2012 Short Sleeve Jersey w/hidden zipper (GMBC/Synergy) (S-XL)
_____	_____	\$54	_____	2012 Short Sleeve Jersey w/full-length zipper (GMBC/Synergy) (S-L)
_____	_____	\$56	_____	2012 Long Sleeve Jersey w/full-length zipper (GMBC/Synergy) (M,L)
_____	_____	\$53	_____	2012 Shorts (GMBC/Synergy) (S,M,XL)
_____	_____	\$56	_____	2012 Bib Shorts (GMBC/Synergy) (S-L)
_____	_____	\$24	_____	2012 Arm Warmers (GMBC/Synergy) (S-L)
_____	_____	\$52	_____	2012 Wind Shell Jacket (GMBC/Synergy) (M)
_____	_____	\$18	_____	2012 Gloves (GMBC) (S,M)
_____	_____	\$25	_____	2012 Aero Shoe Covers (GMBC) (M,L)
_____	_____	\$37	_____	2012 Thermal Booties (GMBC) (M,L)
_____	_____	\$52	_____	2011 Short Sleeve Jersey w/hidd zip (GMBC/Synergy) (S,M,XL)
_____	_____	\$54	_____	2011 Short Sleeve Jersey w/full zip (GMBC/Synergy) (S)
_____	_____	\$56	_____	2011 Long Sleeve Jersey w/full zipper (GMBC/Synergy) (M,L)
_____	_____	\$53	_____	2011 Shorts (GMBC/Synergy) (M,L)
_____	_____	\$56	_____	2011 Bib Shorts (GMBC/Synergy) (S)
_____	_____	\$24	_____	2011 Arm Warmers (GMBC/Synergy) (M,L)
_____	_____	\$52	_____	2011 Wind Shell Jacket (GMBC/Synergy) (XS,L)
_____	_____	\$18	_____	2011 Gloves (GMBC) (S,M)
_____	_____	\$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)
_____	_____	\$50	_____	2010 Wind Shell Jacket (GMBC/Synergy) (XS)
_____	_____	\$18	_____	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)
_____	_____	\$49	_____	2009 Wind Shell Jacket (GMBC/Flatbread) (L)
_____	_____	\$18	_____	2009 Gloves (GMBC) (S-L)
_____	_____	\$40	_____	2008 Short Sleeve Jersey w/full-length zipper (GMBC/Catamount) (M)
_____	_____	\$30	_____	2008 Wind Shell Vest (GMBC/Catamount) (M)
_____	_____	\$12	_____	2007 Arm Warmers (GMBC) (S,M)
_____	_____	\$30	_____	2003 Short Sleeve Jersey (Invensys) (S)
_____	_____	\$25	_____	2002 Short Sleeve Jersey (Invensys) (WM,WL)
_____	_____	\$17	_____	2002 Shorts (FourStar) (S,WS)
_____	_____	\$17	_____	2001 Short Sleeve Jersey (Excite/SmartFuel) (S)

**cont'd next page**

\_\_\_\_\_ Clothing total: \_\_\_\_\_

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

Total: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

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

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





**GMBC Perspectives**  
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